

The link between HSAs and your medical plan



If you have a qualifying high-deductible health plan (HDHP), saving for both planned and unexpected health care expenses is important. A health savings account (HSA) can help you do it while also saving on taxes.

What is an HSA?

Designed to work with a qualifying HDHP, an HSA is an account you can use to save for qualified medical expenses. You can put money into it on a regular basis, or make a one-time contribution whenever you have some extra cash. The money goes in tax-free, grows income tax-free and comes out income tax-free when you use it for qualified medical expenses.

The money you contribute to your HSA can be taken out at any time to pay for qualified medical expenses. These can range from prescriptions and doctors' visits to contact lenses and acupuncture. Or you can build your balance up for the future. With an HSA, there is no "use it or lose it" rule, so your HSA balance rolls over from year to year. And the money is always yours even if you change jobs or retire.

How much can you contribute to an HSA?

You can contribute up to a limit set by the IRS each year.

	Individual coverage	Family coverage
2018	\$3,450	\$6,900
2019	\$3,500	\$7,000

People who are age 55+ can contribute an additional catch-up contribution of **\$1,000** each year.

Lisa manages diabetes with an HSA

Lisa signed up for an HDHP through her employer last year. Because she has type 1 diabetes, she was happy to hear she could open an HSA to save for diabetes equipment and supplies. Here's how she saves money while keeping up with her treatments.

1. Lisa figured out how much her doctor visits and diabetes supplies cost each year. Then she set monthly HSA contributions to cover that amount — plus a little more for any unexpected expenses that might occur during the year.
2. She uses the U.S. mail-order pharmacy option available through her health plan to save time and money.
3. Whenever Lisa needs to see the doctor or order supplies, she uses her HSA to pay for it.
4. Lisa checks her balance frequently at **optumbank.com**. If she notices it's getting low and she hasn't reached the IRS contribution limit for the year, she deposits additional funds online.

Why choose a qualifying HDHP?

While some companies offer only HDHPs to their employees, others offer a choice of plans. People who are generally healthy and don't expect many medical expenses may prefer a HDHP. While these plans have higher deductibles, they typically have lower monthly premiums. So by enrolling in a qualifying HDHP, you have the opportunity to save money on monthly premiums *and* save money on taxes by opening and contributing to an HSA.

Why Optum Bank®?

Optum Bank makes paying for qualified medical expenses easy with the Optum Bank debit Mastercard®. It also offers tools and resources to help you plan and save for health care including:

- HSA Calculators
- Contribution Tracker
- Asset Allocation Calculator
- Health Savings Checkup

Open your account.

Check with your employer or benefits specialist to learn about your company's application process. You may be able to sign up through your employer or enroll at optumbank.com or through myuhc.com®.



Have questions?

Visit optumbank.com or download the mobile app.

The Optum Bank App is here!

Enjoy an easier way to manage your health savings account. You can pay bills, view transactions, upload receipts and more! Download today on your Apple or Android device.



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