

MTA NYCT
Management Employees
NYSHIP Rates as of January 1, 2026

Bi-Weekly Medical Insurance Contributions

Plan Code#	PLANS	2025		2026	
		Individual	Family	Individual	Family
PPO Plan					
001	NYS EMPIRE PLAN (All States)	\$50.33	\$247.57	\$55.15	\$271.26
HMO Plans					
050	HIP of New York (Bronx, Kings, Nassau, New York, Queens, Richmond, Suffolk, & Westchester)	\$65.45	\$296.59	\$68.82	\$311.62
060	MVP Health Plan - East (Albany, Columbia, Fulton, Greene, Hamilton, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, & Washington)	\$45.89	\$195.48	\$52.12	\$222.59
220	HIP - Formerly GHI-HMO (Upstate) (Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady, Warren, & Washington)	\$72.18	\$327.74	\$76.98	\$349.36
310	CDPHP (Dutchess, Orange, & Ulster)	\$58.81	\$251.99	\$65.92	\$282.60
330	MVP Health Plan - Central (Broome, Cayuga, Chenango, Cortland, Delaware, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, Otsego, Tioga, & Tompkins)	\$51.86	\$222.04	\$60.37	\$258.83
340	MVP Health Plan - Mid Hudson (Dutchess, Orange, Putnam, Rockland, Sullivan, & Ulster)	\$52.05	\$224.00	\$58.52	\$252.11
350	HIP (Formerly GHI HMO Select) (Delaware, Dutchess, Orange, Putnam, Sullivan, & Ulster)	\$63.85	\$289.23	\$67.19	\$304.09

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