



Minnesota Department of Education Visiting Teacher Program (VTP) Financial Disclosure

This document lists the financial information regarding most teaching positions and provides general information about living in the state of Minnesota. Minnesota school districts, Charters and accredited nonpublic schools employ Visiting Teachers (VT) in accordance with state regulations and policies, and pay VTs according to their experience, certification level, and local salary scales.

Per federal guidelines §62.24(g)(1), EVT candidates are to be provided with a summary of possible costs that could be incurred during the exchange visiting teacher experience. This disclosure document seeks to provide the EVT with an understanding of:

1. The relative cost of living in Minnesota and
2. Costs associated with the J-1 visiting teacher program.

If you have questions, please contact your Responsible Officer (RO)/Alternate Responsible Officer (ARO):

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Cost of Living in Minnesota

The following table is a summary for the cost of living based on the Regions of MN and the State as a whole. If you would like the breakdown for your specific county, please refer to the data available on the [Minnesota Department of Employment and Economic Development website](#) from which the following data is pulled from. Any number Left of the Age of Adults column should be interpreted in dollar amounts.

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Central Minnesota	1	1	1	0	19-50	35244	16.94	0	394	161	909	845	315	313
Central Minnesota	1	1	1	0	51+	35628	17.13	0	382	200	909	845	312	321
Central Minnesota	2	1	1	1	19-50	53832	25.88	772	582	410	1143	851	417	311
Central Minnesota	2	2	1	0	19-50	43500	20.91	0	722	424	921	920	398	240
Central Minnesota	2	2	1	0	51+	44280	21.29	0	700	502	921	920	392	255
Central Minnesota	2	2	1.5	0	19-50	44640	14.31	0	722	424	921	920	398	335
Central Minnesota	2	2	1.5	0	51+	45432	14.56	0	700	502	921	920	392	351
Central Minnesota	2	2	2	0	51+	45432	10.92	0	700	502	921	920	392	351
Central Minnesota	2	2	2	0	19-50	44640	10.73	0	722	424	921	920	398	335
Central Minnesota	3	1	1	2	19-50	73968	35.56	1152	888	537	1580	906	598	503
Central Minnesota	3	2	1	1	19-50	50616	24.33	0	900	551	1143	993	495	136
Central Minnesota	3	2	1.5	1	19-50	57504	18.43	386	900	551	1143	993	495	324

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Central Minnesota	3	2	2	1	19-50	63684	15.31	772	900	551	1143	993	495	453
Central Minnesota	4	1	1	3	19-50	77520	37.27	1152	1168	548	1580	950	665	397
Central Minnesota	4	2	1	2	19-50	61488	29.56	0	1174	562	1580	1050	667	91
Central Minnesota	4	2	1.5	2	19-50	71004	22.76	576	1174	562	1580	1050	667	308
Central Minnesota	4	2	2	2	19-50	80352	19.32	1152	1174	562	1580	1050	667	511
Central Minnesota	5	1	1	4	19-50	82356	39.59	1152	1418	559	1580	968	726	460
Central Minnesota	5	2	1	3	19-50	62904	30.24	0	1421	573	1580	1067	726	-125
Central Minnesota	5	2	1.5	3	19-50	72576	23.26	576	1421	573	1580	1067	726	105
Central Minnesota	5	2	2	3	19-50	82056	19.73	1152	1421	573	1580	1067	726	319
Central Minnesota	6	2	1	4	19-50	65844	31.66	0	1729	583	1580	1104	801	-310
Central Minnesota	6	2	1.5	4	19-50	75792	24.29	576	1729	583	1580	1104	801	-57
Central Minnesota	6	2	2	4	19-50	85332	20.51	1152	1729	583	1580	1104	801	162
Minnesota	1	1	1	0	51+	35376	17.01	0	391	198	961	760	327	311
Minnesota	1	1	1	0	19-50	34992	16.82	0	403	159	961	760	330	303
Minnesota	2	1	1	1	19-50	60036	28.86	1148	595	395	1216	765	439	445
Minnesota	2	2	1	0	19-50	43116	20.73	0	739	409	977	823	415	230
Minnesota	2	2	1	0	51+	43896	21.1	0	716	487	977	823	410	245
Minnesota	2	2	1.5	0	19-50	44256	14.18	0	739	409	977	823	415	325

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Minnesota	2	2	1.5	0	51+	45060	14.44	0	716	487	977	823	410	342
Minnesota	2	2	2	0	51+	45060	10.83	0	716	487	977	823	410	342
Minnesota	2	2	2	0	19-50	44256	10.64	0	739	409	977	823	415	325
Minnesota	3	1	1	2	19-50	85920	41.31	1711	909	542	1673	811	625	889
Minnesota	3	2	1	1	19-50	50820	24.43	0	921	555	1216	886	517	140
Minnesota	3	2	1.5	1	19-50	60720	19.46	574	921	555	1216	886	517	391
Minnesota	3	2	2	1	19-50	69912	16.81	1148	921	555	1216	886	517	583
Minnesota	4	1	1	3	19-50	89808	43.18	1711	1195	552	1673	849	694	810
Minnesota	4	2	1	2	19-50	62004	29.81	0	1201	567	1673	935	696	95
Minnesota	4	2	1.5	2	19-50	76332	24.47	855	1201	567	1673	935	696	434
Minnesota	4	2	2	2	19-50	90252	21.7	1711	1201	567	1673	935	696	738
Minnesota	5	1	1	4	19-50	93144	44.78	1711	1451	564	1673	864	756	743
Minnesota	5	2	1	3	19-50	63408	30.48	0	1454	577	1673	950	757	-127
Minnesota	5	2	1.5	3	19-50	78108	25.03	855	1454	577	1673	950	757	243
Minnesota	5	2	2	3	19-50	92076	22.13	1711	1454	577	1673	950	757	551
Minnesota	6	2	1	4	19-50	66612	32.02	0	1770	588	1673	982	833	-295
Minnesota	6	2	1.5	4	19-50	81456	26.11	855	1770	588	1673	982	833	87
Minnesota	6	2	2	4	19-50	95472	22.95	1711	1770	588	1673	982	833	399
Northeast Minnesota	1	1	1	0	19-50	30780	14.8	0	393	163	726	771	271	241
Northeast Minnesota	1	1	1	0	51+	31164	14.98	0	381	202	726	771	268	249
Northeast Minnesota	2	1	1	1	19-50	47532	22.85	630	581	449	952	776	371	202
Northeast Minnesota	2	2	1	0	19-50	39420	18.95	0	721	462	730	837	351	184
Northeast Minnesota	2	2	1	0	51+	40200	19.33	0	699	540	730	837	346	198
Northeast Minnesota	2	2	1.5	0	19-50	40428	12.96	0	721	462	730	837	351	268

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Northeast Minnesota	2	2	1.5	0	51+	41232	13.22	0	699	540	730	837	346	284
Northeast Minnesota	2	2	2	0	51+	41232	9.91	0	699	540	730	837	346	284
Northeast Minnesota	2	2	2	0	19-50	40428	9.72	0	721	462	730	837	351	268
Northeast Minnesota	3	1	1	2	19-50	61188	29.42	963	887	514	1237	824	514	160
Northeast Minnesota	3	2	1	1	19-50	45180	21.72	0	898	528	952	901	448	38
Northeast Minnesota	3	2	1.5	1	19-50	50952	16.33	316	898	528	952	901	448	203
Northeast Minnesota	3	2	2	1	19-50	55980	13.46	630	898	528	952	901	448	308
Northeast Minnesota	4	1	1	3	19-50	63888	30.72	963	1165	525	1237	863	582	-11
Northeast Minnesota	4	2	1	2	19-50	53112	25.53	0	1172	539	1237	951	583	-56
Northeast Minnesota	4	2	1.5	2	19-50	60936	19.53	482	1172	539	1237	951	583	114
Northeast Minnesota	4	2	2	2	19-50	68616	16.49	963	1172	539	1237	951	583	273
Northeast Minnesota	5	1	1	4	19-50	65976	31.72	963	1415	536	1237	878	642	-173
Northeast Minnesota	5	2	1	3	19-50	54552	26.23	0	1419	549	1237	966	643	-268
Northeast Minnesota	5	2	1.5	3	19-50	62532	20.04	482	1419	549	1237	966	643	-85
Northeast Minnesota	5	2	2	3	19-50	70224	16.88	963	1419	549	1237	966	643	75

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Northeast Minnesota	6	2	1	4	19-50	57480	27.63	0	1726	560	1237	998	717	-448
Northeast Minnesota	6	2	1.5	4	19-50	65616	21.03	482	1726	560	1237	998	717	-252
Northeast Minnesota	6	2	2	4	19-50	73344	17.63	963	1726	560	1237	998	717	-89
Northwest Minnesota	1	1	1	0	19-50	30252	14.54	0	396	164	663	809	256	233
Northwest Minnesota	1	1	1	0	51+	30648	14.73	0	384	203	663	809	253	242
Northwest Minnesota	2	1	1	1	19-50	45216	21.74	551	585	451	863	815	350	153
Northwest Minnesota	2	2	1	0	19-50	39144	18.82	0	726	464	674	879	339	180
Northwest Minnesota	2	2	1	0	51+	39924	19.19	0	703	542	674	879	333	196
Northwest Minnesota	2	2	1.5	0	19-50	40116	12.86	0	726	464	674	879	339	261
Northwest Minnesota	2	2	1.5	0	51+	40896	13.11	0	703	542	674	879	333	277
Northwest Minnesota	2	2	2	0	51+	40896	9.83	0	703	542	674	879	333	277
Northwest Minnesota	2	2	2	0	19-50	40116	9.64	0	726	464	674	879	339	261
Northwest Minnesota	3	1	1	2	19-50	58128	27.95	836	893	516	1147	866	494	92
Northwest Minnesota	3	2	1	1	19-50	44316	21.31	0	905	530	863	948	428	19
Northwest Minnesota	3	2	1.5	1	19-50	49320	15.81	275	905	530	863	948	428	161

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Northwest Minnesota	3	2	2	1	19-50	53844	12.94	551	905	530	863	948	428	262
Northwest Minnesota	4	1	1	3	19-50	60876	29.27	836	1174	527	1147	908	562	-81
Northwest Minnesota	4	2	1	2	19-50	52260	25.13	0	1180	541	1147	1002	563	-78
Northwest Minnesota	4	2	1.5	2	19-50	59364	19.03	417	1180	541	1147	1002	563	97
Northwest Minnesota	4	2	2	2	19-50	65712	15.8	836	1180	541	1147	1002	563	207
Northwest Minnesota	5	1	1	4	19-50	63192	30.38	836	1425	538	1147	924	623	-227
Northwest Minnesota	5	2	1	3	19-50	53724	25.83	0	1428	551	1147	1018	623	-290
Northwest Minnesota	5	2	1.5	3	19-50	60972	19.54	417	1428	551	1147	1018	623	-103
Northwest Minnesota	5	2	2	3	19-50	67344	16.19	836	1428	551	1147	1018	623	9
Northwest Minnesota	6	2	1	4	19-50	56868	27.34	0	1738	563	1147	1053	698	-460
Northwest Minnesota	6	2	1.5	4	19-50	64164	20.57	417	1738	563	1147	1053	698	-269
Northwest Minnesota	6	2	2	4	19-50	70560	16.96	836	1738	563	1147	1053	698	-155
Seven County Mpls-St Paul, MN	1	1	1	0	51+	37920	18.23	0	397	196	1120	732	367	348
Seven County	1	1	1	0	19-50	37536	18.05	0	409	156	1120	732	370	341

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Mpls-St Paul, MN														
Seven County Mpls-St Paul, MN	2	1	1	1	19-50	69444	33.39	1560	604	359	1406	736	487	635
Seven County Mpls-St Paul, MN	2	2	1	0	19-50	45240	21.75	0	751	373	1140	792	458	256
Seven County Mpls-St Paul, MN	2	2	1	0	51+	46020	22.13	0	728	452	1140	792	452	271
Seven County Mpls-St Paul, MN	2	2	1.5	0	19-50	46452	14.89	0	751	373	1140	792	458	357
Seven County Mpls-St Paul, MN	2	2	1.5	0	51+	47268	15.15	0	728	452	1140	792	452	375
Seven County Mpls-St Paul, MN	2	2	2	0	51+	47268	11.36	0	728	452	1140	792	452	375
Seven County Mpls-St Paul, MN	2	2	2	0	19-50	46452	11.17	0	751	373	1140	792	458	357

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Seven County Mpls-St Paul, MN	3	1	1	2	19-50	103692	49.85	2318	923	559	1947	781	695	1418
Seven County Mpls-St Paul, MN	3	2	1	1	19-50	54480	26.19	0	936	572	1406	851	567	208
Seven County Mpls-St Paul, MN	3	2	1.5	1	19-50	67716	21.7	780	936	572	1406	851	567	531
Seven County Mpls-St Paul, MN	3	2	2	1	19-50	80172	19.27	1560	936	572	1406	851	567	789
Seven County Mpls-St Paul, MN	4	1	1	3	19-50	108156	52	2318	1214	569	1947	816	765	1384
Seven County Mpls-St Paul, MN	4	2	1	2	19-50	67200	32.31	0	1220	583	1947	897	766	187
Seven County Mpls-St Paul, MN	4	2	1.5	2	19-50	86652	27.77	1159	1220	583	1947	897	766	649
Seven County	4	2	2	2	19-50	105684	25.4	2318	1220	583	1947	897	766	1076

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Mpls-St Paul, MN														
Seven County Mpls-St Paul, MN	5	1	1	4	19-50	111696	53.7	2318	1474	580	1947	831	828	1330
Seven County Mpls-St Paul, MN	5	2	1	3	19-50	68592	32.98	0	1477	594	1947	911	829	-42
Seven County Mpls-St Paul, MN	5	2	1.5	3	19-50	88584	28.39	1159	1477	594	1947	911	829	465
Seven County Mpls-St Paul, MN	5	2	2	3	19-50	107676	25.88	2318	1477	594	1947	911	829	897
Seven County Mpls-St Paul, MN	6	2	1	4	19-50	71916	34.58	0	1798	604	1947	942	906	-204
Seven County Mpls-St Paul, MN	6	2	1.5	4	19-50	92076	29.51	1159	1798	604	1947	942	906	317
Seven County Mpls-St Paul, MN	6	2	2	4	19-50	111216	26.73	2318	1798	604	1947	942	906	753

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Southeast Minnesota	1	1	1	0	51+	32088	15.43	0	384	203	772	775	280	260
Southeast Minnesota	1	1	1	0	19-50	31728	15.25	0	397	164	772	775	283	253
Southeast Minnesota	2	1	1	1	19-50	49284	23.69	682	586	451	997	780	383	228
Southeast Minnesota	2	2	1	0	51+	41412	19.91	0	705	543	786	841	361	215
Southeast Minnesota	2	2	1	0	19-50	40596	19.52	0	727	464	786	841	366	199
Southeast Minnesota	2	2	1.5	0	19-50	41640	13.35	0	727	464	786	841	366	286
Southeast Minnesota	2	2	1.5	0	51+	42468	13.61	0	705	543	786	841	361	303
Southeast Minnesota	2	2	2	0	51+	42468	10.21	0	705	543	786	841	361	303
Southeast Minnesota	2	2	2	0	19-50	41640	10.01	0	727	464	786	841	366	286
Southeast Minnesota	3	1	1	2	19-50	65304	31.4	1024	894	517	1384	828	551	244
Southeast Minnesota	3	2	1	1	19-50	46296	22.26	0	906	531	997	905	461	58
Southeast Minnesota	3	2	1.5	1	19-50	52392	16.79	341	906	531	997	905	461	225
Southeast Minnesota	3	2	2	1	19-50	57852	13.91	682	906	531	997	905	461	339
Southeast Minnesota	4	1	1	3	19-50	69132	33.24	1024	1176	528	1384	867	620	162
Southeast Minnesota	4	2	1	2	19-50	56100	26.97	0	1182	542	1384	956	621	-10

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Southeast Minnesota	4	2	1.5	2	19-50	64452	20.66	512	1182	542	1384	956	621	174
Southeast Minnesota	4	2	2	2	19-50	72684	17.47	1024	1182	542	1384	956	621	348
Southeast Minnesota	5	1	1	4	19-50	72180	34.7	1024	1427	539	1384	883	681	77
Southeast Minnesota	5	2	1	3	19-50	57516	27.65	0	1431	552	1384	971	681	-226
Southeast Minnesota	5	2	1.5	3	19-50	66060	21.17	512	1431	552	1384	971	681	-26
Southeast Minnesota	5	2	2	3	19-50	74304	17.86	1024	1431	552	1384	971	681	149
Southeast Minnesota	6	2	1	4	19-50	60516	29.09	0	1742	563	1384	1004	757	-407
Southeast Minnesota	6	2	1.5	4	19-50	69216	22.18	512	1742	563	1384	1004	757	-194
Southeast Minnesota	6	2	2	4	19-50	77532	18.64	1024	1742	563	1384	1004	757	-13
Southwest Minnesota	1	1	1	0	19-50	29100	13.99	0	397	163	678	720	260	207
Southwest Minnesota	1	1	1	0	51+	29496	14.18	0	385	202	678	720	257	216
Southwest Minnesota	2	1	1	1	19-50	43224	20.78	495	587	449	880	725	355	111
Southwest Minnesota	2	2	1	0	19-50	37884	18.21	0	728	462	688	780	343	156
Southwest Minnesota	2	2	1	0	51+	38664	18.59	0	706	540	688	780	337	171
Southwest Minnesota	2	2	1.5	0	19-50	38844	12.45	0	728	462	688	780	343	236

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Southwest Minnesota	2	2	1.5	0	51+	39636	12.7	0	706	540	688	780	337	252
Southwest Minnesota	2	2	2	0	51+	39636	9.53	0	706	540	688	780	337	252
Southwest Minnesota	2	2	2	0	19-50	38844	9.34	0	728	462	688	780	343	236
Southwest Minnesota	3	1	1	2	19-50	56016	26.93	746	896	514	1191	769	505	47
Southwest Minnesota	3	2	1	1	19-50	42876	20.61	0	908	528	880	838	433	-14
Southwest Minnesota	3	2	1.5	1	19-50	47448	15.21	248	908	528	880	838	433	119
Southwest Minnesota	3	2	2	1	19-50	51636	12.41	495	908	528	880	838	433	221
Southwest Minnesota	4	1	1	3	19-50	58644	28.19	746	1178	525	1191	804	573	-130
Southwest Minnesota	4	2	1	2	19-50	51240	24.63	0	1184	539	1191	883	575	-102
Southwest Minnesota	4	2	1.5	2	19-50	57804	18.53	373	1184	539	1191	883	575	72
Southwest Minnesota	4	2	2	2	19-50	63360	15.23	746	1184	539	1191	883	575	162
Southwest Minnesota	5	1	1	4	19-50	60444	29.06	746	1430	536	1191	818	634	-318
Southwest Minnesota	5	2	1	3	19-50	52644	25.31	0	1433	549	1191	897	635	-318
Southwest Minnesota	5	2	1.5	3	19-50	59412	19.04	373	1433	549	1191	897	635	-127
Southwest Minnesota	5	2	2	3	19-50	64968	15.62	746	1433	549	1191	897	635	-37

Area	Family Size	Number of Adults	Number of Workers	Number of Children	Age of Adults	Yearly Cost	Hourly Wage	Child Care	Food	Health Care	Housing	Transport	Other	Taxes
Southwest Minnesota	6	2	1	4	19-50	55872	26.86	0	1745	560	1191	927	710	-477
Southwest Minnesota	6	2	1.5	4	19-50	62568	20.05	373	1745	560	1191	927	710	-292
Southwest Minnesota	6	2	2	4	19-50	68136	16.38	746	1745	560	1191	927	710	-201

Program Related Costs

- **Sponsor fee:** none. There is no cost for VTs to pay for sponsorship by MDE nor for participating schools in order to hire VTs at this time.
- **Roundtrip travel:** Approximately \$1000 - \$3000 per person
- **Educational Credential Evaluators (ECE) / World Education Services (WES) credential equivalency reports:** Approximately up to \$300, depending on number of degrees and coursework being evaluated.
- **School fingerprinting and background checks:** \$0
- **Minnesota Teaching License related fees:**
 - **Initial/First Time Minnesota Educator License Application Fee:** \$90.25 which includes fingerprint card fee
 - **Renewal:** \$58.70 including Tax
- **Visa application processing fee to the United States Citizenship and Immigration Services (USCIS):** \$160
- **SEVIS fee:** \$220
- **Required Annual Insurance policy that meets the following minimum benefits [22 CFR 62.14]:**
 - ± \$60/month
 - Medical benefits of at least \$100,000 per accident or illness
 - Repatriation of remains in the amount of \$25,000
 - Expenses associated with the medical evacuation of the exchange visitor to his or her home country in the amount of \$50,000
 - A deductible not to exceed \$500 per accident or illness.

Note: Employer benefits packages can replace one or more of the above items as long as it covers the minimum amounts.

Estimated Arrival Costs

Class D Driver's License: \$18.50

Refundable deposit on rental property: Dependent on location but typically will equal a month's rent. Please check the table above for the approximate cost for housing.

Purchase of used car: Car loan can range from \$250-\$400 per month.

Vehicle Registration: The age of the vehicle is also a factor in determining passenger registration tax - The minimum tax for vehicles 10 years old and older is \$35.

Car Insurance: \$58 per month or \$698 per year for minimum coverage, on average.

Teacher Salaries in Minnesota

Teacher salaries are determined by local school districts, charters, and nonpublic schools based on a variety of factors:

- Education and coursework
- Licensure field
- Licensure Level
- Certifications
- Number of years of relevant experience
- Local Salary Scale
- Size of School enrollment
- School funding availability
- Other factors

Average State Salary: \$60,340

Average Salary for Public Schools: \$58,040

Average Salary for Charter Schools: \$48,212

Average Salary for Nonpublic schools: \$30,926

Expected Work Related Deductions

These are deductions you may see on your biweekly paycheck.

- **Teachers Retirement:** Approximately 7.5% of your paycheck. This contribution is refundable at the end of your service if you are unable to opt out.
- **Union Dues:**
- **Federal and State Tax:** 5.35% to 9.85%
- **Benefits (Health, Dental, Vision Insurance):** Dependent on package offered by employer. Please refer to information provided by your employer/Human resources department.
- **Federal Insurance Contributions Act (FICA) Taxes – [Social Security and Medicare Withholdings](#):** Exempt for 2 calendar years. Begins in your third year of service. The current tax rate for social security is 6.2% for the employer and 6.2% for the employee, or 12.4% total. The current rate for Medicare is 1.45% for the employer and 1.45% for the employee, or 2.9% total.

If there are deductions on your paycheck that you are unsure of, make sure to check with your Payroll department and then with your RO/ARO.