

2023 Plan Changes and Weekly Rates

Ken's Foods reviews our benefit plans annually focusing on their value to employees, market competitiveness, legislative changes and cost. Plan changes (in red) derived from this review are communicated during Open Enrollment. This newsletter and the information on our Benefit Resource Center provide an overview of the benefit changes effective January 1, 2023.

	Open Access Plus Base Plan		Open Access Plus Buy Up Plan	
	Single	Family	Single	Family
Deductible	\$2,000	\$4,000	\$500	\$1,000
Preventive Care	Covered 100% in-network	Covered 100% in-network	Covered 100% in-network	Covered 100% in-network
Office Visits (PCP/Specialist)	\$25/\$50 copay in-network	\$25/\$50 copay in-network	\$20/\$40 copay in-network	\$20/\$40 copay in-network
Emergency Room	\$300 copay	\$300 copay	\$300 copay	\$300 copay
Inpatient	Subject to Deductible	Subject to Deductible	Subject to Deductible	Subject to Deductible
Outpatient	Subject to Deductible	Subject to Deductible	Subject to Deductible	Subject to Deductible
High Tech Imaging (X-rays, MRIs, MRAs, CAT & PET Scans)	Subject to Deductible <i>Labs Covered in Full</i>	Subject to Deductible <i>Labs Covered in Full</i>	Subject to Deductible <i>Labs Covered in Full</i>	Subject to Deductible <i>Labs Covered in Full</i>

	2023 Cigna Base Plan		2023 Cigna Buy Up Plan		
	Employee	Family	Employee	Family	
Non-Part	\$82.00	\$151.00	Non-Part	\$102.00	\$201.00
NT + 0	\$52.00	\$121.00	NT + 0	\$72.00	\$171.00
NT + 1	\$42.00	\$111.00	NT + 1	\$62.00	\$161.00
NT + 2	\$32.00	\$101.00	NT + 2	\$52.00	\$151.00
Tob + 0	\$72.00	\$141.00	Tob + 0	\$92.00	\$191.00
Tob + 1	\$62.00	\$131.00	Tob + 1	\$82.00	\$181.00
Tob + 2	\$52.00	\$121.00	Tob + 2	\$72.00	\$171.00

2022 Cigna Dental Plan	
Employee Only	\$2.00
Family Plan	\$5.00
2023 VSP Choice Plan	
Employee Only	\$1.26
Family Plan	\$2.72
2023 VSP Premier Plan	
Employee Only	\$2.72
Family Plan	\$5.83



The annual FSA Maximum increased to **\$3,050**
 401(k) contribution limit increased to **\$22,500**
 Catch-Up contribution increased to **\$7,500**



Vision Rates Decrease