I'm not robot!

An eligible expense is a health care service, treatment, or item the IRS states can be paid for without taxes. Below is a partial list of eligible expenses that are reimbursable through a Health Savings Account (HSA). Eligible expenses that are reimbursable through a Health Savings Account (HSA). expenses incurred after your HSA was established. For more information, see the HSA Eligible Expenses flyer. For the complete list of eligible and ineligible expenses? You should keep all your receipts and pertinent documentation to prove your HSA was used for eligible medical expenses. Note: If you pay for anything other than eligible expenses with your HSA, the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be taxable, and you will be required to repay the amount will be order to be both tax-free and penalty-free, the distribution must be for an eligible medical expenses will be subject to ordinary income taxes. Given that Medicare does not cover all of your medical expenses to ensure they receive the maximum benefits from their HSA. Health Insurance Premiums At age 65, you can use your HSA to pay for Medicare Parts A, B, and D as well as Medicare Premiums deducted from your Social Security payment. Use your HSA to pay for the employee share of employer-sponsored healthcare premiums (provided that the employee share is not deducted pre-tax). You cannot use your HSA to pay for Medigap insurance premiums. Eligible Expenses Medical Acupuncture Ambulance services Birth control/contraceptive devices Birth classes/Lamaze1 Blood pressure monitor Blood sugar test kits/test strips Chiropractic therapy/exams/adjustments Copayments Crutches1 Dermatology services Flu shots Gynecological care Hearing aids and batteries1 Incontinence supplies Infertility treatments Insulin and diabetic supplies Laboratory fees Lactation expenses Legal sterilization Menstrual care products Nasal strips Obstetric care Operations/surgery1 Over-the-counter (OTC) treatments containing medicine (i.e. cold treatments, pain relievers, sinus medications, etc.) Physical exams Physical therapy1 Pregnancy test kits Sleep apnea services/products1 Smoking cessation programs Therapy or counseling Treatment for alcohol or drug dependency Vaccinations Wrist supports/elastic straps X-ray fees Dental Cleanings and exams Crowns and bridges Dental surgery Dental X-rays Vision Contact lenses and lens solution Diagnostic services Eye exams Eye surgery/LASIK Optometrist/ ophthalmologist fees Prescription eyeglasses and sunglasses Seeing eye dog (buying, training and maintaining) Vision plan deductible 1: Restrictions may apply. See IRS Publications 502 and 969 for more details. Millions of Americans are eligible to contribute to health savings accounts, or HSAs, but few people actually take full advantaged investment account or realize the full extent of its benefits. Here's what you need to know about HSAs in 2018, and why their unique benefits make them one of the best tax-advantaged account types of all. What is a HSA? A HSA is a tax-advantaged account designed to allow people with certain types of health insurance plans to save for medical expenses. Image source: Getty Images. One of the biggest differences between a HSA and the more widely known flexible spending account, or FSA, is that you don't need to spend all of the money in your account each year, or any of it at all. You are allowed to carry over any unused balance year after year. Another difference is that because it's a more long-term focused account, money in your HSA can be invested until you're ready to use it. This is generally structured similarly to a 401(k), with a basket of investment funds you can choose from. Since they are similar to 401(k)s, the guidelines for picking 401(k) investment funds apply. For this reason, HSAs can make excellent retirement savings vehicles, but we'll get into that later. 2018 qualifications and contribute to a HSA of your own, you need to have a gualifying high-deductible health plan. The IRS definition of a "high-deductible" health plan changes over time, but for 2018, it is defined as a policy with a deductible of at least \$1,350 per individual family). It's also worth pointing out that if you're covered by a high-deductible plan and another non-qualifying health plan, you can't use the high-deductible plan as grounds for eligibility. Medicare recipients as well as anyone who can be claimed as someone else's dependent don't qualify, you can contribute as much as \$3,450 to a HSA in 2018 if you have individual health coverage, or \$6,850 if you have a family health plan. And if you're 55 or older, you can contributions for a given tax year until the April tax deadline for that year. For example, your 2017 HSA contributions can be made until April 17, 2018. In addition, if your HSA is provided through your employer, then your employer, then your employer may make contributions on your behalf, which don't count toward your annual limit. A triple tax benefit One of the more notable features of the HSA is that it's one of the few tax-advantaged accounts in existence with a triple tax benefit. First, money that you put into a HSA is contributed on a pre-tax basis, meaning your contributions are tax-deductible. Second, as long as the money is used for qualified healthcare expenses, your withdrawals -- including any investment gains -- are 100% tax free. And finally, while your money is invested in the HSA, any interest, dividends, or capital gains you earn aren't taxed. What's more, after you reach age 65, you can withdraw money from the account for any reason withdraw for non-medical expenses will be considered taxable income, as it would in a traditional IRA or pre-tax 401(k). However, it's important to mention that if you withdraw any money from your HSA before age 65 for any reason other than paying medical expenses, you'll face a 20% penalty from the IRS. Here's just one possible example of how this can help you. Let's say you have a qualifying high-deductible family health plan and decide to contribute the 2018 maximum contribution of \$6,850. If you're in the 22% tax bracket, you can reduce your 2018 tax bill by \$1,507. If you're 40 now and leave the money alone until you're 65, it could grow to more than \$37,000 based on annualized 7% returns, and you'd then be free to use this entire amount tax-free for healthcare costs, or withdraw it to supplement your retirement income. And this example assumes you contribute for just one year. As you can probably imagine, maxing out your HSA contributions every year can grow to a pretty large nest egg over time. What expenses qualify? There's a long list of expenses that can gualify for using HSA funds, and the IRS-defined "medical expenses" are listed in IRS Publication 502, but just to name a few: Chiropractor services. Diagnostic devices. Surgical expenses. Fertility treatments. Hearing aids. Home care costs. Laboratory tests. Long-term care costs. Prescription medications. Nursing services such as crutches. If you're curious about an expense, IRS Publication 502 also includes a list of expenses that are specifically not considered to be medical expenses. A great tool for retirement, and in many ways, it's better. Just to recap a few of the retirement-saving advantages of a HSA: You get a current-year tax deduction for your contributions. In addition, money withdrawn for medical expenses is tax-free, effectively combining a benefit of Roth IRA investing with the immediate tax savings of a traditional IRA. If you have a high-deductible family health plan, the \$6,850 contribute to both, if you meet the gualifications for each one. Unlike traditional IRAs, there are no required minimum distributions with a HSA after you reach age 70 1/2. The only main qualification is a high-deductible health plan. There are no maximum income thresholds that can disqualify you from a HSA, as exist with traditional and Roth IRAs. According to Fidelity, the average 65-year-old couple can expect to spend \$275,000 throughout their retirement, inflation is likely to drive these costs much higher. Not only can a HSA allow you to set money aside for current-year medical costs, but it can also let you invest for your future healthcare expenses while saving money on your tax bills, both now and in the future.

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