Get the most for your money

Maximize your health care dollars with a Health Savings Account (HSA)

We want to help you save time and money with a Cigna Healthcare℠ HSA. Consider enrolling today; whether you plan to use it for health care expenses now or in the future.

Creating a strategy

It's important to identify your goals for the HSA when you enroll. Here are some key questions to help you create your personal strategy:

1. How much do you plan to spend this year on health care?
   a. Monthly prescriptions or planned visits to the doctor's office?
   b. Planned procedures or events?
   c. Setting aside funds for unexpected health care expenses?
2. Is your employer contributing to your HSA?
3. How much can you afford to contribute every month?
4. How much would you like to invest and save for next year?
5. How much of a tax deduction would you like to target?

Making contributions

How much you decide to contribute will depend on your spending needs and your goals related to tax savings. In addition, you should consider contributions made by your employer, if applicable.

To contribute to your HSA you can set up payroll deductions through your employer. In addition, you can make contributions to your HSA via an electronic fund transfer from your personal checking or savings account.

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Most popular contribution strategies

Strategy	Description	Advantages
Maximize HSA savings	Maximize the potential growth of your funds by making HSA deposits as early in the year as possible.	Money in the HSA is FDIC insured and earns interest tax free.[1] When balances qualify, the HSA investment account can be used to invest in one or more mutual funds.[2]
Expense deferral	• Fully fund the account, but pay current medical expenses from a non-HSA account. • Reimburse yourself, taxfree, at any time in the future for medical expenses incurred over the ensuing years.	Maximize tax deductions and tax-deferred growth for the future.
End-of-tax-year Tax advantage	You may still contribute to your HSA for the current tax year until April 15 of next year.	Families at a 30% tax rate would save over $2,400 per year in income taxes if they contributed the maximum allowed.[3]
Maximizing disposable income	If you want to preserve your current cash flow, start with a small HSA contribution and then add funds when you incur a medical expense. You can immediately reimburse yourself to get the tax savings.	• HSAs can be funded "after the fact" • Good solution for those on "tight budgets" • Makes HSA funds available to pay medical expenses before deductible is met
Slow and steady	Fund the account with transfers from your checking account or payroll deductions (contact your employer for details).	• Create a steady stream of contributions • Payroll contributions are usually deposited pretax.[1]

Maximize your health care dollars

At the doctor	Tip	Also remember...
In-network vs. out-of-network health care professionals	Generally, visiting a health care provider who participates within the Cigna Healthcare network will be less expensive than out-of-network treatments.	In-network providers typically don't require payment upfront for services. You should wait for an explanation of benefits (EOB) that includes the discounted payment amount and your specific amount owed, before paying the health care professional.
Shop for lower-cost options	We make cost and quality information part of every health care professional and hospital search in our health care professional directory on the myCigna® app or website.	Review all treatment options with your provider before you receive care. Less invasive and less costly treatments may be available.
Know your costs up front	When you're faced with a costly medical procedure, know your costs up front. Our online cost estimator tools are personalized to reflect your true out-of-pocket costs - using health care professional and plan discounts and real-time deductible and out-of-pocket status.	Take advantage of your plans preventive care coverage - many in-network preventive care services may be covered at 100% (depending on your plan). You can also use your HSA for non-reimbursable dental and vision expenses.
At the doctor	**Tip**	**Also remember...**
Consider options for purchasing prescriptions	Use the prescription drug price quote tool to estimate the cost of your medication based on your plan at local retail pharmacies and at Cigna Healthcare Home Delivery Pharmacy℠*. You can also see if generic and lower cost alternatives are available.	Ask your provider if a generic equivalent is available, and consider using home delivery to help reduce your out-of-pocket costs.

1. HSA contributions and earnings are not subject to federal taxes and not subject to state taxes in most states. A few states do not allow pretax treatment of contributions or earnings.
2. Once specific balance thresholds are met.
3. The family maximum for HSA contributions is $8,300 for 2024 and $8,550 for 2025.

*Applicable only if Cigna Healthcare Home Delivery Pharmacy is part of your benefit plan.

All of these strategies should be carefully considered in light of your cash flow, and tax and investment options. Cigna Healthcare always recommends you discuss these strategies with a professional financial planner or tax advisor.

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