

Integra Telecom Switched Long Distance Rates	Customer Retail Rate Plans							
	Long Distance Pricing		Plan E Switched		Plan F Switched		Plan G Switched	
			Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak
Domestic Outbound (1+)								
Interstate (within 48 contiguous U.S.)			\$0.11		\$0.10		\$0.09	
48 Contiugous U.S. (to Hawaii)			\$0.12		\$0.11		\$0.10	
48 Contiugous U.S. (to Alaska)			\$0.14		\$0.13		\$0.12	
48 Contiugous U.S. (to Guam)			\$0.16		\$0.15		\$0.14	
48 Contiugous U.S. (to Puerto Rico)			\$0.14		\$0.12		\$0.11	
48 Contiugous U.S. (to US Virgin Islands)			\$0.14		\$0.12		\$0.11	
48 Contiugous U.S. (to Northern Marianas)			\$0.41		\$0.37		\$0.34	
Outbound to Canada (1+)								
		Mileage Band						
48 Contiugous U.S. (to Canada)		Region 1	\$0.13		\$0.12		\$0.11	
48 Contiugous U.S. (to Canada)		Region 2	\$0.13		\$0.12		\$0.11	
48 Contiugous U.S. (to Canada)		Region 3	\$0.13		\$0.12		\$0.11	
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	
48 Contiugous U.S. (to Mexico)		22	\$0.28		\$0.26		\$0.24	
48 Contiugous U.S. (to Mexico)		55	\$0.28		\$0.26		\$0.24	
48 Contiugous U.S. (to Mexico)		124	\$0.28		\$0.26		\$0.24	
48 Contiugous U.S. (to Mexico)		292	\$0.28		\$0.26		\$0.24	
48 Contiugous U.S. (to Mexico)		430	\$0.28		\$0.26		\$0.24	
48 Contiugous U.S. (to Mexico)		925	\$0.28		\$0.26		\$0.24	
48 Contiugous U.S. (to Mexico)		>925	\$0.28		\$0.26		\$0.24	
Outbound to International (1+)								
Afghanistan			\$1.99		\$1.79		\$1.69	
ALBANIA			\$0.54		\$0.49		\$0.46	
ALGERIA			\$0.49		\$0.44		\$0.42	
AMERICAN SAMOA			\$0.34		\$0.31		\$0.29	
Anddora (France)			\$0.34		\$0.30		\$0.29	
ANGOLA			\$0.66		\$0.60		\$0.56	
ANGUILLA			\$0.63		\$0.57		\$0.53	
ANTARCTICA (Casey)			\$0.68		\$0.61		\$0.57	

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ANTARCTICA (Scott)			\$0.68		\$0.61		\$0.57	
ANTIGUA and Barbuda			\$0.60		\$0.54		\$0.51	
Argentina			\$0.63		\$0.57		\$0.53	
Armenia (CIS)			\$0.82		\$0.74		\$0.70	
ARUBA			\$0.52		\$0.47		\$0.44	
ASCENSION ISLAND			\$1.02		\$0.91		\$0.86	
Australia			\$0.16		\$0.14		\$0.14	
Austria			\$0.21		\$0.19		\$0.18	
Azerbaijan (CIS)			\$1.20		\$1.08		\$1.02	
BAHAMAS			\$0.30		\$0.27		\$0.25	
BAHRAIN			\$0.91		\$0.82		\$0.78	
BANGLADESH			\$1.17		\$1.06		\$1.00	
BARBADOS			\$0.69		\$0.62		\$0.59	
BELARUS (CIS)			\$0.51		\$0.46		\$0.44	
Belgium			\$0.10		\$0.09		\$0.08	
BELIZE			\$0.89		\$0.80		\$0.75	
BENIN			\$0.75		\$0.67		\$0.64	
BERMUDA			\$0.28		\$0.25		\$0.24	
BHUTAN			\$0.88		\$0.79		\$0.75	
BOLIVIA			\$0.77		\$0.69		\$0.66	
BOSNIA & HERZEGOV			\$0.48		\$0.43		\$0.41	
BOTSWANA			\$0.54		\$0.48		\$0.46	
Brazil			\$0.50		\$0.45		\$0.42	
British Virgin Islands			\$0.48		\$0.43		\$0.41	
BRUNEI			\$0.54		\$0.49		\$0.46	
BULGARIA			\$0.49		\$0.44		\$0.41	
BURKINA FASO			\$0.91		\$0.82		\$0.77	
Burundi			\$0.86		\$0.77		\$0.73	
CAMBODIA			\$1.29		\$1.16		\$1.10	
CAMEROON			\$1.00		\$0.90		\$0.85	
CAPE VERDE ISLANDS			\$0.78		\$0.70		\$0.66	
CAYMAN ISLANDS			\$0.39		\$0.35		\$0.33	
CENTRAL AFRICAN REPUBLIC			\$1.26		\$1.14		\$1.07	
CHAD REPUBLIC			\$1.53		\$1.38		\$1.30	
Chile			\$0.30		\$0.27		\$0.25	
China			\$0.80		\$0.72		\$0.68	
Christmas & Cocos Island			\$0.68		\$0.61		\$0.57	
COLOMBIA			\$0.58		\$0.52		\$0.49	
COMOROS			\$1.24		\$1.12		\$1.05	
CONGO			\$1.00		\$0.90		\$0.85	
Cook Islands			\$1.43		\$1.29		\$1.21	

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Costa Rica			\$0.67		\$0.60		\$0.57	
CROATIA			\$0.40		\$0.36		\$0.34	
Cuba			\$1.03		\$0.92		\$0.87	
CYPRUS			\$0.45		\$0.40		\$0.38	
Czech Republic			\$0.36		\$0.32		\$0.30	
Denmark			\$0.17		\$0.15		\$0.15	
DIEGO GARCIA			\$0.96		\$0.86		\$0.82	
DJBOUTI			\$1.09		\$0.98		\$0.93	
DOMINICA			\$0.67		\$0.60		\$0.57	
DOMINICAN REPUBLIC			\$0.31		\$0.27		\$0.26	
Ecuador			\$0.68		\$0.61		\$0.58	
Egypt			\$0.90		\$0.81		\$0.76	
EL SALVADOR			\$0.59		\$0.53		\$0.50	
EQUATORIAL GUINEA REPUB.			\$1.15		\$1.03		\$0.97	
ERITREA			\$1.60		\$1.44		\$1.36	
ESTONIA (CIS)			\$0.35		\$0.32		\$0.30	
ETHIOPIA			\$1.32		\$1.19		\$1.12	
Falkland Islands			\$0.89		\$0.80		\$0.76	
Faroe Islands			\$0.46		\$0.42		\$0.39	
FIJI ISLANDS			\$1.00		\$0.90		\$0.85	
Finland			\$0.23		\$0.21		\$0.20	
France			\$0.10		\$0.09		\$0.08	
FRENCH ANTILLES			\$0.48		\$0.43		\$0.41	
FRENCH GUIANA			\$0.55		\$0.49		\$0.47	
FRENCH POLYNESIA			\$0.81		\$0.73		\$0.69	
GABON			\$0.86		\$0.78		\$0.73	
GAMBIA			\$0.08		\$0.08		\$0.07	
Georgia (CIS)			\$0.87		\$0.78		\$0.74	
Germany			\$0.10		\$0.09		\$0.09	
GHANA			\$0.59		\$0.53		\$0.50	
GIBRALTAR			\$0.53		\$0.47		\$0.45	
Global Mobile Satelite System - Iridium			\$10.86		\$9.78		\$9.23	
GREECE			\$0.44		\$0.40		\$0.38	
GREENLAND			\$0.55		\$0.49		\$0.47	
GRENADA			\$0.71		\$0.64		\$0.60	
GUADELOUPE			\$0.57		\$0.51		\$0.48	
GUANTANAMO BAY			\$0.73		\$0.65		\$0.62	
GUATEMALA			\$0.56		\$0.50		\$0.48	
Guinea			\$0.72		\$0.65		\$0.61	
Guinea-Bissau			\$1.10		\$0.99		\$0.94	
GUYANA			\$1.03		\$0.92		\$0.87	

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			Peak	Non-Peak	Peak	Non-Peak	Peak	Non-Peak
HAITI			\$0.81		\$0.73		\$0.69	
HONDURAS			\$0.83		\$0.75		\$0.70	
Hong Kong			\$0.19		\$0.17		\$0.16	
HUNGARY			\$0.32		\$0.29		\$0.27	
ICELAND			\$0.27		\$0.24		\$0.23	
India			\$0.93		\$0.84		\$0.79	
INDONESIA			\$0.80		\$0.72		\$0.68	
IRAN			\$1.07		\$0.96		\$0.91	
IRAQ			\$1.44		\$1.30		\$1.23	
IRELAND			\$0.19		\$0.17		\$0.16	
ISRAEL			\$0.22		\$0.20		\$0.19	
ITALY			\$0.19		\$0.17		\$0.16	
IVORY COAST			\$1.25		\$1.12		\$1.06	
JAMAICA			\$0.92		\$0.83		\$0.78	
Japan			\$0.21		\$0.19		\$0.18	
JORDAN			\$0.91		\$0.82		\$0.78	
KAZAKHSTAN (CIS)			\$1.01		\$0.91		\$0.85	
KENYA			\$0.84		\$0.76		\$0.72	
KIRIBATI			\$1.12		\$1.01		\$0.95	
KUWAIT			\$1.02		\$0.92		\$0.87	
Kyrgyztan (CIS)			\$0.89		\$0.80		\$0.76	
LAOS			\$1.07		\$0.96		\$0.91	
LATVIA (CIS)			\$0.51		\$0.46		\$0.43	
LEBANON			\$0.92		\$0.83		\$0.78	
LESOTHO			\$0.56		\$0.51		\$0.48	
LIBERIA			\$0.62		\$0.56		\$0.53	
LIBYA			\$0.58		\$0.52		\$0.49	
Liechtenstein (Switz.)			\$0.15		\$0.14		\$0.13	
LITHUANIA (CIS)			\$0.51		\$0.46		\$0.43	
Luxembourg			\$0.23		\$0.21		\$0.19	
Macao			\$0.58		\$0.53		\$0.50	
MACEDONIA			\$0.57		\$0.51		\$0.49	
MADAGASCAR			\$1.06		\$0.95		\$0.90	
MALAWI			\$0.65		\$0.59		\$0.56	
MALAYSIA			\$0.32		\$0.29		\$0.27	
MALDIVES			\$0.91		\$0.82		\$0.78	
MALI REPUBLIC			\$1.16		\$1.05		\$0.99	
MALTA			\$0.33		\$0.29		\$0.28	
MARISAT - Atlantic Ocean			\$9.77		\$8.79		\$8.31	
MARISAT - Indian Ocean			\$9.75		\$8.77		\$8.29	
MARISAT - Pacific Ocean			\$9.02		\$8.12		\$7.67	

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MARISAT - West Atlantic Ocean			\$9.90		\$8.91		\$8.41	
Marshall Islands			\$0.71		\$0.64		\$0.61	
Mauritania			\$0.79		\$0.71		\$0.67	
MAURITIUS			\$1.05		\$0.94		\$0.89	
Mayotte Island			\$1.14		\$1.02		\$0.97	
Micronesia			\$0.83		\$0.75		\$0.71	
MOLDAVIA (CIS)			\$0.60		\$0.54		\$0.51	
MONACO			\$0.21		\$0.19		\$0.17	
MONGOLIA			\$1.24		\$1.12		\$1.05	
MONTSERRAT			\$0.86		\$0.77		\$0.73	
Morocco			\$0.58		\$0.53		\$0.50	
MOZAMBIQUE			\$0.64		\$0.57		\$0.54	
Myanmar (Burma)			\$1.27		\$1.15		\$1.08	
Nakhodka			\$1.39		\$1.25		\$1.18	
NAMIBIA			\$0.55		\$0.49		\$0.47	
NAURU			\$1.08		\$0.97		\$0.91	
NEPAL			\$1.17		\$1.06		\$1.00	
Netherlands			\$0.09		\$0.08		\$0.08	
NETHERLANDS ANTILLES			\$0.58		\$0.52		\$0.50	
NEW CALEDONIA			\$0.93		\$0.84		\$0.79	
NEW ZEALAND			\$0.19		\$0.17		\$0.16	
NICARAGUA			\$0.71		\$0.64		\$0.60	
NIGER REPUBLIC			\$0.96		\$0.86		\$0.81	
NIGERIA			\$1.09		\$0.98		\$0.93	
NIUE ISLAND			\$2.04		\$1.84		\$1.74	
Norfolk Island			\$1.14		\$1.02		\$0.97	
North Korea			\$1.20		\$1.08		\$1.02	
Norway			\$0.15		\$0.13		\$0.12	
OMAN			\$1.09		\$0.98		\$0.93	
PAKISTAN			\$1.11		\$1.00		\$0.95	
PALAU - REP. OF			\$1.04		\$0.94		\$0.88	
PANAMA			\$0.77		\$0.69		\$0.65	
PAPUA NEW GUINEA			\$0.63		\$0.57		\$0.54	
PARAGUAY			\$0.87		\$0.79		\$0.74	
PERU			\$0.63		\$0.57		\$0.53	
PHILIPPINES			\$0.53		\$0.48		\$0.45	
POLAND			\$0.42		\$0.38		\$0.36	
PORTUGAL			\$0.37		\$0.33		\$0.31	
QATAR			\$0.88		\$0.79		\$0.75	
REUNION ISLAND			\$0.73		\$0.66		\$0.62	
ROMANIA			\$0.58		\$0.52		\$0.49	

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RUSSIA (CIS)			\$0.52		\$0.46		\$0.44	
RWANDA			\$1.03		\$0.93		\$0.88	
Sakahlin			\$0.62		\$0.56		\$0.52	
San Marino (Italy)			\$0.58		\$0.52		\$0.49	
SAO TOME			\$1.36		\$1.22		\$1.15	
Saudi Arabia			\$1.00		\$0.90		\$0.85	
SENEGAL REPUBLIC			\$1.43		\$1.29		\$1.22	
SEYCHELLES ISLANDS			\$1.22		\$1.10		\$1.04	
SIERRA LEONE			\$1.06		\$0.96		\$0.90	
SINGAPORE			\$0.40		\$0.36		\$0.34	
SLOVAKIA			\$0.39		\$0.35		\$0.33	
Slovenia (CIS)			\$0.30		\$0.27		\$0.26	
SOLOMON ISLANDS			\$1.08		\$0.98		\$0.92	
Somalia			\$1.94		\$1.74		\$1.65	
SOUTH AFRICA			\$0.57		\$0.51		\$0.48	
South Korea			\$0.37		\$0.33		\$0.31	
SPAIN			\$0.25		\$0.22		\$0.21	
SRI LANKA			\$1.14		\$1.02		\$0.97	
ST. HELENA			\$0.93		\$0.84		\$0.79	
ST. KITTS & Nevis			\$0.56		\$0.50		\$0.47	
ST. LUCIA			\$0.73		\$0.66		\$0.62	
ST. PIERRE & MIQUELON			\$0.43		\$0.38		\$0.36	
ST. VINCENT/Grenadines			\$0.76		\$0.68		\$0.65	
Sudan			\$0.65		\$0.58		\$0.55	
SURINAME			\$1.30		\$1.17		\$1.11	
SWAZILAND			\$0.45		\$0.40		\$0.38	
SWEDEN			\$0.13		\$0.12		\$0.11	
SWITZERLAND			\$0.12		\$0.11		\$0.10	
SYRIA			\$0.90		\$0.81		\$0.76	
Taiwan			\$0.38		\$0.35		\$0.33	
Tajikistan (CIS)			\$0.78		\$0.70		\$0.66	
TANZANIA			\$0.83		\$0.75		\$0.71	
THAILAND			\$0.65		\$0.59		\$0.56	
TOGO			\$1.08		\$0.98		\$0.92	
TONGA ISLAND			\$1.22		\$1.09		\$1.03	
TRINIDAD & TOBAGO			\$0.79		\$0.71		\$0.67	
TUNISIA			\$0.55		\$0.49		\$0.47	
TURKEY			\$0.51		\$0.46		\$0.44	
Tukmenistan (CIS)			\$0.99		\$0.89		\$0.84	
TURKS & CAICOS ISL.			\$0.61		\$0.55		\$0.52	
TUVALU			\$1.11		\$1.00		\$0.94	

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UGANDA			\$0.64		\$0.57		\$0.54	
Ukraine (CIS)			\$0.53		\$0.47		\$0.45	
United Arab Emirates			\$0.69		\$0.62		\$0.59	
United Kingdom			\$0.09		\$0.08		\$0.07	
URUGUAY			\$0.83		\$0.75		\$0.71	
Uzbekistan (CIS)			\$0.96		\$0.87		\$0.82	
VANUATU			\$1.26		\$1.13		\$1.07	
Vatican City (Italy)			\$0.24		\$0.21		\$0.20	
Venezuela			\$0.55		\$0.49		\$0.46	
VIETNAM			\$1.29		\$1.16		\$1.10	
WALLIS AND FUTINA			\$0.84		\$0.75		\$0.71	
WESTERN SAMOA			\$1.08		\$0.97		\$0.92	
YEMEN ARAB REPUBLIC			\$1.13		\$1.01		\$0.96	
YUGOSLAVIA (Serbia)			\$0.56		\$0.50		\$0.47	
ZAIRE			\$0.85		\$0.77		\$0.72	
ZAMBIA			\$0.89		\$0.80		\$0.76	
ZIMBABWE			\$0.52		\$0.46		\$0.44	