



Alera Group Employee Benefits Benchmarking Survey

Northwest Region 2025

1,314Companies
Participating**160,560**Employees
Represented***3,130**Medical Plans
Included

New York 2025

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

Northwest Region in Recent Years

\$80,681Median Household
Income in 2022 Dollars¹**2.50**Average Persons per
Household in 2022¹**3.9%**Unemployment
Rate March, 2025²**\$10,071**Healthcare Costs
per Capita 2020³

HDHP In-Network Plan Medians

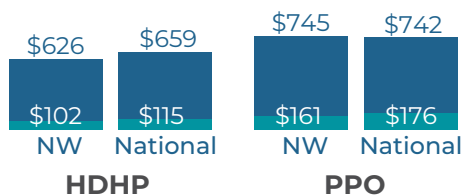
	Northwest	National
Deductible	\$3,300	\$3,300
OOP Max	\$6,000	\$6,100
HSA Employer Contribution (of those contributions)	\$750	\$780

PPO In-Network Plan Medians

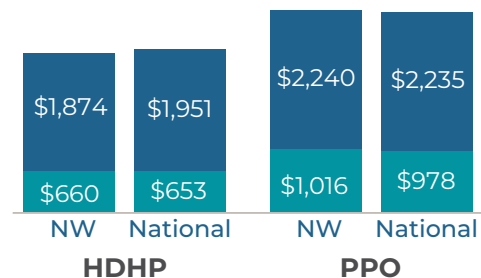
	Northwest	National
Deductible	\$1,500	\$2,000
OOP Max	\$6,000	\$6,250
PCP Copay	\$26.60	\$25
Specialist Copay	\$50	\$50

New York Contribution / Medical Premium Medians

Employee Only



Family



* Estimated. **Numbers reflect the combined median for all the states of the region.

1. U.S. Census Bureau quickfacts: United States. (2023). <https://www.census.gov/quickfacts/fact/table/US/PST045222>

2. U.S. Bureau of Labor Statistics. (2025). 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>