



# Alera Group Employee Benefits Benchmarking Survey

## New Hampshire 2024

**271**Companies  
Participating**99,200**Employees  
Represented\***645**Medical Plans  
Included

## National 2024

**6,385**Companies  
Participating**1,022,000**Employees  
Represented\***14,775**Medical Plans  
Included

## New Hampshire in Recent Years

**\$90,845**Median Household  
Income in 2022 Dollars<sup>1</sup>**2.46**Average Persons per  
Household in 2022<sup>1</sup>**2.5%**Unemployment  
Rate May, 2024<sup>2</sup>**\$11,793**Healthcare Costs  
per Capita 2020<sup>3</sup>

### HDHP In-Network Plan Medians

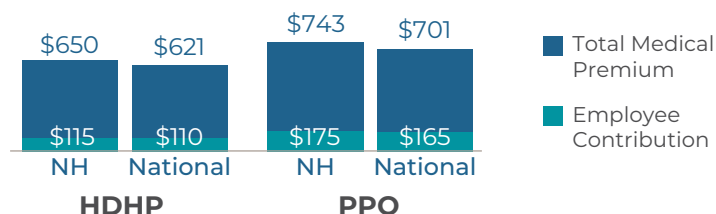
	New Hampshire	National
Deductible	\$3,200	\$3,200
OOP Max	\$6,000	\$6,000
HSA Employer Contribution (of those contributions)	\$725	\$800

### PPO In-Network Plan Medians

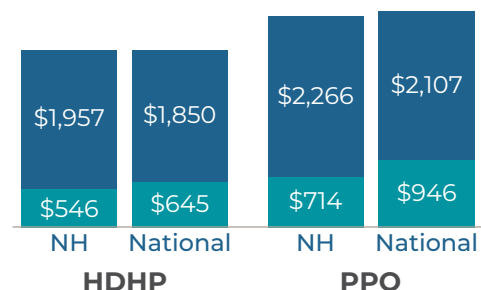
	New Hampshire	National
Deductible	\$1,500	\$2,000
OOP Max	\$5,450	\$6,350
PCP Copay	\$25	\$25
Specialist Copay	\$45	\$50

## EE Contribution / Medical Premium Medians

### Employee Only



### Family



\* Estimated.

1. U.S. Census Bureau quickfacts: United States. (2022). <https://www.census.gov/quickfacts/fact/table/NH,US/PST045223>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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