I, , hereby request to continue my Spring 2023 medical benefits for the Fall 2022 semester per the Part Time Healthcare Memorandum of Understanding (MOU) between the Los Rios Community College District and the Los Rios College Federation of Teachers (LRCFT).

1. It is my understanding that, although my Los Rios FTE has been reduced to less than the .300 FTE minimum for medical eligibility for Spring 2023, I may continue my medical coverage at the .300 FTE rate for the medical carrier and plan option I select. The medical carrier and plan options and their corresponding premiums at a .300 FTE are as follows:

Kaiser HMO: $768.82

Kaiser DHMO: $718.88

Kaiser HDHP: $54.13

Sutter Health Plus HMO (SHP): $524.34

Sutter Health Plus HDHP (SHP): $285.18

Western Health Advantage HMO (WHA): $309.18

Western Health Advantage HDHP (WHA): $0

1. I understand that in order to qualify for continued coverage, I must have been enrolled in a medical plan during the Fall 2022 semester, and have an assignment during the Spring 2023 semester.
2. I understand that I will be liable for paying my medical premiums for the Spring 2023 semester. If the amount of my pay warrant is insufficient to pay the premium(s), I will make payments to the District for the amount outstanding no later than the 15th of the following month payable to LRCCD 1919 Spanos Ct, Sacramento, CA 95825.

Name: EMPLID:

Signature: Date: