How to make the most of
your health savings account

It is important to have a health plan that works for you and your family, but you also want to keep your costs low. That's why your health plan comes with a health savings account (HSA). An HSA saves you money by lowering your taxable income.

How an HSA works

You set aside pre-tax dollars to pay for current and future qualified medical expenses. The amount you decide to set aside is taken out of your paycheck and placed in your account. Your employer will also contribute $400/$800 to your account. In 2023, the total contribution limit is $3,850 for an individual and $7,750 for a family. If you're 55 or older, you can contribute an extra $1,000 a year. Any money left in your HSA rolls over from year to year. It is yours to keep even if you change health plans or jobs, or retire.

Be sure to activate your debit card

You can activate your debit card as soon as it arrives in the mail. Use it to pay for doctor visits, prescriptions, urgent care, lab tests, and other qualified health care expenses. Visit **anthem.com/qme** for a full list of qualified medical expenses.

Managing your health plan and HSA is easy

Register your account on the Sydney Health mobile app or **anthem.com** to:

- View your account balance and review your plan benefits and claims.
- Set your account preferences and verify your preferred email address.
- Choose to receive eStatements to avoid paying a monthly paper statement fee.
- Set up a one-time or recurring tax-free contribution for your HSA. Transfer money from your personal bank account or automatically deduct funds from your paycheck if offered by your employer.

How to make the most of your HSA

There are two ways you can make sure you are receiving the most from your HSA:

1 **Combine your HSAs if you have more than one**

If you have an HSA from a previous employer, you can move your funds to your new HSA. This can help make using and managing your account easier, as you will:

- Have one debit card, one mobile app, one statement, and one Member Services team.
- Stop paying fees to your other HSA custodian.
- Have only one account to manage during tax time.

How to transfer your HSA

- Log in to **anthem.com** and go to **Spending Accounts** under **My Plan** and select **Manage My Account**. From the menu, select **Resources** and then **HSA Transfer**. If you see your HSA custodian's icon, you can click on it and complete the form online. If you don't see your HSA custodian, go to our **Forms** page, under the Resources tab, and print the **Transfer of Assets** form. You can complete, sign, and return the form to your employer or send it to your previous HSA custodian.
- You can also contact your previous HSA custodian online or by phone to verify your HSA balance and choose how to have your HSA dollars rolled over, then you can deposit your funds into your new HSA.

2 **Grow your HSA funds by investing them**

- If your HSA balance is more than $1,000, you may be able to invest that money in a mutual fund.* Log in to **anthem.com**, select **Spending Accounts** under the My Plan tab, and choose **Manage My Account**. Then go to the **Investment** tab to learn more.

Explore more tips and tools

To learn about the benefits your plan offers and the tools that can help you manage your health care expenses. Log in to **anthem.com** and select Spending Accounts under **My Plan**.

You can also visit the **How it all Works** tab to learn more about the benefits of an HSA. You can find tips, watch a video, or use a spending account calculator to help manage your expenses for the year.

If you have questions

Use the secure Message Center at **anthem.com** or call the Member Services number on your ID card or HSA debit card.