





Introduction to Health Savings Accounts

A Health Savings Account, also referred to as an HSA, is an account designed to help you set aside money for out-of-pocket medical expenses related to your high deductible health insurance plans. HSAs are tax-deductible and withdrawals for qualified medical expenses are also tax-free.

Here are some benefits of an HSA*:

- The account is yours, not your employer's. If you switch jobs, the money is yours to keep – including any contributions your employer made to the account.
- You can choose your healthcare provider. While your insurance plan may have in- and out-of-network providers, an HSA does not have the same limitations.
- The funds in your HSA roll over from year to year and continue to earn taxfree interest each year.

Note that an HSA is not the same as an FSA, or Flexible Spending Account. While FSAs also allow you to save for your medical expenses on a tax-advantaged basis by using pretax money to pay for qualified medical costs, FSAs have limits on how and whether your funds can be rolled over from one year to the next. In other words, with an FSA, it can sometimes mean "use it or lose it." Additionally, FSAs are often less flexible and often owned by the employer, not you. In other words, if you leave your job, you may have to forfeit funds from your FSA.

*This information does not constitute tax advice, and the taxation of HSAs by each state varies and may be subject to change. For more information, please contact your tax advisor or refer to the complete tax forms and IRS Publication 969. Please keep in mind that your state might have additional applicable tax rules. Always refer to your states tax quidance regarding HSA filing and taxation.

Qualifying for an HSA

In order to qualify for an HSA, you'll need to be enrolled in a high deductible health plan, or HDHP.

For 2025, here are the minimum deductibles required for an account to qualify as an HDHP:

Individual	\$1,650
Family	\$3,300

Your health plan also needs to conform to an out-of-pocket maximum. Here are the out-of-pocket maximums for 2025:

Individual	\$8,300
Family	\$16,600

You should always review IRS guidelines for complete details and exceptions. These requirements can change from one year to the next, so ask your employer or health insurance provider about the current requirements. Just remember – you must qualify each year. Make sure you know the requirements before making contributions.





HSA Contribution Limits

Contributions are the deposits made either by you or your employer. There are limits to how much can be contributed into your HSA, and just like qualification, these numbers can change each year.

Here are the contribution limits for 2025:

Individual	\$4,300
Family	\$8,550

Note that these limitations are for employee and employer contributions combined.

Are you 55 or older? If so, you can make a one-time "catch-up" contribution of \$1,000 in 2025.

If you enter the new year and realize you

didn't max-out your contributions for the previous year, you can make contributions for the previous year up until the April 15th tax filing date.

How HSA Funds Can be Used

HSA funds can be used for many medical expenses, such as office visit co-payments, insurance deductibles, dental and vision expenses, hearing aids, Medicare premiums, hospital and physical therapy bills, prescription medications, wheelchairs and walkers, and x-rays. For a full list of qualifying expenses, visit this list published by the IRS.

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