

**Middle East and Africa Health Insurance Market, By Insurance Type (Public, Private),  
By Term of Coverage (Lifetime Coverage, Term Coverage), By Mode of Purchase  
(Direct Company Representatives, Online Portal, Insurance Agent), By Country,  
Competition, Forecast & Opportunities, 2020-2030F**

Market Report | 2025-02-28 | 131 pages | TechSci Research

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**Report description:**

The Middle East and Africa (MEA) Health Insurance Market was valued at USD 139.96 billion in 2024 and is projected to reach USD 227.09 billion by 2030, growing at a compound annual growth rate (CAGR) of 8.46% during the forecast period. This market expansion is driven by escalating healthcare costs, an increasing incidence of chronic diseases, and heightened awareness of health coverage. Key growth factors include government initiatives, mandatory insurance policies, and the growing involvement of the private sector. Additionally, the integration of digitalization and telemedicine is improving accessibility and efficiency across the sector. Countries such as the UAE, Saudi Arabia, and South Africa are experiencing notable growth due to regulatory reforms and expanding employer-sponsored insurance programs. However, challenges such as affordability, limited penetration in rural areas, and complex regulations persist. Despite these obstacles, market growth is sustained by economic development and improvements in healthcare infrastructure.

**Key Market Drivers**

**Rising Prevalence of Chronic Diseases and Escalating Healthcare Costs**

The increasing prevalence of chronic diseases, including diabetes, cardiovascular conditions, cancer, and respiratory disorders, is a primary driver for the MEA health insurance market. Sedentary lifestyles, urbanization, and poor dietary habits have contributed to the rise in non-communicable diseases (NCDs), leading to heightened demand for healthcare services. According to the 2024 Health Statistics Bulletin by the General Authority for Statistics, 18.95% of adults (15 years and older) and 9.4% of children (under 15) are affected by chronic diseases, thus driving higher demand for health insurance coverage.

**Key Market Challenges**

**Affordability and Low Insurance Penetration**

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A significant challenge in the MEA health insurance market is affordability, particularly in low-income regions of Africa, where private health insurance is often inaccessible due to high premiums. Many individuals rely on out-of-pocket payments for healthcare services, limiting the adoption of insurance. In Africa, where the majority of the population earns low wages, comprehensive health insurance remains out of reach. Even in the Middle East, where mandatory health insurance is legislated in countries like the UAE and Saudi Arabia, lower-income expatriate workers often face difficulties affording adequate coverage.

#### Key Market Trends

##### Growth of Government-Led Universal Health Coverage (UHC) Initiatives

Governments throughout the MEA region are focused on expanding universal health coverage (UHC) to ensure broader access to healthcare. Many countries are introducing mandatory health insurance and launching national programs to cover their populations. This trend is particularly evident in Gulf Cooperation Council (GCC) countries and parts of Africa, where governments are taking active roles in healthcare financing.

For example, the UAE and Saudi Arabia have implemented compulsory health insurance for all residents, with employers required to provide coverage for their employees. These initiatives have significantly increased insurance penetration and encouraged private sector involvement. In Africa, countries such as Kenya, Ghana, and Rwanda have introduced national health insurance schemes to reduce out-of-pocket expenses and improve access to healthcare for low-income populations.

#### Key Market Players

- Bupa Arabia for Cooperative Insurance Company
- Qatar Insurance Company Q.S.P.C.
- Orient Insurance PJSC
- Iran Insurance Company
- The Company for Cooperative Insurance (Tawuniya)
- Sanlam Limited
- Al Sagr National Insurance Company (PSC)
- Abu Dhabi National Insurance Company (ADNIC)
- Allianz Group
- Adamjee Insurance Company Limited

#### Report Scope:

The report segments the Middle East and Africa Health Insurance Market into the following categories, highlighting key industry trends:

- Insurance Type: Public, Private
- Term of Coverage: Lifetime Coverage, Term Coverage
- Mode of Purchase: Direct Company Representatives, Online Portal, Insurance Agent
- By Country: Saudi Arabia, UAE, Iran, Qatar, Egypt, South Africa, Nigeria, Turkey, Rest of the Middle East and Africa

#### Competitive Landscape

This report includes an in-depth analysis of the major companies operating in the Middle East and Africa Health Insurance Market.

#### Available Customizations:

The Middle East and Africa Health Insurance Market report, with the detailed market data, is available with customizations tailored to a company's specific needs. Customization options include:

- Company Information: Detailed analysis and profiling of additional market players (up to five).

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