

Everything to know about your HSA when filing your taxes

Your HSA (health savings account) is a smart way to save for qualified medical expenses you'll have this year and in the future.



You've got several tax advantages with an HSA:

- Your contributions are pre-tax or tax-deductible
- Earnings grow income tax-free
- You can make income tax-free withdrawals for qualified medical expenses

To maximize your tax savings, consider the following tips, and be sure to consult your own legal, financial or tax advisor for advice.

Know your tax forms

There are 3 IRS forms you should be familiar with if you have an HSA:

1. **Form 8889** is filed with IRS Form 1040 of your federal income tax return to report your total HSA contributions and distributions for the tax year. You can get this form by signing in to your account.
2. **Form 1099-SA** provides the total distributions that were made from your HSA during the year. If you had any distributions, Optum Bank® will send you this form in January. If you did not have any distributions, you will not receive this form.
3. **Form 5498-SA** reports the total contributions made to your HSA for the tax year covered by the form. Optum Bank will submit this form directly to the IRS, as required by law, and it's typically available at the end of January. If you make additional contributions for the tax year, which is allowed up until the tax filing deadline (typically April 15), you will receive a second form. These forms are also available online when you sign in to your account.



Confused? Here it is in a nutshell:

- **Form 8889** is the form that you fill out and submit with your tax return
- **Form 1099-SA** is informational and shows the amount of money that you spent from your HSA during the tax year
- **Form 5498-SA** is informational and shows the amount of money that was deposited into your HSA for the tax year

State taxes

Contributions, account earnings/interest and distributions for qualified medical expenses are exempt from federal tax. While most states also exempt HSAs from taxes, it's important to know your state's rules. For example, California and New Jersey consider both contributions and account earnings/interest taxable. As these guidelines can change, it's important to consult your tax or financial advisor for more information.

Qualified medical expenses

To take advantage of income tax-free spending/distributions, ensure your HSA funds are spent on qualified medical expenses. You can find a list of qualified expenses at [IRS.gov](https://www.irs.gov). When you make purchases or pay bills with your HSA funds, be sure to keep your receipts in case of an IRS audit. You can easily upload images of your receipts within your account portal and organize them into folders.

Remember that any HSA funds used to pay for goods or services that are not qualified medical expenses are taxable income. And, if you are under age 65, they can be subject to an additional 20% tax penalty.



Reminder

For 2025, you have until the tax filing deadline of **April 15, 2026**, to contribute to your HSA.



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