

Integra Telecom Dedicated Long Distance Rates	Customer Retail Rate Plans							
	Plan A		Plan B		Plan C		Plan D	
	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak
Long Distance Pricing								
Domestic Outbound (1+)								
Interstate (within 48 contiguous U.S.)	\$0.080		\$0.07		\$0.06		\$0.05	
48 Contiugous U.S. (to Hawaii)	\$0.12		\$0.11		\$0.10		\$0.09	
48 Contiugous U.S. (to Alaska)	\$0.14		\$0.13		\$0.12		\$0.11	
48 Contiugous U.S. (to Guam)	\$0.16		\$0.15		\$0.14		\$0.13	
48 Contiugous U.S. (to Puerto Rico)	\$0.14		\$0.12		\$0.11		\$0.10	
48 Contiugous U.S. (to US Virgin Islands)	\$0.14		\$0.12		\$0.11		\$0.10	
48 Contiugous U.S. (to Northern Marianas)	\$0.41		\$0.37		\$0.34		\$0.32	
Outbound to Canada (1+)								
Mileage Band								
48 Contiugous U.S. (to Canada) Region 1	\$0.130		\$0.12		\$0.110		\$0.10	
48 Contiugous U.S. (to Canada) Region 2	\$0.130		\$0.12		\$0.110		\$0.10	
48 Contiugous U.S. (to Canada) Region 3	\$0.130		\$0.12		\$0.110		\$0.10	
Region 1 - NPAs - 250, 416, 418, 450, 514, 519, 604, 613, 705, 807, 819, 905								
Region 2 - NPAs - 403, 780, 867, 886, 889, 902								
Region 3 - NPAs - 204, 306, 506, 709								
Outbound to Mexico (1+) Mileage Band								
48 Contiugous U.S. (to Mexico) 10	\$0.28		\$0.26		\$0.24		\$0.22	
48 Contiugous U.S. (to Mexico) 22	\$0.28		\$0.26		\$0.24		\$0.22	
48 Contiugous U.S. (to Mexico) 55	\$0.28		\$0.26		\$0.24		\$0.22	
48 Contiugous U.S. (to Mexico) 124	\$0.28		\$0.26		\$0.24		\$0.22	
48 Contiugous U.S. (to Mexico) 292	\$0.28		\$0.26		\$0.24		\$0.22	
48 Contiugous U.S. (to Mexico) 430	\$0.28		\$0.26		\$0.24		\$0.22	
48 Contiugous U.S. (to Mexico) 925	\$0.28		\$0.26		\$0.24		\$0.22	
48 Contiugous U.S. (to Mexico) >925	\$0.28		\$0.26		\$0.24		\$0.22	
Outbound to International (1+)								
Afghanistan	\$1.99		\$1.79		\$1.69		\$1.64	
ALBANIA	\$0.54		\$0.49		\$0.46		\$0.45	
ALGERIA	\$0.49		\$0.44		\$0.42		\$0.41	
AMERICAN SAMOA	\$0.34		\$0.31		\$0.29		\$0.28	
Anddora (France)	\$0.34		\$0.30		\$0.29		\$0.28	
ANGOLA	\$0.66		\$0.60		\$0.56		\$0.55	
ANGULLA	\$0.63		\$0.57		\$0.53		\$0.52	
ANTARCTICA (Casey)	\$0.68		\$0.61		\$0.57		\$0.56	
ANTARCTICA (Scott)	\$0.68		\$0.61		\$0.57		\$0.56	
ANTIGUA and Barbuda	\$0.60		\$0.54		\$0.51		\$0.50	
Argentina	\$0.63		\$0.57		\$0.53		\$0.52	
Armenia (CIS)	\$0.82		\$0.74		\$0.70		\$0.67	

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	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak
ARUBA	\$0.52		\$0.47		\$0.44		\$0.43	
ASCENSION ISLAND	\$1.02		\$0.91		\$0.86		\$0.84	
Australia	\$0.16		\$0.14		\$0.14		\$0.13	
Austria	\$0.21		\$0.19		\$0.18		\$0.17	
Azerbaijan (CIS)	\$1.20		\$1.08		\$1.02		\$0.99	
BAHAMAS	\$0.30		\$0.27		\$0.25		\$0.25	
BAHRAIN	\$0.91		\$0.82		\$0.78		\$0.75	
BANGLADESH	\$1.17		\$1.06		\$1.00		\$0.97	
BARBADOS	\$0.69		\$0.62		\$0.59		\$0.57	
BELARUS (CIS)	\$0.51		\$0.46		\$0.44		\$0.42	
Belgium	\$0.10		\$0.09		\$0.08		\$0.08	
BELIZE	\$0.89		\$0.80		\$0.75		\$0.73	
BENIN	\$0.75		\$0.67		\$0.64		\$0.62	
BERMUDA	\$0.28		\$0.25		\$0.24		\$0.23	
BHUTAN	\$0.88		\$0.79		\$0.75		\$0.72	
BOLIVIA	\$0.77		\$0.69		\$0.66		\$0.64	
BOSNIA & HERZEGOV	\$0.48		\$0.43		\$0.41		\$0.39	
BOTSWANA	\$0.54		\$0.48		\$0.46		\$0.44	
Brazil	\$0.50		\$0.45		\$0.42		\$0.41	
British Virgin Islands	\$0.48		\$0.43		\$0.41		\$0.40	
BRUNEI	\$0.54		\$0.49		\$0.46		\$0.45	
BULGARIA	\$0.49		\$0.44		\$0.41		\$0.40	
BURKINA FASO	\$0.91		\$0.82		\$0.77		\$0.75	
Burundi	\$0.86		\$0.77		\$0.73		\$0.71	
CAMBODIA	\$1.29		\$1.16		\$1.10		\$1.07	
CAMEROON	\$1.00		\$0.90		\$0.85		\$0.82	
CAPE VERDE ISLANDS	\$0.78		\$0.70		\$0.66		\$0.64	
CAYMAN ISLANDS	\$0.39		\$0.35		\$0.33		\$0.32	
CENTRAL AFRICAN REPUBLIC	\$1.26		\$1.14		\$1.07		\$1.04	
CHAD REPUBLIC	\$1.53		\$1.38		\$1.30		\$1.27	
Chile	\$0.30		\$0.27		\$0.25		\$0.25	
China	\$0.80		\$0.72		\$0.68		\$0.66	
Christmas & Cocos Island	\$0.68		\$0.61		\$0.57		\$0.56	
COLOMBIA	\$0.58		\$0.52		\$0.49		\$0.47	
COMOROS	\$1.24		\$1.12		\$1.05		\$1.02	
CONGO	\$1.00		\$0.90		\$0.85		\$0.82	
Cook Islands	\$1.43		\$1.29		\$1.21		\$1.18	
Costa Rica	\$0.67		\$0.60		\$0.57		\$0.55	
CROATIA	\$0.40		\$0.36		\$0.34		\$0.33	
Cuba	\$1.03		\$0.92		\$0.87		\$0.85	
CYPRUS	\$0.45		\$0.40		\$0.38		\$0.37	
Czech Republic	\$0.36		\$0.32		\$0.30		\$0.29	
Denmark	\$0.17		\$0.15		\$0.15		\$0.14	
DIEGO GARCIA	\$0.96		\$0.86		\$0.82		\$0.79	
DJBOUTI	\$1.09		\$0.98		\$0.93		\$0.90	
DOMINICA	\$0.67		\$0.60		\$0.57		\$0.55	

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	Plan A		Plan B		Plan C		Plan D	
	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak
DOMINICAN REPUBLIC	\$0.31		\$0.27		\$0.26		\$0.25	
Ecuador	\$0.68		\$0.61		\$0.58		\$0.56	
Egypt	\$0.90		\$0.81		\$0.76		\$0.74	
EL SALVADOR	\$0.59		\$0.53		\$0.50		\$0.49	
EQUATORIAL GUINEA REPUB.	\$1.15		\$1.03		\$0.97		\$0.95	
ERITREA	\$1.60		\$1.44		\$1.36		\$1.32	
ESTONIA (CIS)	\$0.35		\$0.32		\$0.30		\$0.29	
ETHIOPIA	\$1.32		\$1.19		\$1.12		\$1.09	
Falkland Islands	\$0.89		\$0.80		\$0.76		\$0.74	
Faroe Islands	\$0.46		\$0.42		\$0.39		\$0.38	
FIJI ISLANDS	\$1.00		\$0.90		\$0.85		\$0.82	
Finland	\$0.23		\$0.21		\$0.20		\$0.19	
France	\$0.10		\$0.09		\$0.08		\$0.08	
FRENCH ANTILLES	\$0.48		\$0.43		\$0.41		\$0.39	
FRENCH GUIANA	\$0.55		\$0.49		\$0.47		\$0.45	
FRENCH POLYNESIA	\$0.81		\$0.73		\$0.69		\$0.67	
GABON	\$0.86		\$0.78		\$0.73		\$0.71	
GAMBIA	\$0.08		\$0.08		\$0.07		\$0.07	
Georgia (CIS)	\$0.87		\$0.78		\$0.74		\$0.72	
Germany	\$0.10		\$0.09		\$0.09		\$0.09	
GHANA	\$0.59		\$0.53		\$0.50		\$0.49	
GIBRALTAR	\$0.53		\$0.47		\$0.45		\$0.43	
Global Mobile Satellite System - Iridium	\$10.86		\$9.78		\$9.23		\$8.96	
GREECE	\$0.44		\$0.40		\$0.38		\$0.37	
GREENLAND	\$0.55		\$0.49		\$0.47		\$0.45	
GRENADA	\$0.71		\$0.64		\$0.60		\$0.58	
GUADELOUPE	\$0.57		\$0.51		\$0.48		\$0.47	
GUANTANAMO BAY	\$0.73		\$0.65		\$0.62		\$0.60	
GUATEMALA	\$0.56		\$0.50		\$0.48		\$0.46	
Guinea	\$0.72		\$0.65		\$0.61		\$0.60	
Guinea-Bissau	\$1.10		\$0.99		\$0.94		\$0.91	
GUYANA	\$1.03		\$0.92		\$0.87		\$0.85	
HAITI	\$0.81		\$0.73		\$0.69		\$0.67	
HONDURAS	\$0.83		\$0.75		\$0.70		\$0.68	
Hong Kong	\$0.19		\$0.17		\$0.16		\$0.15	
HUNGARY	\$0.32		\$0.29		\$0.27		\$0.26	
ICELAND	\$0.27		\$0.24		\$0.23		\$0.22	
India	\$0.93		\$0.84		\$0.79		\$0.77	
INDONESIA	\$0.80		\$0.72		\$0.68		\$0.66	
IRAN	\$1.07		\$0.96		\$0.91		\$0.88	
IRAQ	\$1.44		\$1.30		\$1.23		\$1.19	
IRELAND	\$0.19		\$0.17		\$0.16		\$0.16	
ISRAEL	\$0.22		\$0.20		\$0.19		\$0.18	
ITALY	\$0.19		\$0.17		\$0.16		\$0.16	
IVORY COAST	\$1.25		\$1.12		\$1.06		\$1.03	
JAMAICA	\$0.92		\$0.83		\$0.78		\$0.76	

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	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak
Japan	\$0.21		\$0.19		\$0.18		\$0.17	
JORDAN	\$0.91		\$0.82		\$0.78		\$0.75	
KAZAKHSTAN (CIS)	\$1.01		\$0.91		\$0.85		\$0.83	
KENYA	\$0.84		\$0.76		\$0.72		\$0.70	
KIRIBATI	\$1.12		\$1.01		\$0.95		\$0.92	
KUWAIT	\$1.02		\$0.92		\$0.87		\$0.84	
Kyrgyzstan (CIS)	\$0.89		\$0.80		\$0.76		\$0.73	
LAOS	\$1.07		\$0.96		\$0.91		\$0.88	
LATVIA (CIS)	\$0.51		\$0.46		\$0.43		\$0.42	
LEBANON	\$0.92		\$0.83		\$0.78		\$0.76	
LESOTHO	\$0.56		\$0.51		\$0.48		\$0.47	
LIBERIA	\$0.62		\$0.56		\$0.53		\$0.52	
LIBYA	\$0.58		\$0.52		\$0.49		\$0.48	
Liechtenstein (Switz.)	\$0.15		\$0.14		\$0.13		\$0.13	
LITHUANIA (CIS)	\$0.51		\$0.46		\$0.43		\$0.42	
Luxembourg	\$0.23		\$0.21		\$0.19		\$0.19	
Macao	\$0.58		\$0.53		\$0.50		\$0.48	
MACEDONIA	\$0.57		\$0.51		\$0.49		\$0.47	
MADAGASCAR	\$1.06		\$0.95		\$0.90		\$0.87	
MALAWI	\$0.65		\$0.59		\$0.56		\$0.54	
MALAYSIA	\$0.32		\$0.29		\$0.27		\$0.26	
MALDIVES	\$0.91		\$0.82		\$0.78		\$0.75	
MALI REPUBLIC	\$1.16		\$1.05		\$0.99		\$0.96	
MALTA	\$0.33		\$0.29		\$0.28		\$0.27	
MARISAT - Atlantic Ocean	\$9.77		\$8.79		\$8.31		\$8.06	
MARISAT - Indian Ocean	\$9.75		\$8.77		\$8.29		\$8.04	
MARISAT - Pacific Ocean	\$9.02		\$8.12		\$7.67		\$7.44	
MARISAT - West Atlantic Ocean	\$9.90		\$8.91		\$8.41		\$8.17	
Marshall Islands	\$0.71		\$0.64		\$0.61		\$0.59	
Mauritania	\$0.79		\$0.71		\$0.67		\$0.65	
MAURITIUS	\$1.05		\$0.94		\$0.89		\$0.86	
Mayotte Island	\$1.14		\$1.02		\$0.97		\$0.94	
Micronesia	\$0.83		\$0.75		\$0.71		\$0.69	
MOLDAVIA (CIS)	\$0.60		\$0.54		\$0.51		\$0.50	
MONACO	\$0.21		\$0.19		\$0.17		\$0.17	
MONGOLIA	\$1.24		\$1.12		\$1.05		\$1.02	
MONTSERRAT	\$0.86		\$0.77		\$0.73		\$0.71	
Morocco	\$0.58		\$0.53		\$0.50		\$0.48	
MOZAMBIQUE	\$0.64		\$0.57		\$0.54		\$0.53	
Myanmar (Burma)	\$1.27		\$1.15		\$1.08		\$1.05	
Nakhodka	\$1.39		\$1.25		\$1.18		\$1.15	
NAMIBIA	\$0.55		\$0.49		\$0.47		\$0.45	
NAURU	\$1.08		\$0.97		\$0.91		\$0.89	
NEPAL	\$1.17		\$1.06		\$1.00		\$0.97	
Netherlands	\$0.09		\$0.08		\$0.08		\$0.08	
NETHERLANDS ANTILLES	\$0.58		\$0.52		\$0.50		\$0.48	

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	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak
NEW CALEDONIA	\$0.93		\$0.84		\$0.79		\$0.77	
NEW ZEALAND	\$0.19		\$0.17		\$0.16		\$0.16	
NICARAGUA	\$0.71		\$0.64		\$0.60		\$0.58	
NIGER REPUBLIC	\$0.96		\$0.86		\$0.81		\$0.79	
NIGERIA	\$1.09		\$0.98		\$0.93		\$0.90	
NIUE ISLAND	\$2.04		\$1.84		\$1.74		\$1.69	
Norfolk Island	\$1.14		\$1.02		\$0.97		\$0.94	
North Korea	\$1.20		\$1.08		\$1.02		\$0.99	
Norway	\$0.15		\$0.13		\$0.12		\$0.12	
OMAN	\$1.09		\$0.98		\$0.93		\$0.90	
PAKISTAN	\$1.11		\$1.00		\$0.95		\$0.92	
PALAU - REP. OF	\$1.04		\$0.94		\$0.88		\$0.86	
PANAMA	\$0.77		\$0.69		\$0.65		\$0.63	
PAPUA NEW GUINEA	\$0.63		\$0.57		\$0.54		\$0.52	
PARAGUAY	\$0.87		\$0.79		\$0.74		\$0.72	
PERU	\$0.63		\$0.57		\$0.53		\$0.52	
PHILIPPINES	\$0.53		\$0.48		\$0.45		\$0.44	
POLAND	\$0.42		\$0.38		\$0.36		\$0.35	
PORTUGAL	\$0.37		\$0.33		\$0.31		\$0.30	
QATAR	\$0.88		\$0.79		\$0.75		\$0.72	
REUNION ISLAND	\$0.73		\$0.66		\$0.62		\$0.61	
ROMANIA	\$0.58		\$0.52		\$0.49		\$0.48	
RUSSIA (CIS)	\$0.52		\$0.46		\$0.44		\$0.43	
RWANDA	\$1.03		\$0.93		\$0.88		\$0.85	
Sakahlin	\$0.62		\$0.56		\$0.52		\$0.51	
San Marino (Italy)	\$0.58		\$0.52		\$0.49		\$0.48	
SAO TOME	\$1.36		\$1.22		\$1.15		\$1.12	
Saudi Arabia	\$1.00		\$0.90		\$0.85		\$0.83	
SENEGAL REPUBLIC	\$1.43		\$1.29		\$1.22		\$1.18	
SEYCHELLES ISLANDS	\$1.22		\$1.10		\$1.04		\$1.01	
SIERRA LEONE	\$1.06		\$0.96		\$0.90		\$0.88	
SINGAPORE	\$0.40		\$0.36		\$0.34		\$0.33	
SLOVAKIA	\$0.39		\$0.35		\$0.33		\$0.32	
Slovenia (CIS)	\$0.30		\$0.27		\$0.26		\$0.25	
SOLOMON ISLANDS	\$1.08		\$0.98		\$0.92		\$0.89	
Somalia	\$1.94		\$1.74		\$1.65		\$1.60	
SOUTH AFRICA	\$0.57		\$0.51		\$0.48		\$0.47	
South Korea	\$0.37		\$0.33		\$0.31		\$0.30	
SPAIN	\$0.25		\$0.22		\$0.21		\$0.21	
SRI LANKA	\$1.14		\$1.02		\$0.97		\$0.94	
ST. HELENA	\$0.93		\$0.84		\$0.79		\$0.77	
ST. KITTS & Nevis	\$0.56		\$0.50		\$0.47		\$0.46	
ST. LUCIA	\$0.73		\$0.66		\$0.62		\$0.60	
ST. PIERRE & MIQUELON	\$0.43		\$0.38		\$0.36		\$0.35	
ST. VINCENT/Grenadines	\$0.76		\$0.68		\$0.65		\$0.63	
Sudan	\$0.65		\$0.58		\$0.55		\$0.53	

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	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak
SURINAME	\$1.30		\$1.17		\$1.11		\$1.08	
SWAZILAND	\$0.45		\$0.40		\$0.38		\$0.37	
SWEDEN	\$0.13		\$0.12		\$0.11		\$0.11	
SWITZERLAND	\$0.12		\$0.11		\$0.10		\$0.10	
SYRIA	\$0.90		\$0.81		\$0.76		\$0.74	
Taiwan	\$0.38		\$0.35		\$0.33		\$0.32	
Tajikistan (CIS)	\$0.78		\$0.70		\$0.66		\$0.64	
TANZANIA	\$0.83		\$0.75		\$0.71		\$0.68	
THAILAND	\$0.65		\$0.59		\$0.56		\$0.54	
TOGO	\$1.08		\$0.98		\$0.92		\$0.89	
TONGA ISLAND	\$1.22		\$1.09		\$1.03		\$1.00	
TRINIDAD & TOBAGO	\$0.79		\$0.71		\$0.67		\$0.65	
TUNISIA	\$0.55		\$0.49		\$0.47		\$0.45	
TURKEY	\$0.51		\$0.46		\$0.44		\$0.42	
Tukmenistan (CIS)	\$0.99		\$0.89		\$0.84		\$0.82	
TURKS & CAICOS ISL.	\$0.61		\$0.55		\$0.52		\$0.51	
TUVALU	\$1.11		\$1.00		\$0.94		\$0.91	
UGANDA	\$0.64		\$0.57		\$0.54		\$0.53	
Ukraine (CIS)	\$0.53		\$0.47		\$0.45		\$0.43	
United Arab Emirates	\$0.69		\$0.62		\$0.59		\$0.57	
United Kingdom	\$0.09		\$0.08		\$0.07		\$0.07	
URUGUAY	\$0.83		\$0.75		\$0.71		\$0.69	
Uzbekistan (CIS)	\$0.96		\$0.87		\$0.82		\$0.79	
VANUATU	\$1.26		\$1.13		\$1.07		\$1.04	
Vatican City (Italy)	\$0.24		\$0.21		\$0.20		\$0.20	
Venezuela	\$0.55		\$0.49		\$0.46		\$0.45	
VIETNAM	\$1.29		\$1.16		\$1.10		\$1.06	
WALLIS AND FUTINA	\$0.84		\$0.75		\$0.71		\$0.69	
WESTERN SAMOA	\$1.08		\$0.97		\$0.92		\$0.89	
YEMEN ARAB REPUBLIC	\$1.13		\$1.01		\$0.96		\$0.93	
YUGOSLAVIA (Serbia)	\$0.56		\$0.50		\$0.47		\$0.46	
ZAIRE	\$0.85		\$0.77		\$0.72		\$0.70	
ZAMBIA	\$0.89		\$0.80		\$0.76		\$0.73	
ZIMBABWE	\$0.52		\$0.46		\$0.44		\$0.43	