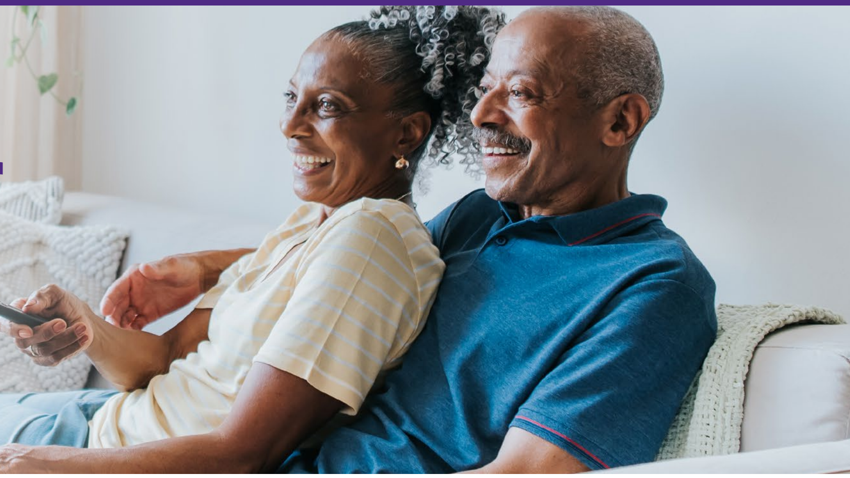

A quick guide for members 55+

$1,000 HSA catch-up contributions

- Members 55+ can contribute an extra $1,000 to their HSA each year.
- The $1,000 catch-up contribution is the same for both individual and family HSA-qualified plan coverage.
- Partners can each contribute $1,000 if they have separate individual plans. If they share a family plan, only one $1,000 contribution is allowed.

HSAs and Medicare coverage

- Joining Medicare means you can't make HSA contributions because you need a high-deductible health plan to qualify.
- Medicare Parts A and B are not high-deductible health plans.
- Remember to stop HSA payroll contributions if you plan to join Medicare.
- Medicare coverage can be backdated up to six months, but no earlier than your 65th birthday.
- Always consider the six-month Medicare backdating to avoid penalties.
- You can make pro-rated HSA contributions for the months you had HDHP coverage before Medicare.

HSA spending rules

You can use HSA funds tax-free[1] to pay for Medicare premiums and deductibles.

After age 65, HSA funds can be used for any expense you want, but non-qualified medical expenses are taxed as income—just like a traditional 401(k).

Before age 65, withdrawals not used for qualified medical expenses may be subject to taxes and penalties.

Unlike a 401(k), HSAs do not have required minimum distributions (RMDs).

2025 HSA Contribution Limits

$4,300	$8,550
Individual plan	Family plan

Members 55+ can contribute an extra $1,000.

[1]HSAs are never taxed at a federal income tax level when used appropriately for qualified medical expenses. Also, most states recognize HSA funds as tax-deductible with very few exceptions. Please consult a tax advisor regarding your state's specific rules.

HealthEquity does not provide legal, tax or financial advice.

 Retirement HSA Guide (2025 Limits)