



NEWS RELEASE

eHealth Research Highlights Graduation Season Education Gap: 80% Don't Know Where to Start When It Comes to Health Insurance

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Most young adults have a limited understanding of their coverage options, despite 79% saying access to health benefits is a high priority when evaluating a potential job

Many young adults don't know they may be able to stay on their parent's health plan until age 26, while only 5% know they can earn up to \$60,000 per year and still qualify for subsidies for individual coverage

AUSTIN, Texas, May 21, 2025 /PRNewswire/ -- With record numbers of high school and college students graduating this year, many lack a comprehensive understanding of their health insurance options, according to **new research** published today by **eHealth**, Inc. (Nasdaq: EHTH), a leading private online health insurance marketplace.

In a nationwide representative survey of 500 young adults ages 18 to 25:

- 80% say they wouldn't know where to start if they had to find health coverage on their own.
- 79% say health benefits are a high priority when considering job options.
- 57% admit they had a poor understanding of their coverage options upon graduation.¹

The survey also uncovered a lack of familiarity with the rules governing how long young adults are allowed to stay on a parent's health insurance plan, and the financial assistance available to them if they want to enroll in their own individual plan:



- 54% did not realize they could stay on a parent's health plan until age 26.
- 5% knew they could earn up to about \$60,000 per year and still potentially qualify for subsidies under the Affordable Care Act that could substantially reduce their coverage costs.

Read the **full report**.

"Millions of young adults are entering the workforce for the first time, and many of them have questions about their health insurance options. In fact, 80% of young people say they wouldn't know where to start if they had to shop for health insurance on their own," said Fran Soistman, CEO, eHealth. "Given the competitive job market, it is important for young adults and their families to understand coverage options beyond those through an employer, such as taking advantage of subsidies, if eligible, to help make an individual plan more affordable."

For young adults and their families who want to make more informed coverage choices before or after graduation, eHealth has published an **article** with tips for those staying on a parent's health plan, enrolling through an employer plan, or shopping the individual market.

About eHealth (NASDAQ: EHTH)

We're Matchmakers. For over 25 years, eHealth has helped millions of Americans find the healthcare coverage that fits their needs at a price they can afford. As a leading independent licensed insurance agency and advisor, eHealth offers access to over 180 health insurers, including national and regional companies.

For more information about eHealth, visit **ehealth.com** or follow us on **LinkedIn, Facebook, Instagram**, and **X**. Open positions can be found on our **career page**.

eHealth media inquiries: pr@ehealth.com

¹ Findings are based on a survey of 500 Americans aged 18 to 25 years old; the survey was conducted through a third-party survey vendor in May 2025 and had a probability sampling error of +/-4%.

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