



HSA SMART News

July 2015

Signed, Sealed, Delivered: Your HSA Signature Card

Here's an important reminder for readers with a newly opened Health Savings Account (HSA).

Please be sure to complete and return your HSA signature card promptly. The signature card form and a blue, postage-paid return envelope were sent to you with your Welcome Letter. The form includes instructions for returning it to us by mail, fax or email.

Why your signature card is important to your HSA:

- Your signature on file provides account security and indicates your acceptance of the account terms and conditions.
- It is your opportunity to add an authorized account signer and verify/update your personal information, including your Social Security number.
- The form asks you to designate beneficiaries to receive any funds in your account in the event of your death.
- A hold may be placed on your account if your completed signature card is not returned.

Don't delay. Get your HSA signature card "signed, sealed and delivered" today!

"An Ounce of Prevention" Can Mean A Healthier You

The old saying goes "An ounce of prevention is worth a pound of cure." When it comes to your health, prevention is your best defense against illness.

Your High-Deductible Health Plan (HDHP) covers many preventive care services at no cost to you when delivered through an in-network provider. Such services may include:

- Blood pressure, diabetes and cholesterol tests
- Many cancer screenings, including mammograms and colonoscopies
- Regular well-baby and well-child visits from birth to age 21

- Certain routine screenings for pregnant women
- Routine vaccinations against diseases such as measles, polio and meningitis
- Flu and pneumonia shots
- Counseling for smoking cessation, weight management, depression and reducing alcohol use

Every healthcare plan is different, so confirm coverage with your insurance provider, then schedule preventive care checkups for you and your covered family members.

Immunizations: Your Best Shot for Good Health

We all need shots (also called immunizations or vaccinations) throughout our lifetime to help protect us from serious diseases like the flu, measles and tuberculosis (TB). Shots not only protect vaccinated individuals, but also help protect entire communities by preventing and reducing the spread of infectious diseases.

August is National Immunization Awareness Month, a good time to talk to your healthcare provider to make sure that all your family members get the shots they need.

Many vaccines are considered preventive care and may be exempt from High-Deductible Health Plan (HDHP) deductibles.

Learn more

Centers for Disease Control and Prevention
Immunization: The Basics

<http://www.cdc.gov/vaccines/vac-gen/imz-basics.htm>