

2026 Hawai`i Health Insurance Rates - For Charge Conference Forms

Updated: 10/24/2025

HAWAII UNITED METHODIST UNION HEALTH & DENTAL INSURANCE RATES 2026 - PREMIUMS

Description:	HMSA-PPP	HMSA-HPH+ or HMO	Free Choice Med. Plan	Kaiser	Hawaii Dental Service
	Preferred Provider	Health Plan Hawaii	CompMed		
Effective:	2025 July - 2026 June	2025 July - 2026 June	2025 July - 2026 June	2026 Jan - Dec	2026 Jan - Dec
	Annually	Annually	Annually	Annually	Annually
Employee (Single)	\$10,997.06	\$10,823.53	\$10,707.34	\$9,958.56	\$439.68
Two-Party	\$21,750.39	\$21,403.32	\$21,170.95	\$19,917.12	\$776.16
Family	\$32,538.19	\$32,017.59	\$31,660.04	\$29,875.68	\$1,438.08

Notes:

HMSA - open enrollment, every June for July 1 coverage

Kaiser - open enrollment, every December for January 1 coverage

Hawaii Dental Service (HDS) - open enrollment, every December for January 1 coverage

New Employee - coverage is effective on the first day of the following month or after 4 consecutive weeks of employment

Newborns - no waiting period; please notify the district office immediately for coverage

Dependents - children are covered up to the age of 26 regardless if the dependent is a student or not