



what's new for 2025?

Healthcare Premiums: There is a minimal increase to the Balanced Choice and Consumer Health plan premiums in 2025. There are no changes to dental and vision premiums.

Consumer Health Plan deductible change: Due to IRS requirements, the deductibles are increasing in this plan.

New Voluntary Plans: In 2025, team members will have more options to supplement your medical coverage. Accident and Critical Illness coverage is payable to you and can help cover unexpected expenses.

Introducing Progyny: A fertility partner will replace UHC's dollar limit for medical services with an enhanced "smartcycle" solution.

Virtual Physical Therapy: Engage with Hinge Health through wearable technology and a personalized care plan from a dedicated physical therapist.

Calm App: Get access to digital content for sleep, stress and mindfulness.

Rethink Care: An online program that has on demand resources and access to specialists for neurodivergent individuals and their parents. This includes resources for developmental and learning disabilities that affect home life, work and school.

HSA contribution limits go up for individual and family coverage: For 2025, the IRS has increased the maximum amount that can be contributed to a Health Savings Account (HSA). This year, the amount your HSA can receive increases to \$4,300 for team member only coverage and \$8,500 for family coverage. Sabre's contributions of \$500 for team member only coverage and \$1,000 for family coverage count toward the maximum amount you can contribute.