### **Maximize**

### Newsletter

**Title: Stay Healthy with Your HSA — Preventive Care**

**Preventive care and your HSA: A Great Team**

Preventive care doesn’t only save money, it can save your life. That’s why your HSA-qualified health plan includes preventive care for free, even if you haven’t met your deductible for the year.

1. **Get regular annual checkups.** Catch health issues early and remain vigilant about your health.
2. **Keep up with screenings.** Check with your provider to find out which screenings you should have based on your age, lifestyle and other factors.
3. **Know what’s covered under your health plan.** [The IRS recently expanded its definition of preventive care items](https://www.irs.gov/pub/irs-drop/n-19-45.pdf) {link text to: https://www.irs.gov/pub/irs-drop/n-19-45.pdf}. For diagnosed conditions, certain items like insulin, LDL testing, and inhaled corticosteroids are now considered preventive care.
4. **Use your HSA funds for expenses that aren’t covered under your health plan.** Not everything is covered under preventive care, and this is where your HSA comes in. The funds in your HSA can be used for items that promote better health and prevent potential costs in the future.

Check out [our interactive list medical expenses](https://learn.healthequity.com/qme/) {link text to: <https://learn.healthequity.com/QME/>} to see what’s eligible.

Questions? We’re here for you 24/7

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