Comparing health plans can save you money. But how much?

We crunched the numbers and found that eHealth shoppers can save up to $159 a month or up to $1,906 a year on average on their premiums by comparing plans offering comparable benefit levels with our easy-to-use online tools.

To make that claim, we calculated the average premium savings as described below for our customers with an active plan in 2026 across the gold, silver and bronze coverage levels. We pulled the data from our enrollees in New Jersey, Minnesota, Texas, Washington, and California, because these states contain the most enrollees.

We calculated 'savings' as the difference between the customer's active premium rate and the lowest premium available to them for a plan with comparable benefits.

We repeated this exercise across all medal levels across the five states with most enrollees, coming up with a blended average savings of up to about $159 a month or $1,906 a year.

Savings can vary based on your unique health care needs, but it is good to know that when it comes to health plans, shopping can really save you money.