

## Use technology to your advantage.

Save yourself time by downloading myCYC, our secure mobile app. Use it to:

- ✓ View account balances and payments
- ✓ Request a payment
- ✓ Receive important account alerts
- ✓ Take a photo of your receipt and upload it directly to the system
- ✓ View FAQs or tap to call Customer Service

**Are you an advanced user?** Sign up for Mobile Alerts in your online account for text messaging.



online access



mobile access



24/7 access

## Do the math to see your savings.

Because HSA contributions are set aside before taxes are taken from your paycheck, the amount of income you pay taxes on is reduced and **you save money.**

**A typical HSA participant can save \$490 a year\* - how do your savings add up?**

	With HSA	No HSA
Annual pay	\$35,000	\$35,000
Pre-tax HSA contribution	-\$1,500	-\$0
Taxable income	=\$33,500	=\$35,000
Federal income and Social Security taxes	-\$7,362	-\$7,852
After-tax dollars spent on eligible expenses	-\$0	-\$1,500
Spendable income	=\$26,138	=\$25,648
<b>Potential Tax Savings with an HSA</b>	<b>\$490*</b>	<b>\$0</b>

*\*Sample tax savings for a single taxpayer with no dependents; actual savings will vary based on your individual tax situation. Consult a tax professional for more information.*

*Please keep in mind that your state might have different tax rules. Always refer to your state's tax guidance regarding HSA filing and taxation.*

## Your HSA will get you there.

Did you know that your Health Savings Account can help you grow your financial future?

- ✓ **Build it up.** Because your contributions are pre-tax, for every \$100 you put into your HSA, your paycheck is only reduced by about \$70 (depending on your tax bracket).
- ✓ **Build it more.** Interest and investment earnings are also tax-free. The earlier you start, the more you'll have later on.
- ✓ **Pay it forward.** Consider paying for care with personal funds instead of your HSA, and record those eligible transactions in HSA Save-It!™ for future cash.
- ✓ **Spend it later.** With HSA Save-It!, because all disbursements are for eligible expenses accumulated throughout the life of your HSA, you can treat yourself to a vacation, shopping spree, or even a boat when you're ready to cash it out.



Let Your HSA Take You Places

Tips to Get the Most Out of Your Health Savings Account  
[connectyourcare.com](http://connectyourcare.com)

**Simmons**  
 UNIVERSITY  
 BOSTON MASSACHUSETTS | EST 1899





## Your HSA, Your Way

- ✓ Tax savings for health care expenses
- ✓ Health care payment card
- ✓ Quick and easy payments
- ✓ Online and mobile account access
- ✓ Health education tools
- ✓ 24/7 customer service



## Know how it works.

A Health Savings Account (HSA) is like a 401(k) for health care - a tax-advantaged account that you can use for qualified medical expenses today or save for the future.

- ✓ **Yours forever** - Your HSA is owned by you, is immediately 100% vested, and never expires.
- ✓ **Use it today** - Use your pre-tax HSA funds to cover health expenses today - it's like getting a discount on every bill.
- ✓ **Grow it for tomorrow** - HSAs earn interest and may be invested. Even better - unused HSA funds roll over each year and continue to earn interest and grow.

### We make it quick and easy to use your HSA.

- ✓ **Payment Card** - You will receive a health care payment card to pay for eligible expenses.
- ✓ **Online and Mobile App** - If you do not use your card, you can quickly and easily submit payment requests online or on our mobile app. Check your account balance and payments online or on your mobile device.
- ✓ **We're here to help** - Always available for questions, 24/7.

### Need more information on how it works?

Check out HSAs For Dummies® at [www.ConnectYourCare.com/hsafd](http://www.ConnectYourCare.com/hsafd)



## Maximize your savings.

By maximizing your contributions and reviewing your investment options today, you can grow your account for tomorrow.

- ✓ **Interest earnings - from day one!** Enjoy interest earnings on your HSA balance from the first day your HSA is active.
- ✓ **Investments - for the saver in you!** Consider investing HSA funds in nationally recognized mutual fund families. It's simple to set up and manage online.

### Savings That Really Add Up

Say you contribute \$3,000 a year to your HSA each year until retirement. Assuming you use \$1,500 a year for medical expenses, earn 8% a year in interest and investments, and reinvest all earnings, your savings can really add up.\*

Starting Age	HSA Value at age 65
25	\$419,680
35	\$183,523
45	\$74,137
55	\$23,469

### How Much Could YOU Save?

Try the HSA Growth Estimator at [www.ConnectYourCare.com/calculators](http://www.ConnectYourCare.com/calculators) to see how much you could save by retirement.

*\*ConnectYourCare Calculator: HSA Growth Estimator  
This calculator is intended merely as a planning tool and is not meant as tax or investment advice. Before taking any action based upon the results provided, please consult with a tax consultant or expert.*

## Know what's covered.

Use your HSA on eligible expenses for you and your family. Here are some examples.

- |                                    |  |
|------------------------------------|--|
| ✓ Acupuncture                      | <b>Over-the-counter items:</b>                   |
| ✓ Birth control                    | ✓ Bandages                                       |
| ✓ Childbirth classes               | ✓ Braces and supports                            |
| ✓ Chiropractic visits              | ✓ Catheters                                      |
| ✓ Coinsurance and deductibles      | ✓ Contact lens supplies and solutions            |
| ✓ Dental care                      | ✓ Denture adhesives                              |
| ✓ Eye exams, glasses, and contacts | ✓ Diagnostic tests and monitors                  |
| ✓ Fertility treatment              | ✓ Family planning items                          |
| ✓ Hearing aids                     | ✓ First aid supplies                             |
| ✓ Laboratory fees                  | ✓ Insulin and diabetic supplies                  |
| ✓ Laser eye surgery                | ✓ Ostomy products                                |
| ✓ Orthodontia                      | ✓ Reading glasses                                |
| ✓ Physical therapy                 | ✓ Sunscreen and sun block (SPF15+broad spectrum) |
| ✓ Prescription drugs               | ✓ Wheelchairs, walkers, and canes                |
| ✓ Psychotherapy                    |  |
| ✓ Smoking cessation programs       |  |
| ✓ Speech therapy                   |  |
| ✓ Well-baby and well-child care    |  |

**Examples of ineligible expenses include:** gym fees, cosmetics, cosmetic surgery, teeth whitening, toothpaste, and toothbrushes.

For more information on eligible expenses, please consult your tax advisor or visit [ConnectYourCare.com](http://ConnectYourCare.com).

## Why HSAs Rock - Triple Tax Savings!

1. Contributions are not taxed.
2. Investment earnings and interest growth are not taxed.
3. Withdrawals for eligible expenses are not taxed.

*Your state might have additional applicable tax rules. Always refer to your state's tax guidance regarding HSA filing and taxation.*