

## Quick Tips with HDHP Insurance

- ✚ Always present your health insurance card (Blue Cross, Health Plus) to your healthcare provider.
  - The claim/bill must be run against your insurance first, to insure you get credit towards meeting your deductible or identifying the correct co-insurance amount applicable.
  - Insurance companies have negotiated lower rates that are accepted by all participating providers, so pay the lowest rate available to you.
  - Request that your health provider process their bill against your insurance first and invoice you for the balance.
- ✚ Make sure that you get credit toward meeting your insurance Annual Deductible and Maximum Out-Of-Pocket amounts for the health plan year.
  - Keep all medical receipts together, by year, preferably in a folder by “date of service” order.
  - Check your receipts against the Explanation of Benefit statements provided by your insurance company. Make sure you got credit for what you paid out.
- ✚ After meeting your Annual Deductible, consider requesting that your physician write new prescriptions to dispense as a 90-day supply. Most plans have a reduced co-insurance for medications dispensed as a 90-day supply. Making use of prescription Mail-Order options often reduces your out-of-pocket costs.
- ✚ Strongly consider refilling all prescriptions prior to the end of your health insurance year on any available prescriptions. Have a good supply of prescription medications on-hand for January, that you filled in December of the previous year. Consider asking Dr. to write a “dispense as 90-day prescription” to fill in December.
- ✚ Have your High Deductible Health Plan (HDHP) healthcare questions answered by calling
  - Blue Cross Blue Shield of Michigan 1-800-258-8000
  - Health Plus 1-800-332-9161

## Quick HSA Account Tips

- ✚ Your Health Savings Account (HSA) account is your bank account and is your responsibility. The purpose of an HSA account is to allow you, a current or past employer, or other persons to place dollars into a tax advantaged account intended exclusively for IRS approved health care related expenses. The funding made on your behalf by GCCMH is intended to make funds available for you to pay towards meeting your health insurance annual deductible.
- ✚ Use your HSA Bank card as a credit card to avoid additional fees.
- ✚ For easier monitoring of your HSA account balances and activities, create an on-line account. You can set up a reminder that sends you an e-mail every time funds are deposited or disbursed from your account.
- ✚ Monitor how much money you have in your HSA account. Avoid overdrawing your HSA VISA account, otherwise you will incur fees and penalties. **Never** let the balance in your HSA account go to zero as it closes your account.
- ✚ Shop for the best prescription prices. While the insurance company negotiates lower rates for it’s members, some chains have slightly lower rates than others. Mail order companies tend to have better/lower rates than other traditional pharmacies.
- ✚ Avoid fees by reviewing the fee structure associated with your HSA account. Check the HSA Bank website for current fees [www.hsabank.com](http://www.hsabank.com) and interest rates earned on your account.
- ✚ You may chose to purchase checks to reimburse yourself for certain out of pocket expenses, or to use with any vendor not set up to accept credit cards. (We’ve only found one Dr. so far.)
- ✚ Avoid using the HSA Visa Card as a debit card as there are fees associated with debit processing from HSA Bank, and likely from the ATM terminal. Gilmore Bank does not allow for debit card reimbursements.
- ✚ Recommendation: Consider depositing extra money into your HSA account to cover monthly service charges and to avoid account closure due to an overdraw.

- ✦ Contributions you make to your HSA Account using after-tax dollars are tax deductible similar to when you contribute to an IRA (up to IRS maximums). Consider electing to have pre-tax dollars from your bi-weekly paycheck deposited into your HSA account.
- ✦ Save additional money by utilizing the preferred mail order prescription house for a 3-month supply. Your physician will need to write the prescription as “Dispense as 90-day Supply”.
- ✦ Sign up for online Explanation of Benefits from Blue Cross Blue Shield or Health Plus to stay informed as to what has been processed toward meeting your annual deductible and/or co-insurance amounts. Hard copies are mailed, but online posting will be more current.
- ✦ In addition to online information, you may choose to speak to a representative as follows:
  - HSA Bank - (800) 357-6246
  - Blue Cross Blue Shield MI - (800) 258-8000
  - Health Plus of MI - (800) 332-9161
- ✦ While the IRS regulations allow the use of HSA funds to purchase a variety of medical supplies and services including many over-the-counter medications\*, prescription glass, contacts, dental services, these expenses **will not** count toward meeting your annual deductible if they are not covered within your medical health insurance plan. If you plan to spend more than the agency amount funded into your HSA account, strongly consider contributing to your HSA account with pre-tax or post-tax dollars so to make funds available for other future needs.
- ✦ For additional information on HSA's contact <http://www.ustreas.gov/offices/public-affairs/hsa>
  - Website for Blue Cross Blue Shield is: <http://www.bcbs.com>
  - Website for Health Plus of Michigan is <http://www.healthplus.org>
  - Website for HSA Bank is: <http://www.hsabank.com>

**\*Note:** Beginning 1/1/2011, the use of HSA funds for over-the-counter (OTC) products must be accompanied by a doctor's prescription for the product. You should keep the prescription for OTC products with your annual HSA receipts for future reference, filed by calendar year. It is recommended that individuals should check the IRS website to print out a list of approved products and services in January, for the most current list of HSA compatible medical expenses.