

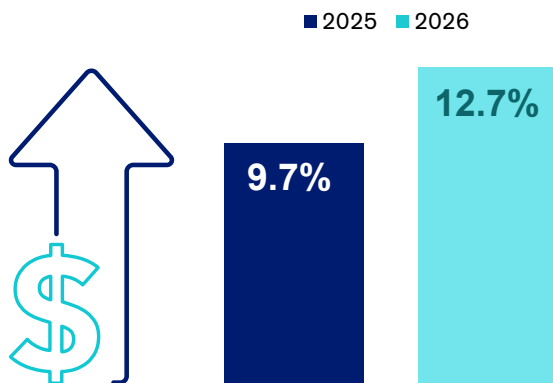
Rate of Increase in Medical Stop-Loss Premiums Accelerates to Nearly 13%



As the number and value of high-amount healthcare claims continues to grow, stop-loss coverage provides important asset protection and cost predictability, particularly for self-funded plans, smaller groups and groups with modest cash reserves.

This infographic presents key observations about stop-loss coverage from Segal's 2026 national medical stop-loss dataset, which includes more than 220 plans.

Average premium increase in the 2026 dataset is 3 percentage points **higher** than the average premium increase in the 2025 dataset.*



97% of plans purchased broad coverage that includes both medical and prescription drug claims. (same percentage as in the 2025 dataset)

* These increases are for groups that maintained similar specific stop-loss benefit levels as those in the prior year. Among all groups, including those that increased specific stop-loss deductible levels and/or aggregating specific stop-loss deductibles resulting in an overall reduced rate action, the average premium increase was 7.3% in 2025 and is 11.5% in 2026.



What were once rare “shock claims” are now recurring events; the number of **claimants with seven-figure claims has grown an average of 25% per year over the last four years**, based on trends observed in SHAPE, Segal's medical claims data warehouse.

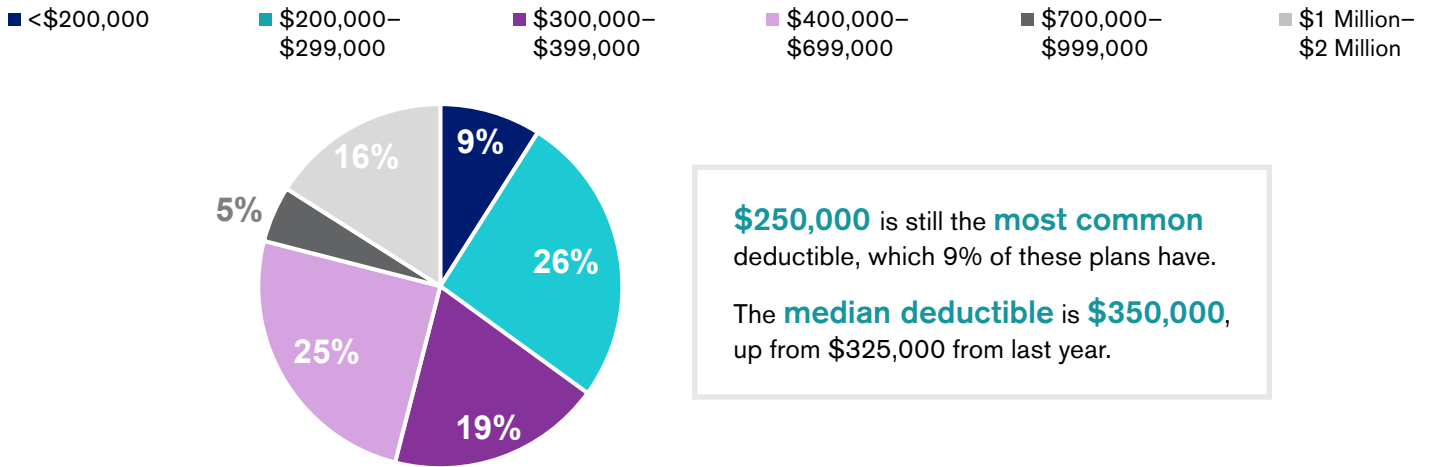
Some therapies cost over \$3.5 million, including Hemgenix® and Lenmeldy®, as noted in the [American Journal of Health-System Pharmacy](#).



High-cost claimants with \$250,000+ paid annual claims account for less than 0.4% of all covered individuals but **22% of total medical and prescription drug claim expenses**, based on data from SHAPE.

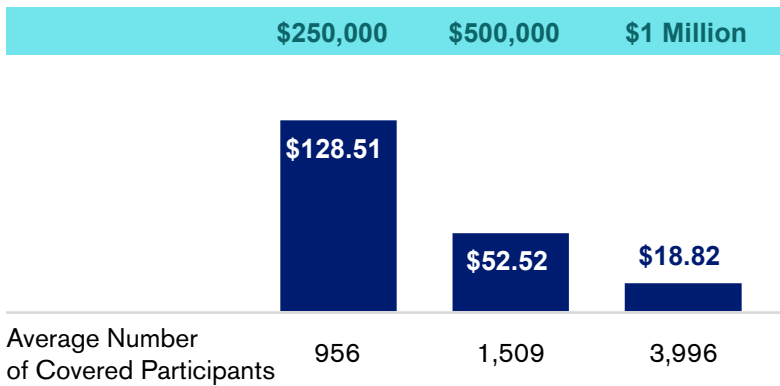
Important privacy reminder: When handling data for stop-loss procurement, be sure to remove identifiers from individual claimant data, such as name, address and age, and restrict access to only those who need to know the information.

Specific **stop-loss deductibles** continue to vary widely, from \$60,000 to \$2 million.



\$250,000 is still the **most common** deductible, which 9% of these plans have.
 The **median deductible** is **\$350,000**, up from \$325,000 from last year.

Typically, median monthly per-participant **premiums** are higher at lower specific stop-loss deductibles.



The data above excludes plans that have an aggregating specific deductible.

Factors that affect a plan's premium and premium increases:

- Demographics
- Claims history
- Regional differences
- Market conditions
- Health plan coverage levels
- Presence of case management

About the 2026 Dataset

Segal has maintained a national medical stop-loss database since the ACA eliminated annual and lifetime dollar limits on essential health benefits.



Range of policy year effective dates:
February 2025 to January 2026

The rapid rate of change in newly approved medical technology and procedures requires a close inspection of the coverage language offered by each stop-loss insurer. Segal subject matter experts carefully review stop-loss contract provisions to make sure policy language aligns with a plan's coverage needs, so sponsors can secure coverage that meets their expectations.

To discuss the adequacy and competitiveness of your plan's stop-loss coverage compared to plans in Segal's 2026 dataset, contact your Segal consultant or Michael S. Tesoriero at 212.251.5280 or mtesoriero@segalco.com.

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