



HSA SMART News



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Get the Sum of All Plans with New HSA Calculator

Take the guesswork out of choosing a High-Deductible Health Plan and Health Savings Account (HDHP/HSA) with our newly designed HSA vs. Traditional Health Plan Calculator. It's just the tool you need to understand how the financial benefits of an HSA plan may apply to your personal situation.

This comprehensive online calculator lets you do a side-by-side cost comparison of an HSA-qualified HDHP and a traditional health plan, including premiums, out-of-pocket expenses and estimated federal and state tax savings. The calculator is available on our website from the home page at [HSA Resources > Financial Calculators](#).

As you consider your health plan options, get the "sum of all plans" with this financial calculator and see firsthand how an HDHP/HSA can add up for you.

Take A Minute for HSA Minute

In case you missed its debut, our new video series, HSA Minute, is now available with quick takes on the Health Savings Account and all the ways it can help you effectively manage your healthcare dollars.

Launching the series is [HSAs: Food for Thought](#), which highlights the main "ingredients" for a winning healthcare option: the High-Deductible Health Plan paired with the tax-advantaged Health Savings Account.

As benefit enrollment time gets under way, we invite you to watch this video and be well prepared when choosing the health plan that's right for you and your family.

The Fight Against Diabetes Gets Cooking™ this November

An unhealthy diet and body weight have been identified as factors in the onset of certain types of diabetes. Making even modest lifestyle changes can yield big health benefits.

America Gets Cooking™ to Stop Diabetes® is an exciting initiative sponsored by the American Diabetes Association to mark American Diabetes Month in November. During the campaign, you can visit the Association's interactive [web page](#) for great recipes, healthy cooking tips, diabetes and nutrition facts and easy ways to boost your activity levels. There will also be a special focus on holiday recipe makeovers and hosting ideas for your special celebrations.

More Americans die from diabetes each year than from breast cancer and AIDS combined. Nearly 30 million children and adults now have diabetes, and another 86 million Americans live with a condition known as prediabetes. Those affected by diabetes are vulnerable to other serious health complications such as heart disease, nerve damage, blindness, kidney failure, and amputations. (Source: American Diabetes Association)

More information about diabetes is available at www.cdc.gov/features/livingwithdiabetes.

