

# Study: Care costs continue slower growth in 2014

May 21 2014, by Tom Murphy

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Benefits consultant Milliman says health care costs for a family with a common employer-sponsored health plan have more than doubled over the past decade.

The firm projects that a typical American [family](#) of four will spend \$9,695 on [health](#) care this year. That compares with \$4,443 spent in 2004. The cost is up 6 percent from last year.

That counts a family's contribution toward insurance premiums, payments at the doctor's office or pharmacy and even bottles of aspirin.

Health care costs have been growing at a slower pace the past few years, but employees are paying a bigger share of the bill.

The actual cost an individual family racks up varies heavily depending on things like how much care they use and the coverage they have.

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