



	Year ¹				Average annual change		
	2010	2015	2018	2019	2010-19	2015-19	2018-19
Employer-Sponsored Insurance Premium Costs							
Single coverage							
Alaska	\$6,085	\$7,807	\$8,432	\$8,933	4.4%	3.4%	5.9%
United States	\$4,940	\$5,963	\$6,715	\$6,972	3.9%	4.0%	3.8%
Family coverage							
Alaska	\$14,232	\$21,089	\$21,648	\$22,969	5.5%	2.2%	6.1%
United States	\$13,871	\$17,322	\$19,565	\$20,486	4.4%	4.3%	4.7%
Employee Contribution to Premium Costs							
Single coverage							
Alaska	\$832	\$1,351	\$1,154	\$1,565	7.3%	3.7%	35.6%
United States	\$1,021	\$1,255	\$1,427	\$1,489	4.3%	4.4%	4.3%
Family coverage							
Alaska	\$3,079	\$4,409	\$4,501	\$4,718	4.9%	1.7%	4.8%
United States	\$3,721	\$4,710	\$5,431	\$5,726	4.9%	5.0%	5.4%
Combined average ² (% of median income)							
Alaska	\$2,474 (4.0%)	\$3,725 (5.2%)	\$3,695 (5.1%)	\$3,878 (5.7%)	5.1%	1.0%	5.0%
United States	\$2,975 (5.8%)	\$3,849 (6.6%)	\$4,396 (6.8%)	\$4,606 (6.8%)	5.0%	4.6%	4.8%
Employee Deductible Costs							
Single coverage ³							
Alaska	\$1,122	\$1,616	\$1,797	\$1,869	5.8%	3.7%	4.0%
United States	\$1,025	\$1,541	\$1,846	\$1,931	7.3%	5.8%	4.6%
Combined average ² (% of median income)							
Alaska	\$1,790 (2.9%)	\$2,464 (3.4%)	\$2,881 (4.0%)	\$3,158 (4.6%)	6.5%	6.4%	9.6%
United States	\$1,713 (3.3%)	\$2,573 (4.4%)	\$2,992 (4.6%)	\$3,199 (4.7%)	7.2%	5.6%	6.9%
Total Potential Out-of-Pocket Costs (Employee Contribution + Deductible)							
Combined average ² (% of median income)							
Alaska	\$4,263 (7.0%)	\$6,189 (8.6%)	\$6,576 (9.1%)	\$7,036 (10.3%)	5.7%	3.3%	7.0%
United States	\$4,688 (9.1%)	\$6,422 (11.1%)	\$7,388 (11.4%)	\$7,806 (11.5%)	5.8%	5.0%	5.7%

Notes: 1. Additional data available in report appendix. 2. Single and family premium, contribution, and deductible costs are weighted to the state distribution of single and family households. 3. Only single deductibles are included since family plans typically use this rate per family member.

Data: Medical Expenditure Panel Survey-Insurance Component (MEPS-IC), 2010-2019; Current Population Survey (CPS), 2010-2020.