



Healthcare Insurance Alternatives: 4 Choices to Consider

Americans have plenty of alternatives to traditional health insurance, including health sharing programs

The cost of health care in the US is rising. Between 2014 and 2018, Americans have seen an [18.4% increase in health care](#) spending per person, with the average unsubsidized cost of family health insurance at a staggering \$1,564 a month.

Americans are looking for more affordable and flexible healthcare insurance alternatives. Here are just four of the top health insurance alternatives to explore.

1. HEALTH SAVINGS ACCOUNTS (HSAs)

According to [Healthcare.gov](#), a health savings account (HSA) is a type of savings account that lets you set aside money on a pre-tax basis to pay for qualified medical expenses.

- ▶ 25 million - Approximate number of HSAs in the US
- ▶ \$53.8 billion - The amount HSAs hold in assets
- ▶ \$33.7 - Amount HSA holders contributed to their accounts in 2018, up 22% from the same time the year prior
- ▶ \$3,550 - Limit that individuals can contribute for coverage in 2020
- ▶ \$7,100 - Limit for family coverage in 2020

2. PRIMARY CARE MEMBERSHIP PLANS

Some medical practices and independent primary care physicians offer services for a regular monthly fee, often called primary care membership plans or a concierge medical service.

\$26.67 - \$562.50

Range of monthly costs to patients for membership

\$93.26

Average monthly cost for membership

3. MEDICAL SERVICES DISCOUNT CARDS

With medical services discount cards, members pay a monthly fee and gain access to a large pool of medical providers. Plan members pay the medical costs themselves at a discounted price.

- ▶ \$10 - Rough estimate of cost per month
- ▶ 85% - Maximum discounts available
- ▶ 25 million - Estimated number of people enrolled in discount medical cards in the US
- ▶ 4.3% - Share of those with discount cards who also have discounts for hospital and/or doctor care

4. HEALTH SHARING PROGRAMS

Health sharing programs are typically faith-based programs that facilitate the voluntary sharing of medical expenses between members. Members make monthly contributions, which are then distributed as needed to members with eligible medical expenses.



1 million & growing

Approximate number of Americans enrolled in a health sharing program



50%

Amount members can save, on average



\$300 to \$500

Average range of monthly family membership costs

Sources:

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Want to learn more about health share programs as a health insurance alternative?

[Share the health.](#)

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