

# Summer Travel & Health Coverage

An eHealth Survey  
*June 2026*



# Introduction & Highlights

How well do most Americans understand the limitations of their health benefits when traveling out of state or internationally, and how do they prepare ahead of time? Summer travel season is here, and eHealth's new survey of more than 1,000 Americans sheds light on knowledge gaps that can leave many vulnerable to unexpected medical costs while away from home.

## Travel & health care preparedness:

- 57% of Americans rarely or never check their health coverage or provider access before traveling.
- 46% of those planning to travel this summer worry about getting a big, unexpected medical bill while away.

## Avoiding medical care:

- 29% of Americans have avoided medical care while traveling due to cost concerns, including 48% of those who plan to travel internationally this summer.

## International coverage:

- 47% of those planning international travel this summer mistakenly believe most health plans cover medical care rendered outside the US; an additional 20% aren't sure how coverage works.

## Impacts on travel plans:

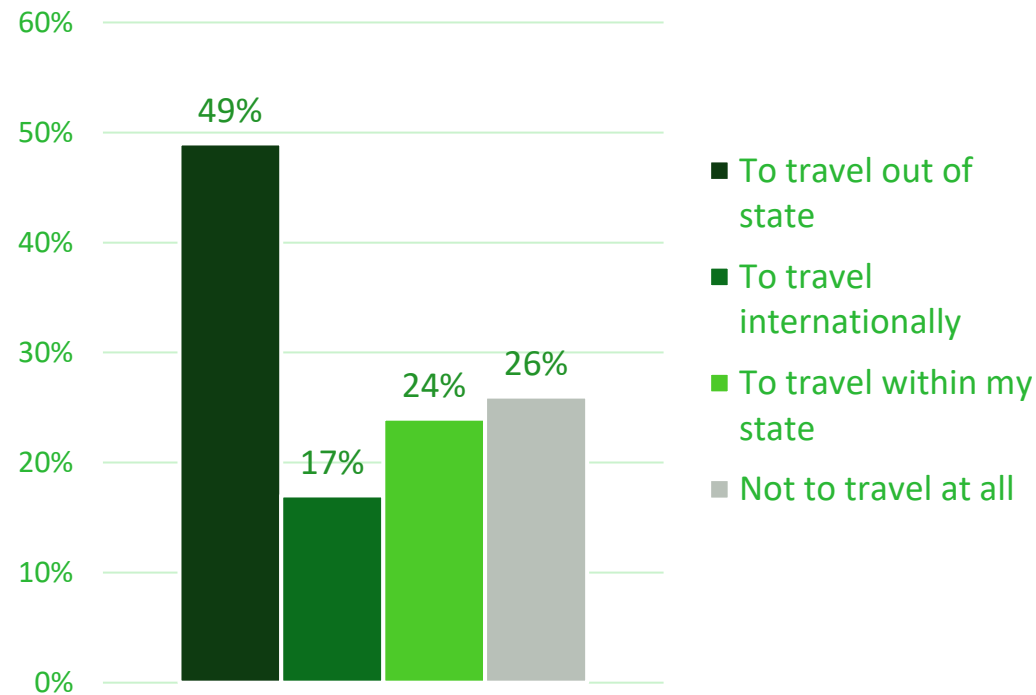
- 36% of Americans say concerns about contagious diseases have impacted their travel plans for this summer.
- 60% of Americans say the recent increase in fuel costs has impacted their travel plans.

# Travel Plans & Coverage Limits

## Two thirds plan to travel internationally or outside their home state this summer

- 49% plan to travel out of state but within the US.
- 17% plan to travel outside the US.
- 24% plan to travel only within their home state.
- 26% have no travel plans this summer.

What are your travel plans this summer? Select all that apply.



## Health and safety risks are a secondary concern for travelers.

- Among those planning to travel, 19% say health and safety risks are their biggest concern when traveling, second to the cost of travel (cited by 51%).

## But many worry about unexpected medical costs

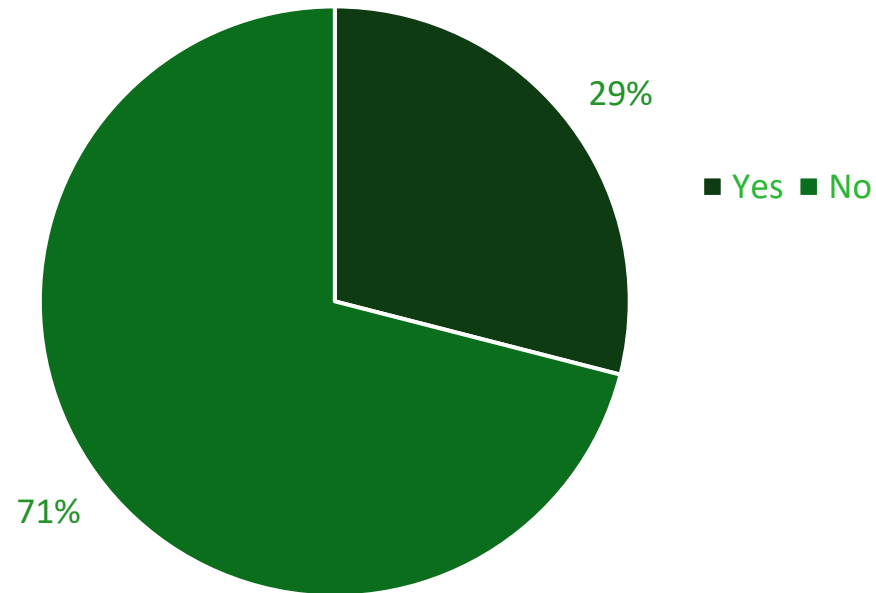
- 46% of those planning to travel this summer worry about facing a large, unexpected medical bill while away.

# Avoiding Medical Care While Traveling

## Three in 10 have avoided medical care while traveling

- Overall, 29% say they avoided medical care while traveling in the past because of cost concerns.
- Among Americans planning to travel internationally this summer, that figure is 48%.
- Among those planning to travel out of state this summer, that figure is 35%.

Have you ever avoided seeking medical care while traveling because you were worried about the cost?



## Fewer than half regularly check coverage before traveling

- 57% rarely or never check their health coverage or provider access at their destination before traveling.

## One third acknowledge worries about coverage can get in the way of travel plans

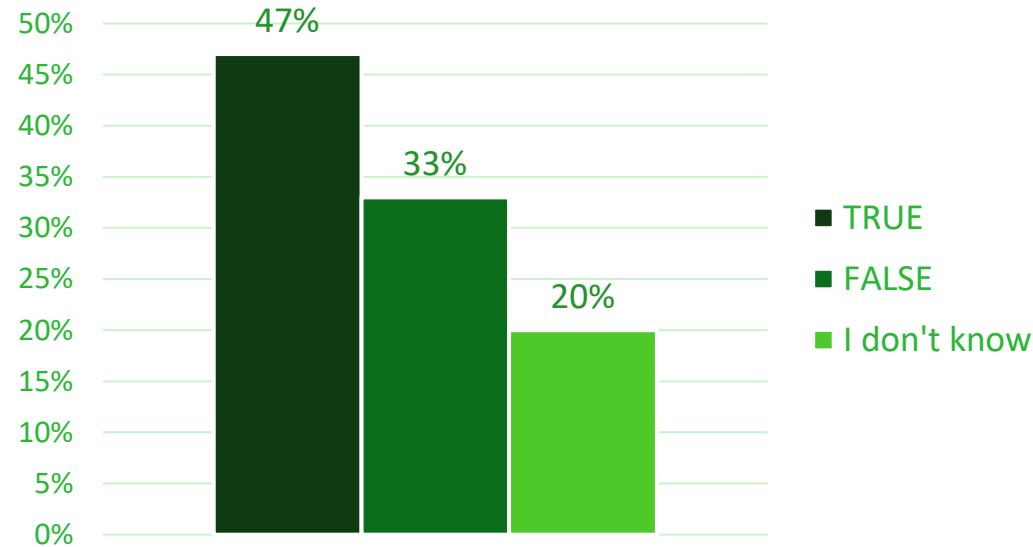
- 33% have been discouraged from traveling either now or in the past due to worries over health coverage and access to medical care.

# Health Coverage & International Travel

**More than two thirds of international travelers (67%) don't understand coverage limits outside the US**

- 47% of those who plan to travel outside the US this summer incorrectly believe that health plans generally pay for medical care accessed in another country.
- 33% know this is false.
- 20% aren't sure.

True or false: "Most health insurance plans pay for medical care if you get sick or injured while traveling internationally."



**Some are prioritizing international travel this year due to geopolitical concerns**

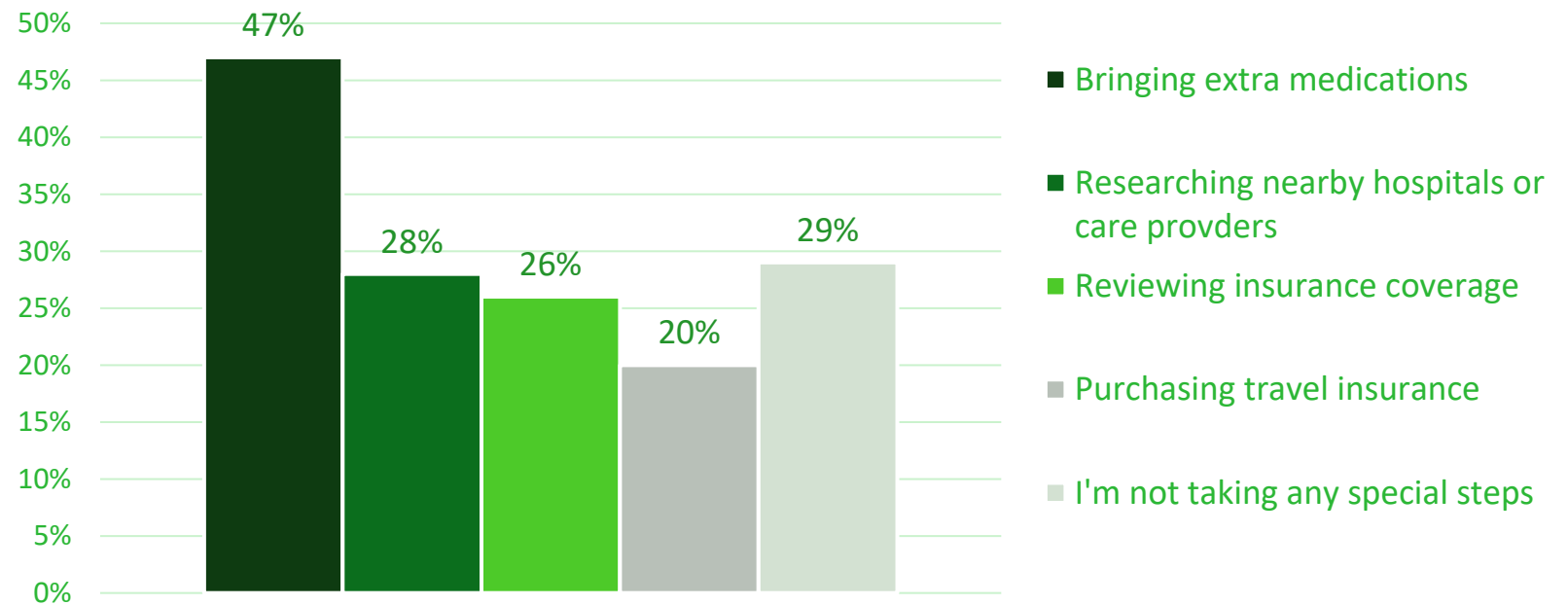
- Among those who plan to travel internationally, 31% say they are prioritizing international travel this summer due to concerns about political stability or international conflicts.

# Travel & Health Care Preparedness

**While many bring extra medications, relatively few take other measures to prepare for health needs**

- Among all Americans who plan to travel this summer, 47% say they are bringing extra medications.
- 28% are researching nearby medical care providers at their destination.
- 26% are reviewing their health insurance coverage, while 20% are purchasing travel insurance.
- 29% say they are not taking any special steps.

What steps, if any, are you taking to prepare for health needs while traveling this summer? Select all that apply.

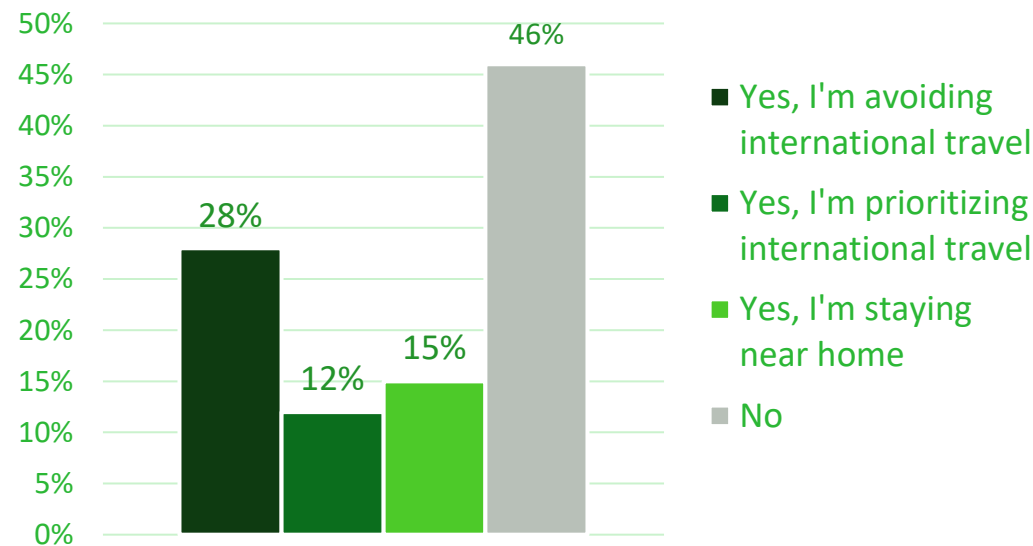


# Impacts on Travel Plans for 2026

## More than half say politics and conflicts have impacted their travel plans this summer

- 28% of all respondents say they are avoiding international travel due to political instability or international conflicts.
- 12% are prioritizing international travel for these reasons.
- 15% say they are staying home for these reasons.

Have political instability or international conflicts impacted your travel plans this summer? If so, how?



## Fuel costs and concerns about contagious disease are also changing plans

- 60% say the cost of fuel has affected their summer travel plans this year.
- 36% say concerns about contagious diseases have affected their travel plans this summer.

# Methodology

Survey data provided in this report are drawn from a nationwide, census-balanced survey of more than 1,000 Americans age 18 and older, with respondents drawn from the general population. The survey was conducted by a third-party survey vendor between May 28 and 31, 2026; additional related surveying was conducted between June 5 and 8, 2026. The margin of error is  $\pm 3\%$ .

Throughout this report, all values have been rounded to the nearest full percentage; in some cases, totals may add to slightly more or less than 100% due to rounding.

### **About eHealth**

For nearly 30 years, eHealth, Inc. (Nasdaq: EHTH) has helped millions of Americans find the healthcare coverage that fits their needs at a price they can afford, using data, artificial intelligence and a consumer-first approach to help people quickly and effectively compare insurance options. As a leading independent licensed insurance agency and advisor, eHealth offers access to plans from more than 180 health insurers, including national and regional companies, supporting consumers during their working years and retirement. eHealth's team of licensed insurance agents helps match consumers with the insurance plans, services, and support they need to live healthier, more financially secure lives.

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**Media inquiries, please contact:** [pr@ehealth.com](mailto:pr@ehealth.com)