

**Sheet Metal Workers' Health Plan
of Southern California, Arizona & Nevada**

Monthly Retiree Self-Pay Rates as of January 1, 2025

For ALL Medical Plans, ALL Retirement Dates

Pension Credits	<i>Self-Pay Percentage of Cost</i>	Retiree or Surviving Spouse Only		Retiree and Spouse		
		Enrolled in Medicare Parts A & B	Not Enrolled in Medicare Parts A & B	Both Enrolled in Medicare Parts A & B	Both Not Enrolled in Medicare Parts A & B	One Enrolled in Medicare Parts A & B and One Not Enrolled in Medicare Parts A & B
30 or more	<i>60%</i>	\$239	\$574	\$478	\$1,148	\$813
At least 25, but less than 30	<i>70%</i>	\$279	\$670	\$558	\$1,340	\$949
At least 20, but less than 25	<i>80%</i>	\$318	\$766	\$636	\$1,532	\$1,084
At least 15, but less than 20	<i>90%</i>	\$358	\$861	\$716	\$1,722	\$1,219
All Others	<i>100%</i>	\$398	\$957	\$796	\$1,914	\$1,355
Surviving Spouse NOT receiving a Pension Check		Your self-pay rate will be \$239 for those enrolled in Medicare, or \$574 for those not enrolled in Medicare				
Surviving Spouse receiving a Pension Check		Your self-pay rate is based on your spouse's Pension Credits				