

Income	Alberta income taxes	Oklahoma income taxes	Amount extra paid in Oklahoma vs. Alberta	British Columbia income taxes	Washington State income taxes	Amount extra paid in Oklahoma vs. British Columbia
\$20,000.00	\$924.00	\$2,919.00	\$1,995.00	\$1,344.00	\$2,474.00	\$1,130.00
\$30,000.00	\$1,259.00	\$3,788.00	\$2,449.00	\$3,218.00	\$4,738.00	\$1,520.00
\$40,000.00	\$1,595.00	\$4,498.00	\$2,903.00	\$3,921.00	\$5,003.00	\$1,882.00
\$50,000.00	\$1,854.00	\$5,139.00	\$3,285.00	\$4,484.00	\$5,372.00	\$2,188.00
\$60,000.00	\$2,113.00	\$5,782.00	\$3,669.00	\$5,047.00	\$5,742.00	\$2,495.00
\$70,000.00	\$2,372.00	\$6,427.00	\$4,055.00	\$5,610.00	\$6,112.00	\$2,802.00
\$80,000.00	\$2,631.00	\$7,068.00	\$4,437.00	\$6,173.00	\$6,482.00	\$3,109.00
\$90,000.00	\$2,890.00	\$7,711.00	\$4,821.00	\$6,736.00	\$6,852.00	\$3,416.00
\$100,000.00	\$3,149.00	\$8,354.00	\$5,206.00	\$7,299.00	\$7,222.00	\$3,722.00
\$110,000.00	\$3,408.00	\$8,998.00	\$5,590.00	\$7,862.00	\$7,592.00	\$4,028.00
\$120,000.00	\$3,667.00	\$9,643.00	\$5,975.00	\$8,425.00	\$7,962.00	\$4,335.00
\$130,000.00	\$3,926.00	\$10,288.00	\$6,360.00	\$8,988.00	\$8,332.00	\$4,641.00
\$140,000.00	\$4,185.00	\$10,933.00	\$6,745.00	\$9,551.00	\$8,702.00	\$4,948.00
\$150,000.00	\$4,444.00	\$11,578.00	\$7,130.00	\$10,114.00	\$9,072.00	\$5,254.00
\$160,000.00	\$4,703.00	\$12,223.00	\$7,515.00	\$10,677.00	\$9,442.00	\$5,560.00
\$170,000.00	\$4,962.00	\$12,868.00	\$7,900.00	\$11,240.00	\$9,812.00	\$5,866.00
\$180,000.00	\$5,221.00	\$13,513.00	\$8,285.00	\$11,803.00	\$10,182.00	\$6,172.00
\$190,000.00	\$5,480.00	\$14,158.00	\$8,670.00	\$12,366.00	\$10,552.00	\$6,478.00
\$200,000.00	\$5,739.00	\$14,803.00	\$9,055.00	\$12,929.00	\$10,922.00	\$6,784.00
\$210,000.00	\$6,000.00	\$15,448.00	\$9,440.00	\$13,492.00	\$11,292.00	\$7,090.00
\$220,000.00	\$6,260.00	\$16,093.00	\$9,825.00	\$14,055.00	\$11,662.00	\$7,396.00
\$225,000.00	\$6,412.50	\$16,394.25	\$9,981.75	\$14,276.25	\$11,765.00	\$7,482.50

Canadian taxes calculated from: <https://simpletax.ca/calculator>
American taxes calculated from: <https://smartasset.com/taxes/income-taxes#EbyWVw4R>

Notes:
I used total state, federal, and FICA tax for American states, and total provincial + federal tax for Canadian provinces (FICA type things are included in federal tax in Canada)

Healthcare:
In Alberta, it is capped at \$63.50/mth per single person or \$118.00 for a family. No copays or deductibles. (<http://www.health.alberta.ca/services/drugs-non-group-premium-rate>)
In BC, it is capped at \$75/mth per single person or \$150 for a family. No copays or deductibles. (<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/mspbc-reside>)
According to the health marketplace, plans start at \$424/mth for a single, nonsmoker in Oklahoma (<https://www.ehealthinsurance.com/individual-family-health-insurance?zipCode>)
In Washington, the cheapest plan I could find is \$203/mth for a single nonsmoker. This plan has a \$6800 deductible. (https://www.healthplanfinder.org/HBEWeb/Annon_Shr)

