How can an HSA help secure my retirement?

Contributing in a health savings account allows you to invest pre-tax dollars for your biggest retirement expense - HEALTHCARE.

You can continue to contribute year after year and withdrawals can be made at any point in time. Whether you withdraw the money tomorrow, five years from now, or in retirement, funds used for qualified healthcare expenses are always tax free.

A contribution of $50 a month over 25 years:	
TAX SAVINGS	**BALANCE**
$4,148	$21,876
Increase the contribution to $200 a month over 25 years:	
TAX SAVINGS	**BALANCE**
$16,590	$87,502
Max. family contribution of $6,750 a year over 25 years:	
TAX SAVINGS	**BALANCE**
$46,659	$253,483

*2016 Value. For illustrative purposes only. Savings calculations are based on a federal tax rate of 15%, state tax rate of 5%, and 7.65% FICA. Balance calculations assume an average interest rate of 3%. Actual results may vary.

The Single Biggest Retirement Expense is Healthcare.

What are you doing about it?
Find out more at
hsa.nbsbenefits.com

nbs national benefit services

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West Jordan, Utah 84088
1-800-274-0503
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Why Enroll in a Health Savings Account (HSA)?

nbs national benefit services

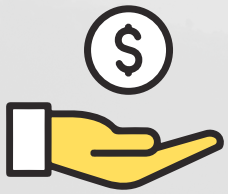
Tax-free savings for medical expenses.

What is a Health Savings Account (HSA)?

An HSA is a personal savings account that can be used to pay for medical, dental, vision and other qualified expenses now or later in life. To contribute to an HSA you must be enrolled in a qualified high-deductible health plan. Your contributions are tax deductible but are limited annually. If your employer offers payroll deduction, you'll see immediate tax savings on your contributions. You can use the money tax-free to pay for eligible expenses such as:

- Copays & Deductibles
- Prescriptions
- Dental Care
- Contacts & Eyeglasses
- Medicare Premiums
- Hearing Aids
- Laser Eye Surgery
- Orthodontia
- Chiropractic Care
- Cobra Premiums

Since it is a savings account, you are encouraged to save more than you spend. Unlike FSA funds which are "use-it-or-lose-it," your HSA balance rolls over from year-to-year and earns interest along the way. The account is portable, which means that if you ever leave your employer, you can take the HSA with you. It's **your money** and **your account**.



REDUCE your taxable Gross Income. **SPEND** tax-free dollars for medical care. **INVEST** and grow your HSA tax free!

HSAs offer a triple tax advantage

1. **CONTRIBUTE TAX-FREE.** If Your employer offers payroll deduction through a Cafeteria Plan, you may make contributions to your HSA on a pre-tax basis or you can contribute to your HSA post-tax and recognize the same tax savings by claiming the deduction when filing your annual taxes.
2. **SPEND TAX-FREE.** Eligible medical purchases can be made tax-free when you use your HSA. Make this easy by using your Benefits Debit Card or online bill pay. You can also pay out-of-pocket for eligible medical expenses and then reimburse yourself from your HSA.
3. **EARN TAX-FREE.** Unlike most savings accounts, interest earned on an HSA is not considered taxable income when the funds are used for eligible medical expenses. You can also invest HSA dollars and interest earned is also tax free.

When do you pay taxes on your HSA?

The only time you may pay taxes or penalties on your HSA funds is if you make a non-eligible purchase, or if you contribute more than the yearly maximum contribution limit. However, both circumstances can be corrected free of tax penalties by April 15th of the following calendar year.

Spending is easy

Our convenient debit card allows you to avoid out-of-pocket expenses, cumbersome claim forms and reimbursement delays. You may also utilize the "pay a provider" option on our web portal.

Account access is easy

Get account information from our easy-to-use online portal and mobile app. See your account balance, contributions and account history in real time.

Advantages of an HSA

1. No more "use it or lose it"
2. Triple tax savings
3. Job to job and through retirement you KEEP your money
4. An excellent way to save for healthcare expenses.