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**Health Insurance Authority finds that growth of health insurance market slowing as average cost of health insurance reaches almost €2,000**

* *7,318 people purchased health insurance in Q1 compared to 13,633 in Q3 2024*
* *The average cost of health insurance for an adult now €1,929*

**XX.06.25**

The Health Insurance Authority (HIA) today published its Q1 Market Bulletin, which shows slowing growth in the private health insurance market. 2.52 million people in Ireland now have private health insurance, with just 7,318 people buying health insurance in Q1 compared to 13,633 in Q3 2024.

The average cost of a plan is now €1,929. This is an increase of almost €200 compared with the average price for 2024. There are 342 plans on the market, with four new plans added in the last quarter.

The findings in the Q1 Market Bulletin continue a recent trend of reduced growth in the health insurance market, with the HIA’s 2024 Annual Market Report showing an increase in coverage of 1.3% between 2023 and 2024, and a further decrease in the number of children insured at 21.6% (down from over 23% in 2019).

Commenting on the bulletin, **CEO of the Health Insurance Authority, Brian Lee** said:

*“Although health insurance continues to be a very popular product purchased by almost half of the population, rising prices could potentially be affecting further growth in the market. At an average cost of almost €2,000, it may be that many potential consumers no longer choose to buy private health insurance due financial pressures or other considerations.”*

*“Shopping around is the best way to save money on health insurance, and with a lot of consumers renewing their plan in July we recommend reviewing your plan now to see what you’re covered for and what you actually use. If you’re happy with your provider, you can look at what other plans they have that would suit you better and help you save money. We are here to help with our* [*free impartial comparison tool*](https://www.hia.ie/health-insurance-comparison) *where you can compare plans for you and your family. Our team is also available by phone and by email for anyone who needs support.”*

Ways to potentially save money include:

1. Shopping around. Some plans that have been on the market for a long time don’t offer as much value as newer plans. Just by shopping around you could find a plan with very similar benefits for a lower price.
2. Increasing your hospital excess. This is the amount that you pay each time you are admitted into a private hospital. If you’re in good health, looking for a plan with a higher excess can be a good way to save money.
3. Reviewing your plan and reduce your cover for benefits that you don’t use – for example, if you have a medical card, you could look for a plan with lower day-to-day cover.

Read the full report at [www.hia.ie/publications/market-reports-and-bulletins](http://www.hia.ie/publications/market-reports-and-bulletins). For impartial information about health insurance or to use the HIA’s free comparison tool, visit [www.hia.ie](http://www.hia.ie).

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**About the Health Insurance Authority (HIA)**

The HIA is the impartial State body that regulates private health insurance in Ireland. We provide consumers with the information and tools to make informed choices about health insurance, and we ensure that the health insurers comply with the regulations. Our vision is a well-functioning and transparent health insurance market, where consumers understand their rights and feel empowered in their decisions. We regularly publish market updates and consumer surveys on our website: <https://www.hia.ie/publications>.