

Take charge of your health and health spending

Choice fund health savings account (HSA)

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cigna healthcare

Offered by Cigna Health and Life Insurance Company

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Save and invest with a health savings account. Whether you're focused on paying health expenses in the short term or planning ahead, the Choice Fund® HSA can help. It's an easy way to put aside funds for health care expenses like deductibles, copays and coinsurance – while saving on taxes and investing for the future.

Save on taxes.

With the Choice Fund HSA, any earnings on your contributions are tax-advantaged. So instead of paying taxes on contributions, interest and investment earnings each year, more of your money stays with you. Your funds roll over year to year which can have a powerful effect on your ability to save for future health care expenses.

For example: A $2,500 annual contribution, depending on your tax rates, could save you as much as $1,118 a year.[1]

$2,500 annual HSA contribution[1]

Federal tax rate	State tax rate	Payroll taxes	Estimated annual savings
12%	5%	7.7%	$618
22%	5%	7.7%	$868
24%	5%	7.7%	$918
32%	5%	7.7%	$1,118



See how much you could save on taxes with an easy **HSA calculator**.

Invest for the future.

- Your account earns interest and you'll have access to investment options once you reach the minimum balance.
- You don't pay taxes on the interest or earnings.[2] So more of your money can stay in your account and keep growing.
- Any funds that you don't use this year are automatically rolled over to help pay for future expenses – even in retirement.
- Building your account balance provides short- and long-term peace of mind.

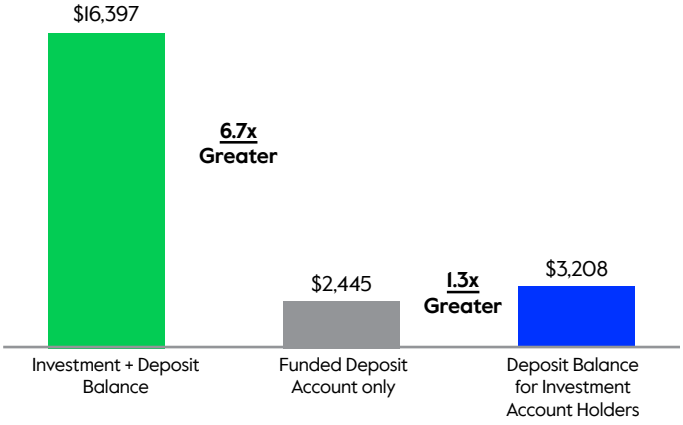
See what a difference tax-advantaged investments can make.

Having an HSA investment account could help you use your contributions to build and grow additional income for your future.

- Your HSA investment earnings are not taxed (like a 401(k) or IRA retirement account). If you use them to pay for eligible health care expenses, they are also tax-free.[2]
- You can move your HSA investment funds back into your HSA cash account at any time to pay for your current qualified health care expenses (unlike a 401(k) or IRA).

Investments are subject to the loss of principal. Before opening an investment account, we encourage you to discuss your needs and goals with a professional financial advisor.

Investment Account Holder vs. Deposit Only



Source: Devenir Research 2022 year end HSA market statistics and trends, March 30, 2023.

This chart is based on account data for those survey participants that supplied deposit and investment balances for their investment account holders. It may not reconcile with other data points.

The above chart is for illustrative purposes only. It is not tax or investment advice. Cigna Healthcare makes no representations as to the accuracy or suitability of this information. Investments are subject to loss of principal and individual results will vary.

You choose how and when to spend your funds.

- Use the money for eligible medical, dental, pharmacy and vision care expenses now – or save for later. Expenses can include long-term care insurance and Medicare premiums. For a complete list of eligible expenses, go to **Cigna.com/expenses**.
- Once you reach age 65 you can even use the money as income, subject to applicable taxes.
- Your account is easy to use. Pay expenses with a debit card or online bill pay. Or, get reimbursed for expenses you've paid for out of pocket.
- Even if you change jobs or retire, you can take your HSA account with you. It is yours to keep.

How to contribute.

- **Paycheck** – have a set amount taken out and deposited directly into your HSA. This money is not subject to federal income tax or state income taxes in most states.
- **Personal account** – write a check or transfer funds from your personal account at any time during the year.
- **Your employer may also make contributions to your account**. The amount your employer contributes counts toward your maximum annual contribution.

You decide how much to contribute, up to the IRS maximum. Annual maximums apply to all contributions made to your account, regardless of who makes the contribution. If you're 55 or older, you can make[3] additional catch-up contributions of up to $1,000 a year.

IRS contribution limits

	2023	2024
Single	$3,850	$4,150
Family	$7,750	$8,300

Options for every stage of life.

- Lower payroll deductions compared with traditional health plans helps you keep more money in your wallet today.
- Funds may be used for out-of-pocket costs (including deductibles, copays and coinsurance) today or tomorrow.
- Additional catch-up contributions (once you reach age 55) can boost your health care savings nest egg.
- Flexibility to use your HSA to pay for COBRA costs if you lose your job.
- In the event of your death, your spouse can assume your HSA.

Your plan offers personalized health support to help you get and stay well.

- **100% coverage for in-network preventive care**, including well visits, screenings and routine immunizations.[4]
- **Personal health coaching** at no additional charge to help you:
  - Analyze and understand your health assessment results.
  - Get started with health improvement programs and services available to you.
  - Learn ways to better manage health issues like lower back pain, high blood pressure, high cholesterol and more.
  - Understand treatment options so you and your provider can make decisions that work best for you.
  - Answer questions about your health, health coverage and how to get the best value every time you seek care.



myCigna® tools and resources make it easy to manage your plan.

- View your HSA balance and transactions.
- Track expenses and pay bills online.
- Estimate your medical expenses.
- Find an in-network provider.
- Compare provider cost and quality information.
- Get instant, real-time health and plan information.

Actual myCigna features may vary depending on plan and individual security profile.

Once you enroll, there are three ways to connect **24/7**.

1. Log in to **myCigna.com**®
2. Download the myCigna App[5]
3. Call the number on the back of your ID card for live service

Enroll and start saving today.

1. For illustrative purposes only. Your actual tax savings will vary.
2. 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. Contact your personal tax advisor or HR benefits manager for details of your specific location.
3. Catch-up contributions are available if you are age 55 or older at the end of your tax year.
4. Plans may vary and not all preventive care services are covered. For example, immunizations for travel are generally not covered. For a complete list of covered preventive care services, see your plan documents.
5. The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

SECURITIES AND INVESTMENTS

Not Insured by FDIC or Any Other Government Agency	Not Bank Guaranteed	Not Bank Deposits or Obligations	May Lose Value

You may be required to keep a minimum balance in your HSA cash account to invest funds.

Self-directed investment accounts are the sole responsibility of the account owner. Carefully weigh the advantages and disadvantages of investing your HSA funds before investing. Your ability to replace losses in the investment account may be limited by the annual contribution limits of your HSA. HSA Bank does not offer investment advice.

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Getting the most from your choice fund health savings account



Cigna Healthcare℠ wants to help you save time and money, and maximize your health care dollars, whether you use your health savings account (HSA) to pay for medical expenses today 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?
   - Monthly prescriptions or planned visits to the health care provider's office?
   - Planned procedures or events?
   - 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 Choice Fund® HSA, you can set up electronic fund transfers or send a check directly to your account using deposit slips available in your welcome kit. You may also be able to make contributions through payroll deductions.

QUICK TIP: Use our **HSA Savings Calculator** to help determine your annual contribution maximum and tax savings, and to see the potential future value of your account based on contributions made today.

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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.* When balances qualify, you may participate in various investment options.**
Expense deferral	• Fully fund the account, but pay current medical expenses from a non-HSA account. • Reimburse yourself, tax free, 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.***
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 monthly/bimonthly with recurring 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.*

QUICK TIP: You can initiate online fund transfers from your checking account to your HSA as a one-time or recurring contribution on **myCigna.com**®.

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 professional who participates in your plan's Cigna Healthcare network will be less expensive than out-of-network treatments.	In-network doctors typically don't require payment up front 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 **myCigna.com**.	Review all treatment options with your doctor 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, real-time deductible status and available funds.	Most plans cover in-network preventive care (such as a yearly physical) at 100%. (Not all preventive care services may be covered, such as immunizations for travel, so check your plan documents for details.) You can also use your HSA for non-reimbursable dental and vision expenses.

*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.

**Once specific balance thresholds are met. Investment accounts are not FDIC insured and they are not bank guaranteed. Investments are subject to market fluctuation, investment risk and possible loss of principal.

***The family maximum for HSA contributions is $7,750 for 2022, and $8,300 for 2024.

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 and tax advisor.

The HSA provider and/or trustee/custodian is responsible for all HSA services, transactions and related activities. Cigna Healthcare and your employer are not responsible for any aspects of the HSA services, administration or operation.

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