



Calculate how much money to contribute to your HSA

## Plan.

Refer to the *Plan Ahead to Anticipate Your Health Care Needs: Worksheet* to estimate and record your predicted expenses in the table below.

	<p>Look to the <b>PAST</b></p>	<ol style="list-style-type: none"> <li>Add the expenses you recorded in the <i>Plan Ahead to Anticipate Your Health Care Needs: Job Aid</i>.</li> </ol> <p>NOTE: Do not include preventive cost.</p> <ol style="list-style-type: none"> <li>Enter total amounts for past, present and future expenses in the column to the right.</li> </ol>	<p>Add amounts below to find Predicted Expenses.</p> <p>_____</p> <p>TOTAL Past Expenses</p> <p>_____</p> <p>TOTAL Present Expenses</p> <p>_____</p> <p>TOTAL Future Expenses</p> <p>_____</p>
	<p>Look to the <b>PRESENT</b></p>		
	<p>Look to the <b>FUTURE</b></p>		

Predicted Expenses = \_\_\_\_\_

## Partner.

Select the contributions and incentives you plan to receive. Record those amounts in the column to the right.

CHS Contributions	Teammate	Family	Add the amounts below to find the Total CHS contributions.
<input type="checkbox"/> CHS Annual Start-Up Contribution	\$100	\$350	
<input type="checkbox"/> CHS Matching Contribution	Up to \$250	Up to \$750	_____
<b>CHS LiveWELL Incentives</b>			
<input type="checkbox"/> LiveWELL Health Survey*	\$100	_____	_____
<input type="checkbox"/> Health Coaching*	\$100	_____	_____
<input type="checkbox"/> Know Your Numbers*	\$100	_____	_____
<input type="checkbox"/> Financial Health*	\$100	_____	_____
<input type="checkbox"/> Additional \$50 for completing all 4 above*	\$50	_____	_____
<input type="checkbox"/> Healthy Weight Reward	\$150-\$300	_____	_____
<input type="checkbox"/> NEW! Family Incentive	\$300	_____	_____
*Funds earned in current year are deposited in January of the following year.			Total CHS Contributions = _____
NOTE: See the <i>Fact Sheet: Health Savings Account (HSA)</i> and <i>CHS LiveWELL Incentive</i> sheet located at <a href="http://healthandretirement.carolinashealthcare.org">healthandretirement.carolinashealthcare.org</a>			

Continue to page 2 to estimate how much to contribute to your HSA.



# CHS LiveWELL Health Plan

## Do the Math: HSA Contribution Worksheet



Record the total amounts from page 1 below:

Predicted Expenses

Total CHS Contributions

A calendar year typically has 26 pay periods for bi-weekly teammates and 12 for monthly paid teammates. Record the amount of pay periods you have.

Pay periods

# Participate.

Select an option below to estimate how much to contribute to your HSA.

Option 1: <b>BASIC</b>	<b>Contribute enough to receive your full CHS Matching Contribution.</b>		<input type="text"/>
	Enter the full CHS Matching Contribution. <i>Teammate \$250 / Family \$750</i>	$\text{---} \div \text{---} = \text{---}$	Amount you must contribute to receive the full CHS matching Contribution
	To find the amount that will be deducted from your paycheck:		<input type="text"/>
	1. Enter your contribution to receive the full CHS Matching Contribution. 2. Divide by the number of pay periods.	$\text{---} \div \text{---} = \text{---}$ Your Contributions      Pay Periods	Amount deducted from check
Option 2: <b>GOOD</b>	<b>Contribute enough to cover your predicted expenses.</b>		<input type="text"/>
	1. Enter your predicted expenses. 2. Subtract your Total CHS Contributions.	$\text{---} - \text{---} = \text{---}$ Predicted Expenses      CHS Contributions	Amount you must contribute to cover your predicted expenses
	To find the amount that will be deducted from your paycheck:		<input type="text"/>
	1. Enter the amount you must contribute to cover your predicted expenses. 2. Divide by the number of pay periods.	$\text{---} \div \text{---} = \text{---}$ Your Contributions      Pay Periods	Amount deducted from check
Option 3: <b>BETTER</b>	<b>Contribute enough to cover your deductible.</b>		<input type="text"/>
	1. Enter your deductible. <i>Teammate \$1,850 / Family \$3,700</i>	$\text{---} - \text{---} = \text{---}$ Deductible      CHS Contributions	Amount you must contribute to cover your deductible
	To find the amount that will be deducted from your paycheck:		<input type="text"/>
	1. Enter the amount you must contribute to cover your deductible. 2. Divide by the number of pay periods.	$\text{---} \div \text{---} = \text{---}$ Your Contributions      Pay Periods	Amount deducted from check
Option 4: <b>BEST</b>	<b>Contribute enough to cover your maximum amount allowed annually.</b>		<input type="text"/>
	1. Enter your maximum amount allowed annually. <i>Teammate \$3,400 / Family \$6,750 / *55+ additional \$1,000</i>	$\text{---} - \text{---} = \text{---}$ Maximum Amount      CHS Contributions	Amount you must contribute to cover your maximum amount allowed annually
	To find the amount that will be deducted from your paycheck:		<input type="text"/>
	1. Enter the amount you must contribute to cover your deductible. 2. Divide by the number of pay periods.	$\text{---} \div \text{---} = \text{---}$ Your Contributions      Pay Periods	

\* The additional \$1,000 is a "catch up" contribution for teammates that are 55 and older. The maximum contribution in this case is \$7,750.