

Paying for Health Benefits in Retirement

State & UW Retirees Only

Figuring out Your Monthly Premium

Visit the [Benefits Available to Me](#) page and follow the prompts to find your benefits. Then click the *Health Plan → Health Care Premiums*.

Your employer is no longer helping pay for your premium, so your monthly payment will increase.

Paying Your Monthly Premium

1. Accumulated Sick Leave Credits

State employees are eligible to convert their unused sick leave to pay for health insurance in retirement.

Check with your benefits specialist for a sick leave credit estimate. Things to consider:

- If you decide to cancel your coverage for any reason prior to retirement, talk to your benefits specialist first, to ensure your sick leave balance is protected.
- If your spouse is also a state retiree, you could use both accounts to pay for health insurance.

ETF will notify you before your sick leave credits run out.

For more details, view our [Accumulated Sick Leave video series](#).

2. Annuity Payment Deduction

Once your sick leave credits run out, your monthly health insurance premium will automatically be deducted from your monthly annuity payment if it is large enough to cover the premium.

3. Paying Your Health Plan Directly

If your monthly annuity payment is not large enough to cover your monthly premium, contact your health plan to make payment arrangements.

Warning: Failure to make on-time payments may result in cancellation of your health insurance.

4. Convert Your Basic Life Insurance Policy

If you convert your State Group Life Insurance policy, you are giving up your coverage under this program. The life insurance benefit will no longer be payable upon your death.

You cannot convert your life insurance until you have depleted your sick leave credits, and your life insurance is at its final reduced amount. When your life insurance is at this final reduced amount depends on your age at retirement:

- If you retire before age 70, you are eligible for conversion at age 66.



- If you retire at age 70 or later, you are eligible for conversion at retirement.

For instructions and details on life insurance conversion amounts, see [Converting Your Group Life Insurance to Pay Health Premiums \(ET-2325\)](#).

Questions?

Before retirement, contact your employer. After retirement, contact ETF.

