

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

Monthly Retiree Self-Pay Rates as of January 1, 2026

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	60%	\$273	\$629	\$546	\$1,258	\$902
At least 25, but less than 30	70%	\$319	\$734	\$638	\$1,468	\$1,053
At least 20, but less than 25	80%	\$364	\$839	\$728	\$1,678	\$1,203
At least 15, but less than 20	90%	\$410	\$944	\$820	\$1,888	\$1,354
All Others	100%	\$455	\$1,049	\$910	\$2,098	\$1,504
Surviving Spouse NOT receiving a Pension Check		Your self-pay rate will be \$273 for those enrolled in Medicare, or \$629 for those not enrolled in Medicare				
Surviving Spouse receiving a Pension Check		Your self-pay rate is based on your spouse's Pension Credits				