



Alera Group Employee Benefits Benchmarking Survey

Oregon 2025

486Companies
Participating**224,722**Employees
Represented***1,247**Medical Plans
Included

National 2025

6,700Companies
Participating**2,025,435**Employees
Represented***15,900**Medical Plans
Included

Oregon in Recent Years

\$80,426Median Household
Income in 2023 Dollars¹**2.43**Average Persons per
Household in 2023¹**4.6%**Unemployment
Rate March, 2025²**\$10,071**Healthcare Costs
per Capita 2020³

HDHP In-Network Plan Medians

	Oregon	National
Deductible	\$3,200	\$3,300
OOP Max	\$5,825	\$6,100
HSA Employer Contribution (of those contributions)	\$750	\$780

PPO In-Network Plan Medians

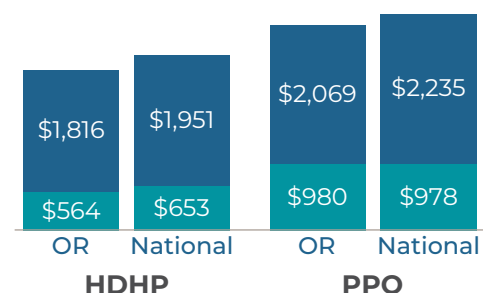
	Oregon	National
Deductible	\$1,650	\$2,000
OOP Max	\$6,500	\$6,250
PCP Copay	\$25	\$25
Specialist Copay	\$50	\$50

EE Contribution / Medical Premium Medians

Employee Only



Family



* Estimated.

1. U.S. Census Bureau Quickfacts: United States, Oregon. (2022). <https://www.census.gov/quickfacts/fact/table/OR,US/SBO020217>2. U.S. Bureau of Labor Statistics. (2023). LAUS Home. U.S. Bureau of Labor Statistics. <https://www.bls.gov/lau/>3. Health Care Expenditures per Capita by State of Residence, Kaiser Family Foundation: World Population Review (updated July, 2023). <https://worldpopulationreview.com/state-rankings/health-care-costs-by-state>

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