

GOOD HEALTH IS A JOURNEY. SO IS SAVING THE MONEY NEEDED TO PAY FOR QUALIFIED MEDICAL EXPENSES.

The 5 Stages of Health Saving and Spending



Whether you're just hearing about a health savings account (HSA) for the first time or you've been contributing for years, you likely have questions. We all do. That's why Optum has put together this guide to explain the stages HSA account holders go through: Decide, Open, Use, Manage and Optimize.

Have questions? Ready to put your HSA to work? Visit optumbank.com.

DECIDE CONSIDERING AN HSA?

If you have a high-deductible health plan, you may be wondering just how you're going to cover those health care expenses.

An HSA lets you put pre-tax money into an account that continues to grow tax-free until you need it. You won't lose the money at the end of the year, even if you change jobs. So it's a better way to save money for your health care expenses than a regular savings account.

» SOME QUESTIONS YOU MAY BE ASKING IN THIS STAGE:

- Do my doctors accept HSAs?
- Is there a "use it or lose it" rule?

OPEN OPENED AN HSA, BUT HAVEN'T USED IT YET?

Congratulations. You've taken the first step. Now it's time to put your HSA to work.

With health care costs on the rise, it's important to be prepared for unexpected costs, like a trip to the emergency room for a broken arm, and planned ones, such as routine exams or chiropractic care.

Ask your employer if payroll deductions are an option, or set up a one-time or recurring deposit at optumbank.com or myuhc.com.

You'll receive an Optum Bank debit Mastercard[®], which makes paying for qualified medical expenses quick and easy.

» SOME QUESTIONS YOU MAY BE ASKING IN THIS STAGE:

- How do I get up and running?
- Does my employer contribute to my HSA?

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HAVE YOU REACHED YOUR CONTRIBUTION LIMITS?

2018 \$3,450 for individual coverage
\$6,900 for family coverage
\$1,000 extra if you're 55 or older

2019 \$3,500 for individual coverage
\$7,000 for family coverage
\$1,000 extra if you're 55 or older

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USE WONDERING HOW MUCH TO CONTRIBUTE?

Once your HSA is up and running, you'll still have decisions to make, such as how much money you should save.

As you're thinking about how much to save in your HSA, think about expenses you might have this year. This checklist is a good place to start:

- Chiropractor or acupuncture visits
- Doctor visits for colds and other routine illnesses
- Prescription co-pays
- Hearing aids
- Physical therapy
- Glasses or contacts

» SOME QUESTIONS YOU MAY BE ASKING IN THIS STAGE:

- How much will I save on taxes?
- Can I order another debit card for a family member?



MANAGE WANT TIPS FOR MANAGING YOUR HSA?

Once you are in the Manage stage, you're starting to be a pro. If you're saving more than you're spending, keep it up. You can use that money years from now, even in retirement.

While you may have set up payroll deductions, you're not stuck with that amount. You can adjust your contribution at any time, and you can make additional contributions at optumbank.com or myuhc.com®.

» SOME QUESTIONS YOU MAY BE ASKING IN THIS STAGE:

- Did I pay anything toward this bill already?
- Can I reimburse myself if I forgot to use my debit card?



OPTIMIZE READY TO TURN YOUR HSA INTO AN INVESTMENT?

As you build up your HSA balance, you might find you have more money saved than you need for the immediate year. That's great news. When you're retired, you can use your HSA money to pay for Medicare premiums and other expenses.

Now it may be time to invest that money — similar to a 401(k). If you choose to invest, the money won't be locked in to that account. You can transfer it back to your regular HSA at any time.

» SOME QUESTIONS YOU MAY BE ASKING IN THIS STAGE:

- How should I think of my HSA as a financial planning tool?
- Can I use the money in retirement?

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Wondering if you've saved enough money for health care during retirement?

The Health Savings Checkup tool can help guide you toward better physical and financial health. Smart planning today can help you tomorrow. Access your account at optumbank.com or myuhc.com® and click on the link for the Health Savings Checkup.

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Questions?

Visit optumbank.com or call us at the phone number located on the back of your HSA debit card.

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Investments are not FDIC insured, are not guaranteed by Optum Bank®, and may lose value.

Health savings accounts (HSAs) are individual accounts offered or administered by Optum Bank®, Member FDIC, and are subject to eligibility and restrictions, including but not limited to restrictions on distributions for qualified medical expenses set forth in section 213(d) of the Internal Revenue Code. State taxes may apply. Fees may reduce earnings on account. This communication is not intended as legal or tax advice. Please contact a competent legal or tax professional for personal advice on eligibility, tax treatment and restrictions. Federal and state laws and regulations are subject to change.



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