

2023 Monthly Retiree NYSHIP Premiums (Effective January 5, 2023 and subject to change)

Plan	Grade 9 or Below* Individual	Grade 9 or Below* Family	Grade 10 or Above** Individual	Grade 10 or Above** Family
The Empire Plan	\$121.69	\$525.30	\$162.26	\$625.67
Highmark Blue Shield of Northeastern NY	\$107.60	\$461.57	\$143.47	\$549.88
CDPHP	\$105.20	\$446.16	\$140.26	\$531.74
EmblemHealth- HIP (Capital)	\$331.25	\$1,049.89	\$375.38	\$1,155.41
MVP Health Care (East)	\$102.10	\$400.71	\$136.13	\$478.98

**For UUP and MC professionals, grade 10 or above is currently greater than an annualized salary of \$47,024.

To access the sick leave calculator on Civil Service's website, please do the following:

1. Go to <https://www.cs.ny.gov/employee-benefits/login/>.
2. Under **Active Employees**, click on "I am a New York State Active Employee (NY)" and "Continue."
3. Under **You MUST Select your Group**, click on your negotiating unit (APSU, CSEA, M/C, NYSCOPBA, PEF, or UUP) in the drop-down menu.
4. Under **You MUST Select your Plan to continue**, click on "Empire Plan Enrollee" or "HMO Enrollee" (i.e., CDPHP, HIP, and MVP).
5. Click on "Finish."
6. Under **NYSHIP Online**, click on "Planning to Retire?"
7. Scroll down to "Sick Leave Calculator."
8. Fill in the blanks and click on "Calculate."