

The Costs of Health Care Costs

About 6 in 10 workers (61 percent) with health insurance coverage report having experienced an increase in health care costs in the past year, and workers continue to report that is leading to other financial difficulties, according to a recent report by the nonpartisan Employee Benefit Research Institute (EBRI).

Among those experiencing cost increases in their plans in the past year, 32 percent state they have decreased their contributions to retirement plans, and more than half (57 percent) have decreased their contributions to other savings as a result.

	2006	2007	2008	2009	2010	2011	2012	2013
Decrease your contributions to a retirement plan, such as a 401(k), 403(b), or 457 plan, or an IRA	38%	35%	34%	35%	34%	31%	37%	32%
Decrease your contributions to other savings	53	55	56	54	60	57	60	57
Have difficulty paying for basic necessities, like food, heat, and housing	27	27	23	27	24	21	27	22
Have difficulty paying for other bills	38	37	33	36	34	31	43	38
Increase your credit card debt	23	22	24	25	25	23	24	33
Use up all or most of your savings	32	27	22	25	25	24	28	27
Borrow money	21	14	16	21	19	11	15	16

Source: Employee Benefit Research Institute and Greenwald & Associates, Inc., 2006–2012 Health Confidence Surveys, and 2013 Health and Voluntary Workplace Benefits Survey.

Two in 10 (22 percent) also report they have had difficulty paying for basic necessities such as food, heat, and housing, while 38 percent say they have had difficulty paying other bills. More than one-quarter (27 percent) say they have used up all or most of their savings, 33 percent have increased their credit card debt, and 16 percent report that they have borrowed money.

Additional information can be found in the September 2013 *EBRI Notes* article, “2013 Health and Voluntary Workplace Benefits Survey: Nearly 90% of Workers Satisfied With Their Own Health Plan, But 55% Give Low Ratings to Health Care System,” [online here](#).

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