

# Health Insurance Premium Rates

*Quick Facts and Information for Granite Staters*



*Quick facts about premiums and rate changes:*

## **Your health insurance premium may change from year to year.**

Your health insurance company sets the premiums for the policies they offer every year. The most common factors influencing cost are the plan's benefit design (for example, the amount of cost sharing), the age and health of the insurance company's customers, pharmacy costs and the cost of health care.

## **The New Hampshire Insurance Department (NHID) reviews premium rate changes.**

Every year, the NHID reviews requests for premium changes and evaluates whether or not those changes meet a rigorous set of criteria. If a rate change doesn't meet those criteria, the NHID will work with the insurance company to make revisions to their proposal.

## **Proposed rate increases are made available for review before they're approved.**

When insurance companies propose rate changes before open enrollment, the changes are published online before they're approved by the NHID at: [ratereview.healthcare.gov](http://ratereview.healthcare.gov).

## **The NHID hosts an annual public hearing concerning health premium cost drivers.**

In addition to the information published online about premium rate changes, the NHID is required by state law to host annual public hearings on premiums and medical cost trends before the beginning of open enrollment. These hearings are open to the public and are also available to view online. For more information, visit [www.nh.gov/insurance/media/events/annual-hearing.htm](http://www.nh.gov/insurance/media/events/annual-hearing.htm)

## **What is a health insurance premium?**

A health insurance premium is the amount paid to your health insurance company each month for your health coverage. If you fail to pay your premium, your health coverage could be cancelled—so don't forget!



**Q**

*Where can I learn more about how health insurance premiums are calculated?*

**A**

Information about health insurance premiums is designed to be transparent and accessible to all consumers. Preliminary rates are available for individual and small group plans by August 1, and final rates are available on November 1. To learn more, visit:

<https://filingaccess.serff.com/sfa/home/nh>

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**Q** *How can I compare the costs of different health care procedures such as radiology services or mammograms?*

**A**

It's easy! The NHID has developed a website, NH HealthCost, to improve price transparency of health care services in New Hampshire. Visit NH HealthCost today at:

[www.NHHealthCost.org](http://www.NHHealthCost.org)



## I have more questions. *Who can help me?*

**TO COMPARE HEALTH PLAN COSTS, VISIT THE NH HEALTHCOST WEBSITE.**

[www.NHHealthCost.org](http://www.NHHealthCost.org)

**CONTACT YOUR HEALTH INSURANCE COMPANY.**

*You'll find their phone number on the back of your insurance card or visit their website.*

**CONTACT THE NH INSURANCE DEPARTMENT  
CONSUMER SERVICES DEPARTMENT.**

- (603) 271-2261
- (800) 852-3416
- (800) 735-2964 (TYY/RDD Relay Services)
- [consumerservices@ins.nh.gov](mailto:consumerservices@ins.nh.gov)
- [www.NH.gov/insurance](http://www.NH.gov/insurance)

*This document is for informational purposes only. While the New Hampshire Insurance Department has made every effort to provide accurate information, some information has been generalized. Please contact your health insurance company to obtain specific information about your policy.*