



# First birthdays to bucket list adventures

An HSA helps you save smarter through all stages of life

A health savings account (HSA) allows you to save money for qualified medical expenses that you're expecting, such as contact lenses or monthly prescriptions, as well as unexpected ones – this year and for any future needs. It's a win-win for saving on health costs today, tomorrow, and even through retirement.

**Check out these highlights:**



### **Call dibs on your money**

It's all yours until you spend it – even deposits made by others, like an employer or family member. You keep it, even if you change jobs, health plans or retire.



### **Save, earn and spend income tax-free (legally)**

Yes, that's right. You generally won't pay income taxes on your HSA funds. HSAs put more money in your pocket with income tax-free:

- Contributions to your account (up to the annual limit)
- Interest and potential investment earnings
- Funds used for qualified medical expenses



### **Why choose an HDHP with HSA?**

When choosing between a traditional copay plan (PPO) and a qualifying high deductible health plan (HDHP) paired with an HSA, the HDHP with HSA is often the financial winner. That's because you get tax advantaged savings to cover a variety of qualified medical expenses now and into the future.

This approach typically offers lower premiums and more control of your health care dollars. And if you don't have immediate medical needs, you can save your HSA funds until you do – unused funds are yours to keep for life.

## **Save on out-of-pocket costs head to toe**

Your HSA covers you and your family for a wide variety of qualified products and services like:

- Dental care, including extractions and braces
- Eye exams, glasses and contacts
- LASIK surgery
- Prescription medications
- Foot treatment
- Chiropractic services
- Ultrasounds
- Doctor's office visits and procedures

Go to [optumbank.com/QualifiedExpenses](https://optumbank.com/QualifiedExpenses) to see a searchable list with more eligible expenses.



## Save for everything from X-rays to catching rays

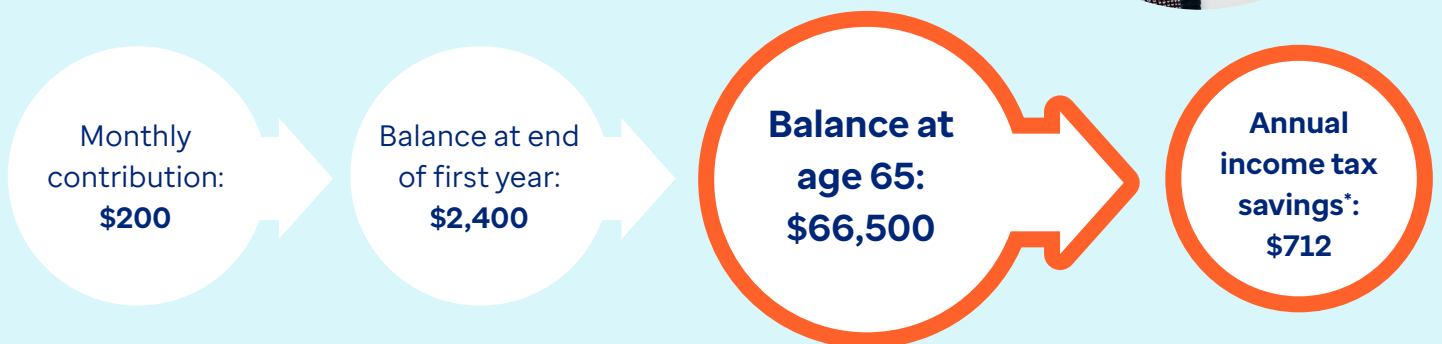
Your HSA rolls over from year to year, so you can continue to grow your savings and use it in the future – even into retirement on a beach.

There are contribution limits, set by the IRS and adjusted annually. These limits are:

- \$3,850 for individual coverage in 2023; \$4,150 in 2024
- \$7,750 for family coverage in 2023; \$8,300 in 2024
- \$1,000 extra if you're 55 or older, also known as a catch-up contribution

## See how Jake is supersizing his nest egg

Meet Jake. He's 30 and considers himself fairly healthy. When he started his new job, he decided to open an HSA and contribute \$200 per month. He uses \$500 each year to cover his health costs. Here's how much he saves with his HSA:



Use the HSA contribution calculator on [optumbank.com](https://optumbank.com) to help determine your contributions and see how much you can save on taxes.



## Ready to enroll?

Enrolling in an HSA is quick and easy because it's built into your employer's benefits enrollment. Check your employer's enrollment materials for more information on how to sign up.



Scan the QR code, or go to [optumbank.com/HSAvideo](https://optumbank.com/HSAvideo), to see how you can save.



Go to [optumbank.com](https://optumbank.com) to learn more.

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\*Assuming 22% federal income tax and 7.65% FICA. Results and amount will vary depending on your particular circumstances.

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