



(NAPSA)—Giving your health insurance a checkup could be a smart way to save money.

That's the news from analysts who say that in many cases, switching from a traditional health plan to a high deductible plan with a health savings account (HSA) could significantly cut annual costs.

Indeed, for many families with yearly medical expenses of about \$1,500, the total savings often exceed \$6,000 a year, which includes tax reductions of \$1,500 or more, as well as premium savings. Here's a closer look at HSAs:

Simply put, HSAs are alternatives to traditional health insurance that offer tax advantages and greater control over a person's medical expenses. With an HSA, you can pay for current health expenses—and save for future qualified medical and retiree health expenses—all on a tax-free basis. The Web site www.HSAInsights.com provides detailed information on the accounts, as well as a Health Savings Account Comparison Calculator.

Visitors can use the calculator to determine their potential cost savings with an HSA, based on their insurance premiums and medical expenses from the previous year. Employees who have their premiums withdrawn from their paychecks can find these numbers on their W-2 forms. Individuals who are able to deduct medical expenses can get this information from lines 1-4 of Schedule A, Form 1040.

The site also features an additional calculator that lets users determine the potential future value of their HSAs based on their expected contributions and expenses.

Health savings accounts (HSAs) could help families save thousands.

You can choose to use HSA funds to pay for qualified medical expenses (for example, office visits, lab work and prescription drugs) before you have met your annual deductible. These covered expenses will still count toward your annual deductible. But HSA funds can also be used for qualified services not covered by a health plan, such as dental care, weight loss programs and eyeglasses. These expenses, however, do not count toward your annual deductible.

To open an HSA, you must be covered by a High Deductible Health Plan (HDHP). Once you're enrolled, you own and have complete control over the money in your account, meaning you decide how and where to invest it to grow your account.

For more information, visit
www.HSAInsights.com.