

2026 Connecticut Health Care Affordability Snapshot

The Health Care Value Hub (“the Hub”) is proud to launch the 2026 Health Care Affordability Policy Snapshot (“Affordability Snapshot”). The Affordability Snapshot provides legislators, consumer advocates, regulators and other interested parties a tool to compare their state’s health policies across other states. The categories examined in this resource explore a variety of policy options that impact health care affordability. Policies were examined for whether they were active, implemented to a limited degree, or not active as of May 15, 2026. Sources for this information can be found in the downloadable **Data and Source Document** available on the [Dashboard](#) page. **Definitions and descriptions for each policy category can be found in the Glossary.**

The Hub offers support dedicated to understanding health care policy and connecting advocates and other interested parties together to help build a patient-centered, high-value health care system. As a research-based organization, the Hub takes a comprehensive approach to improving affordability through policy analysis, translation, visualization, and collaborative engagement. We encourage advocates, legislators, and other stakeholders to share our findings to improve consumer health care affordability across the states.

Health Care Spending Benchmark	Authority to Enforce Health Care Spending Benchmarks	Hospital or Primary Care Spending Oversight Entity	All-Payer Claims Database	Price Transparency Tool	Prescription Drug Price Transparency Reporting Requirements
Ownership Transparency	Cost Oversight Office or Commission	Health Care Financing Taskforce	Consolidation Transaction Notification Requirements	Authority to Modify or Reject Consolidation Transactions	Affordability Criteria Included in Transaction Review
Restricts All-or-Nothing Contract Provisions	Restricts Anti-Tiering or Anti-Steering Contract Provisions	Restricts Most-Favored Nation Contract Provisions	Restricts Price Secrecy and Gag Clause Contract Provisions	Key: State has passed legislation to implement these policies State has passed not legislation to implement these policies	

Improve Transparency and Market Oversight

Health Care Spending Oversight

Key:  State has active policy or program  Policy or program partially implemented  No active policy or program  No source or limited information found

Policy	Icon	Status as of June 2026	Summary
Health Care Spending Benchmark		State has established a health care spending benchmark for providers, insurance carriers, or both	Connecticut's Cost Growth Benchmark was set at 4% in 2024, 2.9% in 2025, and 2.8% for 2026-2030, with adjustments for inflation as needed. The benchmark applies to health insurance companies and healthcare providers with a minimum of 5,000 attributed lives. The benchmark is based on a 20/80 weighting of the projected growth in Connecticut's Potential Gross State Product and the state's median household income to keep levels in line with economic and household income growth and improving healthcare affordability for families. The state also has a primary care spending target that started at 5% in 2021 and increased gradually to 10% in 2026-2030.
Authority to Enforce Health Care Spending Benchmark		State has not established an enforcement mechanism for their health care spending benchmark(s)	Connecticut's Office of Health Strategy has recommended, but not yet implemented, phasing in performance improvement plans ("PIP") for entities that exceed the benchmark and allowing civil penalty if they neglect to file a PIP, as well as incorporating the Benchmark into the review of annual insurer rate filings.
Hospital or Primary Care Spending Oversight Entity		State monitors and reports hospital spending, primary care spending, or both	Connecticut's Healthcare Benchmark Initiative Steering Committee (HBISC) and the Office of Health Strategy, established in 2020, review hospital and primary care spending. This includes setting targets for primary care spending, set to reach 10% of total health care expenditures by 2025.

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Policy	Icon	Status as of June 2026	Summary
All-Payer Claims Database Established		State has a(n) all-payer or multi-payer claims database	
Price Transparency Tool(s)		State has a public-facing price transparency tool that reports negotiated rates	The Connecticut Healthcare Cost Estimator Tool provides the average out-of-pocket cost and average insurance payment costs to consumers across a variety of services and facilities.
Prescription Drug Price Transparency Reporting Requirement(s)		Organizations are required to report prescription drug price information to a state entity	Connecticut law requires the executive director of the Office of Health Strategy (OHS) must annually report a list of ten outpatient drugs that have been provided at a significant cost to the state or are critical to public health. Manufacturers of drugs on the executive director's list must submit all of the factors that caused the increase in the wholesale acquisition cost of the drug to OHS. It is unclear what department will be responsible for this following the dissolution of the Office of Health Strategy in 2026.

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Health Care Spending Oversight

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Policy	Icon	Status as of June 2026	Summary
Ownership Transparency		State requires providers and facilities to report ownership data annually	Connecticut hospitals are required to submit an annual report to the Office of Health Strategy that must include the name of each joint venture, partnership, subsidiary, and related corporation affiliated with the hospital and specific information about each entity for the most recently completed fiscal year.
Cost Oversight Office or Commission		State has a cost oversight office or commission	Connecticut's 2026 budget (Public Act 26-68) will dissolve the Office of Health Strategy, which currently administers Certificate of Need, the health care cost growth benchmark, the all-payer claims database, and health information exchange. These responsibilities will transfer to other state departments beginning October 1, 2026, with the full transition complete by July 1, 2027.
Health Care Financing Taskforce		State does not have a health care financing task force	While Connecticut does not have a standalone commission or task force, the state has publicly released estimates quantifying the potential impact of federal policy changes on their state Medicaid program.

Improve Transparency and Market Oversight

Consolidation Oversight

Key:  State has active policy or program  Policy or program partially implemented  No active policy or program  No source or limited information found

Policy	Icon	Status as of June 2026	Summary
Transaction Notification Required		Requires health systems or providers to notify the state of consolidation transactions	Connecticut law requires entities notify the Attorney General (and Office of Health Strategy in transactions involving nonprofit hospitals) of any material changes to group practices, hospitals, and other health care entities at least 30 days prior to the transaction. The state Certificate of Need program must also be notified of transfers of ownership of health care facilities.
Authority to Modify or Reject Consolidation Transactions		Has authority to approve, set conditions, or disapprove consolidation transactions	The Attorney General has authority to approve, apply conditions, or disapprove transactions for nonprofit hospitals, alongside the Executive Director of the Office of Health Strategy (OHS) in transactions involving nonprofit hospitals transfers of assets to for-profit hospitals. The Certificate of Need program also has authority to approve, set conditions, or disapprove transfers of ownership of certain health care providers.
Affordability Criteria Included in Transaction Review		Includes consumer affordability or price growth in review criteria, approval conditions, or both	The Executive Director of the Office of Health Strategy assesses transaction applications for their commitment to provide health care to the uninsured and underinsured. The Connecticut Certificate of Need program evaluates whether increased prices or total health care spending resulting from transfers may negatively impact affordability of care.

Improve Transparency and Market Oversight

Anti-Competitive Contract Provisions

Key:  State has active policy or program  Policy or program partially implemented  No active policy or program  No source or limited information found

Policy	Icon	Status as of June 2026	Summary
Restricts All-or-Nothing Contract Provisions		Law restricts All-or-Nothing contract provisions	Connecticut prohibits All-or-Nothing clauses in contracts between health organizations and health care providers.
Restricts Anti-Tiering and Anti-Steering Contract Provisions		Law restricts Anti-Tiering or Anti-Steering contract provisions	Connecticut prohibits including Anti-Tiering and Anti-Steering clauses in contracts between health organizations and health care providers.
Restricts Most Favored Nation Contract Provisions		Law restricts Most Favored Nation contract provisions	Connecticut bans Most Favored Nation clauses in contracts between health organizations and providers; prohibiting guaranteed best rates, rate certification, or disclosure of other insurers’ rates.
Restricts Price Secrecy and Gag Clause Contract Provisions		State law prohibits price secrecy or gag clause restrictions in contracts between health insurance carriers and health systems or physicians	Connecticut law prohibits contracts between health care providers, health carriers, health plan administrators or any agent or other entity that contracts on behalf of a health care provider, health carrier, or health plan administrator from including provisions that restrict the ability to furnish consumers or purchasers information concerning the cost of services.

Health Care Spending Benchmarks

Health care spending benchmarks aim to limit annual health care spending growth by establishing a maximum limit, or “benchmark.” Benchmarks may examine overall spending or spending for specific hospitals or insurers. Of note, as of 2026 there is pending litigation against health care cost growth benchmarks in some states which may affect the status of these policies.

Authority to Enforce Health Care Spending Benchmarks

Some states grant oversight entities the authority to enforce health care spending benchmarks. In these states, if the benchmark is surpassed, the overseeing state entity will often collaborate with providers to curtail spending, and some states authorize the entity to mandate performance improvement plans or impose penalties. This section examines whether a state has established a benchmark, and if so, whether the state has statutory authority to enforce the benchmark.

Hospital or Primary Care Spending Oversight Entity

Health spending oversight entities monitor and track health care spending systematically, offering data and research support to ensure efficient resource use. While many states set population health priorities, few have established oversight entities with enforcement powers. This section examines whether a state has a health spending oversight entity reviewing primary care, hospital spending, or both.

All-Payer Claims Database

All-payer claims databases (APCDs) compile diverse health care data that may include health, dental, and pharmacy claims from private insurers, state employee health programs, Medicare, and Medicaid. In instances where a database includes only some of these payers, it is referred to as a multi-payer claims database. Typically created through legislation, APCDs are often subject to state oversight and regulation. However, some claims databases have been voluntarily developed by independent entities, limiting oversight.

Price Transparency Tool

A website that displays price information on healthcare services, allowing consumers to “shop” for the best price and budget for expected services. To be credited, the tool must show negotiated prices for various services and be accessible without fees, IRB approval, or legislative restrictions. Additionally, this section reviews whether a state requires prescription drug price data to be reported to a state entity and if a state has another form of price transparency regulation.

Prescription Drug Price Transparency Reporting Requirement

Prescription Drug Price Transparency Reporting Requirements enforce policies for drug manufacturers, insurers, and pharmacy benefit managers to report detailed information about how prescription drug prices are set and increased over time. They are set to promote accountability, reduce hidden costs, and give insight into rising drug costs.

Ownership Transparency

States, policymakers, and the public frequently have no clear picture of who actually owns and controls the providers delivering care to their residents. Requiring annual ownership reporting addresses this transparency gap. When states have accurate, up-to-date ownership data, they can identify consolidation trends before they become entrenched, enforce antitrust and corporate practice of medicine rules more effectively, and hold entities accountable when ownership changes lead to price increases or quality declines.

Glossary



Cost Oversight Office or Commission

To address health care affordability concerns across state populations, some states have established Cost Oversight Offices or Commissions focused on analyzing drivers of high health care costs, working with stakeholders, and creating recommendations for administrative or regulatory solutions. These groups provide broad cost oversight of entire health care systems within a state, from hospitals to insurance practices.

Health Care Financing Taskforce

In an effort to assess health care spending, some states have launched Health Care Financing Taskforces and other entities to evaluate Medicaid financing mechanisms, evaluate Medicaid spending growth, and reduce duplicative spending and inefficiencies in Medicaid program administration while maintaining access to and quality in health care.

Consolidation Transaction Notification Required

Health care consolidation refers to health care entities (i.e. doctor's offices or hospitals) joining together under a common owner through a merger or acquisition. Some states require health care systems and/or providers to notify the state of consolidation transactions.

Authority to Modify or Reject Consolidation Transactions

During health care consolidation transactions, some states have the authority to approve, modify, or deny the transactions based on their own reviews.

Affordability Criteria Included in Transaction Review

When health care entities consolidate, some states require that affordability criteria like consumer affordability or price growth be considered in approval conditions, review criteria, or both.

Restricts All-or-Nothing Contract Provisions

Anti-competitive contracting is a pattern of contracting between health care providers and insurers where one party gains unfair advantages over potential competitors. States can enact regulations that limit dominant health systems from abusing their market power in ways that increase prices. For example, All-or-Nothing contract provisions are typically applied by health systems to require plans to contract with all providers in their system or none of them, even if those providers are low-value or high-cost.

Restricts Anti-Tiering or Anti-Steering Contract Provisions

These contract provisions require insurers to place certain providers in higher tiers regardless of cost or quality (anti-tiering) and restrict directing patients to higher value care from competitors (anti-steering).

Restricts Most Favored Nation Contract Provisions

In health care, Most-Favored Nation clauses are contract terms in which a health insurance company requires a provider or health system to guarantee that no other health plan will receive the same prices at a lower price. This restriction prevents providers or health systems from offering better pricing to competitors and can lead to higher overall prices when insurers and providers work together to maintain these rates.

Restricts Price Secrecy and Gag Clause Contract Provisions

Gag clauses are contractual provisions that prevent providers and insurers from disclosing prices, including negotiated rates, to patients, employers, or plan sponsors. These provisions can limit price transparency and make it harder for patients, self-funded employers, and policymakers to identify where health care markets are not functioning effectively. Congress passed the Consolidated Appropriations Act of 2020, which prohibits most gag clauses in health insurance contracts.

