ALASKA DIVISION OF RETIREMENT AND BENEFITS

Long-Term Care Monthly Premium Rates



Age at	Silver Option \$400,000 maximum	Gold Option \$300,000 maximum	Platinum Option \$300,000 maximum
Enrollment	No Inflation Protection	Simple Inflation Protection*	Compound Inflation Protection
40 and under	\$26	\$76	\$148
41	\$27	\$77	\$150
42	\$28	\$78	\$153
43	\$30	\$79	\$155
44	\$31	\$81	\$158
45	\$33	\$82	\$161
46	\$35	\$84	\$164
47	\$37	\$85	\$167
48	\$39	\$89	\$170
49	\$41	\$92	\$172
50	\$44	\$96	\$175
51	\$46	\$100	\$177
52	\$49	\$103	\$180
53	\$52	\$109	\$184
54	\$56	\$114	\$188
55	\$60	\$120	\$192
56	\$63	\$126	\$195
57	\$67	\$131	\$199
58	\$75	\$143	\$212
59	\$84	\$156	\$225
60	\$92	\$168	\$237
61	\$100	\$181	\$250
62	\$108	\$193	\$263
63	\$123	\$212	\$281
64	\$137	\$231	\$300
65	\$151	\$250	\$319
66	\$166	\$269	\$338
67	\$180	\$288	\$357
68	\$201	\$313	\$381
69	\$222	\$339	\$404
70	\$244	\$364	\$428
71	\$265	\$389	\$451
72	\$286	\$414	\$475
73	\$314	\$444	\$502
74	\$343	\$474	\$529
75	\$371	\$503	\$556
76	\$399	\$533	\$584
77	\$427	\$563	\$611
78	\$471	\$609	\$654
79	\$515	\$654	\$698
80	\$559	\$700	\$741
81	\$603	\$746	\$784
82	\$646	\$791	\$828
83	\$731	\$887	\$923
84	\$815	\$982	\$1,018
85 and over	\$900	\$1,078	\$1,113

If you are enrolled in the existing Bronze Option, please see the Long-Term Care Premium Worksheet for a step-by-step process for calculating the monthly premium for the option you choose.

^{*}Inflation protection increases annually until the covered member reaches age 85.