

HSA SMARTNEWS!

February 2013

This February, Celebrate Your Heart

February is the American Heart Association's Heart Month. February 1, 2013 also marked the 10th Year of the American Heart Association's **Go Red for Women Movement**[®]— that's 10 years of fighting to save women's lives from heart disease. While the progress has been significant, there's a long way to go.

- Heart disease is still the No. 1 killer of women, causing 1 in 3 deaths each year
- Heart disease kills more women than men, at an average rate of one death per minute
- Heart disease kills more women than all kinds of cancer combined

Here's how you can celebrate your heart, this month and throughout the year:

- Learn about heart disease and its risk factors
- Know the warning signs
- Be physically active
- Eat a heart-healthy diet
- Invite others to do all of this with you!

Log on to www.heart.org for more information on staying heart healthy.

New HSA Tax Education Webinar

To make tax preparation even easier, we have created a concise recorded webinar to guide you through HSA tax reporting. This new webinar covers the following topics:

- Maximizing your HSA tax benefits
- Saving your medical receipts
- Completing IRS Form 8889
- Receiving Your 2012 tax documents

For more information and to access this new webinar, click on "HSA Education" in the left margin of our home page.

Did You Know?

As an HSA plan participant, you're in great company! As of January 2012, the number of people with HSA/HDHP coverage had risen to more than 13.5 million. That is an increase of about 2.1 million people since January 2011. Since January 2008, HSA/HDHP coverage has more than doubled from 6.1 million.

Source: AHIP Center for Policy and Research, May 2012. America's Health Insurance Plans (AHIP) is the national trade association representing the health insurance industry.

Have a heart healthy February!