

# ROCKCASTLE PROFESSIONAL PHARMACY

## **WHAT ARE HEALTH SAVINGS ACCOUNTS (HSA)?**

*By Tim Young, Rockcastle Professional Pharmacy*

A health savings account is an addition to traditional health insurance. It is used with high deductible health insurance plans. It makes the patient a part of the medical services process.

The money saved on high deductible health plans by your employer is deposited into the health savings account to pay for high deductibles and copays. The employee can also contribute money into the HSA. This is pre tax money. Your doctor can write prescriptions for certain over the counter medications that are also covered by your HSA.

The money in your health savings account is owned and controlled by you. You decide how to spend the money. The theory is you will spend less on health care if it's your own money.

For 2011 the maximum contribution is \$3050 for individuals and \$6150 for families. In 2012 it increases to \$3100 for individuals and \$6250 for families. Any money not spent at the end of the year is rolled over into an IRA and begins to draw interest for you.

Drop by or call us to discuss your HSA and how we can help you get the most out of your HSA.