

# HSA SMARTNEWS!

November 2012

## Your HDHP and HSA May Have You Covered!

Autumn has arrived, and it's time for pumpkin carving, raking leaves, eating pie and watching football. However, autumn is also the season for allergy treatments, immunizations, physicals and disease awareness. Your High Deductible Health Plan (HDHP) and Health Savings Account (HSA) may have you covered for some of the expenses of disease prevention and early detection.

**Immunizations:** The U.S. Department of Health and Human Services Centers for Disease Control and Prevention (CDC) has a recommended immunization schedule for students from preschool to college. Yet, keep in mind that the state where you live controls the immunization schedule requirements for your children. You should contact your [State's Immunizations Program](#) or [Department of Health](#) to access specific state requirements. You should also check with your child's doctor.

Making sure your children stay up to date with vaccinations helps protect them against serious diseases, decreases the risk of outbreaks of illnesses at schools and improves adolescent health, overall. In addition to being vaccinated, your children should be encouraged to be physically active at least 60 minutes a day.

**Annual Physical Exams:** Children and adults should have an annual physical exam to promote a healthier life. Your health plan now covers 100% of the cost of annual physicals under your preventive care coverage. In most cases, you may now receive a flu shot as a part of your physical when you visit your Primary Care Physician.

You may also choose to visit a local walk-in medical clinic to receive those same, and other, services. Many walk-in clinics may be willing to review health histories and previous immunizations, offer wellness exams, lab tests and screen for diseases, and provide education about sports safety. You may find walk-in medical clinics near to your home or work. They are usually affordable and may be more convenient for your non-emergency or wellness visits.

**Breast Cancer Awareness:** October was National Breast Cancer Awareness month. The National Cancer Institute (NCI) recommends that women age 40 and older should have mammograms every one to two years. Depending on your age, your mammogram could be fully covered under your preventive care services. Contact your insurance provider to find out if you qualify.

Women who have a higher-than-average risk of getting breast cancer should talk with their healthcare providers about whether to have mammograms before age 40 and how often to have them.

To learn more about breast cancer and getting a mammogram exam, visit the National Cancer Institute website at <http://www.cancer.gov/cancertopics/factsheet/Detection/mammograms>.

## 2013 Increase in HSA Contribution and HDHP Deduction Limits

There is good news for everyone who wants to maximize their pre-tax savings and invest more in their healthcare needs! Beginning January 1, 2013, the maximum HSA contribution limits will increase for all eligible account holders. IRS Revenue Procedure 2012-26 provides the annual contribution, deductible and out-of-pocket expense limits for HSAs and HDHPs effective for calendar year 2013.

### 2013 Annual Maximum Contribution Limits to an HSA under an HDHP:

- **Self-only coverage:** \$3,250 (increased from \$3,100 in 2012)
- **Family coverage:** \$6,450 (increased from \$6,250 in 2012)

*Note: If you are age 55 or older and have not yet enrolled in Medicare, you may make an additional \$1,000 catch-up contribution (same as the 2012 level) to your HSA.*

### 2013 Annual Minimum Deductible Limits for HDHPs to Qualify for an HSA:

- **Self-only coverage:** \$1,250 (increased from \$1,200 in 2012)
- **Family coverage:** \$2,500 (increased from \$2,400 in 2012)

### 2013 Annual Maximum Out-of-Pocket Expense Limits for HDHPs to Qualify for an HSA:

- **Self-only coverage:** \$6,250 (increased from \$6,050 in 2012)
- **Family coverage:** \$12,500 (increased from \$12,100 in 2012)

You may fully fund your HSA at one time or make smaller contributions throughout 2013, as long as you do not exceed the 2013 limits. For more information, visit the Internal Revenue Service (IRS) website at <http://www.irs.gov/pub/irs-drop/rp-12-26.pdf>.

## Learn about HSA Benefits at Our Free 30-Minute Webinar

Are you taking full advantage of your HSA? Our 30-minute webinar (live web seminar) provides an easy-to-follow basic overview of how to benefit from your HSA. Offered every Monday at 12:30 p.m. ET, you can register and attend *HSA 101* from any personal computer.

*HSA 101* can help if you are new to Health Savings Accounts, or if you are currently enrolled in an HDHP and need a quick "refresher." Topics covered include managing your HSA, a review of IRS guidelines and the financial benefits of choosing an HSA.

Each webinar concludes with an open Q&A session, so participants have the opportunity to ask about any aspect of using these unique tax-advantaged accounts.

### Register now!

Just click on the link below to reserve your spot at the next available session.

**What:** HSA 101 - A Short Overview of Health Savings Account Basics

**Where:** <https://thebancorp.webex.com/thebancorp/k2/j.php?ED=173482772>

**When:** Every Monday, 12:30 p.m. ET

**Details:** 30 Minutes, Session Number: 719 497 146

*Note: Once registered, you will receive a confirmation email with instructions for joining the session.*