

HSA SMARTNEWS!

July 2013

New HSA Contribution Limits for 2014

Each year the U.S. Treasury Department reviews the maximum contribution amounts for health savings accounts and adjusts them based on the rate of inflation. Below are the recently announced limits effective for calendar year 2014:

Individual only coverage: \$3,300 (increasing from \$3,250 in 2013)

Family coverage: \$6,550 (increasing from \$6,450 in 2013)

You may fully fund your HSA at one time or make multiple, smaller contributions throughout 2014 provided you do not exceed the 2014 limits. For more information, visit the Internal Revenue Service (IRS) website at <http://www.irs.gov/pub/irs-drop/rp-13-25.pdf>.

Important Signature Card Reminder

Have you mailed back your HSA Signature Card? If not, please complete this important step today so we can provide you with the highest quality account service.

When you enrolled in your HSA, a Signature Card and an accompanying blue postage-paid envelope were included as part of your Welcome Kit. If you have misplaced the Signature Card, you can reprint from the electronic copy available to you online.

When we receive your completed Signature Card, it is considered your acceptance of HSA terms and conditions. In addition, the Signature Card is also used for acknowledgement of HSA eligibility and beneficiary designation. Keeping your signature on file serves as a reference for future validation, prevention of identity theft (such as fraudulent transactions,) and for your authorization should you decide to add another HSA signer in the future.

July is CDC UV Safety Month

Skin cancer is the most common type of cancer in the United States and its main cause is excessive exposure to ultraviolet (UV) rays from the sun. UV damage can also cause wrinkles and blotchy skin. Fortunately, there are easy steps you can take to prevent skin cancer.

July is National UV Safety Month, a time to raise awareness about skin cancer and how people can protect themselves from the sun's damaging rays. Sunlight contains two potentially harmful rays: longwave ultraviolet A (UVA) which can age the skin and shortwave ultraviolet B (UVB) which burns the skin. Just 15 minutes of unprotected exposure to the sun's rays can harm your skin, even on slightly cloudy or cool days. Remember to apply a proper layer of sunscreen to all exposed skin.

The Center for Disease Control (CDC) has the following additional advice for safeguarding your skin:

- Stay in the shade, especially during midday hours
- Wear clothing to protect vulnerable skin
- Wear a wide-brimmed hat to shade the face, head, ears and neck
- Wear sunglasses. Properly protected lenses can block nearly 100% of both UVA and UVB rays. Pick glasses that both look good and offer proper protection. Learn more [here](#).
- Use sunscreen with a Sun Protection Factor (SPF) of 15 or higher which also contains both UVA and UVB protection
- Avoid indoor tanning beds and tanning salons

Enjoy a safe July!