

# GMCB Sets Adjustments for 2025 Health Insurance Premiums

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For more information, please email the Board at [GMCB.Board@vermont.gov](mailto:GMCB.Board@vermont.gov).

## GREEN MOUNTAIN CARE BOARD SETS PREMIUM ADJUSTMENTS FOR BLUE CROSS AND MVP

Montpelier, VT - The Green Mountain Care Board (GMCB) directed [Blue Cross and Blue Shield of Vermont](#) (BCBSVT) and [MVP Health Plan, Inc.](#) (MVP) to adjust their proposed 2025 premiums for individuals and small businesses, affecting over 70,000 Vermonters.

**Small Group - Average Annual Increase Over 2024 Rates**

<b>Insurer</b>	<b>Initial Request</b>	<b>Final Request</b>	<b>GMCB Approved</b>
BCBSVT	19.1%	24.0%	22.8%
MVP	9.3%	11.5%	11.1%

**Individual - Average Annual Increase Over 2024 Rates**

BCBSVT	16.3%	21.0%	19.8%
MVP	11.7%	14.9%	14.2%

**Key points:**

- Federal premium assistance will continue to be available in 2025 to most people who purchase a plan in the individual market. The total amount of assistance will also be much larger than in prior years. As a result, despite significant increases in the gross premiums of individual plans, for most people, the net premiums, after accounting for premium subsidies, are expected to decrease. GMCB encourages people to go to Vermont Health Connect and explore their eligibility for assistance and carefully evaluate their plan options this year.
- GMCB acknowledges that, for purchasers of small group plans, as well as individuals who are not eligible for premium assistance, the approved premium increases are painfully high. However, considering the insurers' history of losses in these markets and serious concerns expressed by the Department of Financial Regulation about BCBSVT's solvency, GMCB had limited latitude this year to require further reductions to the proposed premiums.
- GMCB required the insurers to make changes to the rates recommended by GMCB's actuaries. GMCB also required the insurers to lower their assumptions about price increases at Vermont hospitals, which GMCB regulates through its hospital budget review authority.
- GMCB Board Chair, Owen Foster, stated: "These rates reflect deep fundamental failures in our healthcare system and the immediate need for systematic change. While these rates are plainly unacceptable, the alternative of an insolvent insurer unable to pay for patient care was worse. Vermont must address its underlying healthcare cost structure, demographic and housing challenges, and transform its healthcare system if

we are to alleviate the healthcare affordability crisis we are facing.”

This year’s rate requests underscore the vital importance of ongoing transformation efforts included in the [Act 167 Community Engagement](#) work. These efforts aim to create a more sustainable and affordable healthcare system to better meet the needs of Vermonters while ensuring financial stability. GMCB calls on all stakeholders—hospitals, insurers, policymakers, community health care leaders, and the public—to actively engage in these transformation efforts to build a healthcare system that is both resilient and accessible.

View the [GMCB press release here](#).

*Specific rate **increases by plan will be published by the carriers** in late September or early October.*