# High deductible health plan participants: skeptical but savvy

## "This plan shows me a more realistic picture of health insurance."

View medical benefits as the same or better than other employers:

78% consumers in an HDHP

90%

consumers in other plans

Even so, 9 in 10 expect to re-enroll in the same health plan next year. But, they continue to report lower plan satisfaction:

58% consumers

in an HDHP

(2014: 57%)

vs.

VS.

78% consumers in other plans (2014: 75%)

Overall, HDHP participants are less likely to agree on positive impact of employer health and wellness programs:



## "My plan has forced me to take the reins on my health care."

66% of consumers in an HDHP feel in control of their personal health vs. 61% of consumers in other plans

"I'm doing all I can to promote and maintain my health" (among HDHP)

**59%** 

55%

+4

"Living a truly healthy life requires more time, attention and/or money than I'm willing to spend" (among HDHP)

25% 2018 **29%** 

**34**7 2016

#### HDHP participants would seek alternatives if they have not met their deductible for the year:



search for medical services or medication costs



question the cost of recommended service or seek less expensive options



choose an over-the-counter drug

#### "I understand my health plan, but still need help understanding costs."

Answered at least 9 out of 10 health insurance questions correctly:

32% consumers in an HDHP

vs.

22% consumers in other plans

#### I know where to go to find the information I need:



### 3 in 4 HDHP participants with moderate to high health care usage:

- Would use a service that reviewed EOBs and makes health care appeals
- Would use a service that talks through their questions or concerns



