

# HSA101

Are You enrolled in an HSA-Eligible Health Plan?



## Understanding Your HSA

A Health Savings Account (HSA) is a tax-free savings account owned by the employee and used in conjunction with an HSA-compatible Health Plan, usually a High Deductible Health Plan (HDHP).

### Triple-Tax Advantages

- Contributions are tax free
- Potential interest accumulates tax free
- Distributions are tax free\*

### Flexibility

- Employee owns all HSA funds
- Contribution changes can be made at any time
- Funds can be invested

### Portability

- Unused funds roll over each calendar year
- Accounts move if employment changes
- At 65, any remaining funds can be withdrawn without penalty

## HSA Funding Limits

Each year, the IRS places a limit on the maximum amount that can be contributed to HSA Accounts. Your pre-tax contributions will be deducted directly from payroll and deposited into your account.

**2023**  
HSA CONTRIBUTION LIMITS:



**2022**  
HSA CONTRIBUTION LIMITS:



**CATCH UP**  
CONTRIBUTIONS LIMITS 55 AND OLDER:



\*When used to pay for qualified medical expenses

## Eligible HSA Expenses\*

ACUPUNCTURE  
ALCOHOLISM TREATMENT  
AMBULANCE  
ARTIFICIAL LIMB  
AUTOMOBILE MODIFICATIONS FOR A PHYSICALLY HANDICAPPED PERSON  
BIRTH CONTROL PILLS  
BLOOD PRESSURE MONITORING DEVICE  
BRAILLE BOOKS & MAGAZINES  
CHIROPRACTIC CARE  
CHRISTIAN SCIENCE PRACTITIONER  
COBRA PREMIUMS  
CONTACT LENSES & RELATED MATERIALS  
CRUTCHES  
DENTAL TREATMENT  
DENTURES  
DIAGNOSTIC SERVICES  
DRUG ADDICTION TREATMENT  
EYE EXAMINATION  
EYEGASSES & RELATED MATERIALS  
FERTILITY TREATMENT  
FLU SHOT  
GUIDE DOG OR OTHER ANIMAL AIDE  
HEARING AIDS  
HOSPITAL SERVICES  
IMMUNIZATION  
INSULIN  
LABORATORY FEES  
LASER EYE SURGERY  
LONG-TERM CARE PREMIUMS OR EXPENSES  
MEDICAL TESTING DEVICE  
NURSING SERVICES  
OBSTETRICAL EXPENSES  
ORGAN TRANSPLANT  
ORTHODONTIA (NOT FOR COSMETIC REASONS)  
OXYGEN  
PHYSICAL EXAM  
PHYSICAL THERAPY  
PRESCRIPTION DRUGS  
PSYCHIATRIC CARE  
RETIREE MEDICAL INSURANCE PREMIUMS  
SMOKING CESSATION PROGRAM  
SURGERY  
TRANSPORTATION FOR MEDICAL CARE  
WEIGHT LOSS PROGRAM  
WHEELCHAIRS

\*A full list of qualified expenses can be found in IRS Publication 502 at [www.irs.gov](http://www.irs.gov).

## Eligibility Requirements

- ✓ Must have coverage under a qualified HDHP
- ✓ Cannot be covered under any other health insurance plan\*
- ✓ Not enrolled in Medicare or Medicaid
- ✓ Cannot be claimed as a dependent on someone else's tax return

\*Exclusion does not apply to dental, vision, or long-term care coverage.

# HSA the Right Way, with Avidia Health



### EASY TO OPEN

You can open an HSA through your employer or on your own, and it only takes a few minutes! If you don't have a group ID number, visit [AvidiaHealth.com](http://AvidiaHealth.com) and click on 'Enroll Now' in the upper-right corner.



Routing Number: 011375384

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### Have a group ID number?

ENROLL NOW

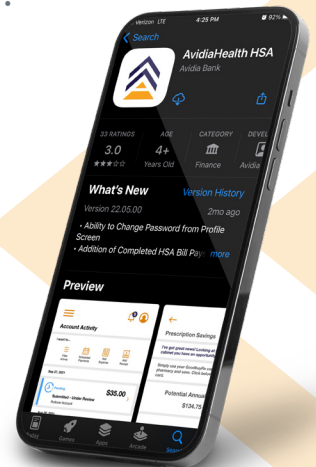
### EASY TO MANAGE

- ✓ View balances
- ✓ Account information
- ✓ Expenses
- ✓ Investments
- ✓ And more!



### EASY TO USE

Account holders are issued a debit card that can be used for qualified medical expenses in person or online at [HSAstore.com](http://HSAstore.com).



### Need Help Getting Started?

Contact Avidia today!

☎ 855-248-6311

✉ [hsainfo@avidiabank.com](mailto:hsainfo@avidiabank.com)

### IMPORTANT:

If HSA funds are used for non-eligible expenses, you will be subject to regular income taxes and an addition 20% excise tax penalty.

