

# HSA SMARTNEWS!

April 2013

## Last Minute Tax-Prep Reminders

As part of your 2012 tax preparation, please remember that anyone owning a Health Savings Account in calendar year 2012 must file IRS Form 8889 with their taxes. This form is used to:

- Report all HSA contributions.
- Calculate any applicable HSA deduction for contributions made outside of payroll.
- Report HSA distributions.
- Determine amounts that may need to be included as income or amounts of additional tax owed for ineligible individuals.

If you took distributions from your HSA in 2012, you should have received IRS Form 1099-SA from The Bancorp in January 2013.

Please note that, if you made contributions to an HSA in 2012, you will receive IRS Form 5498-SA in May. This form is NOT needed for filing taxes and is only provided for the purpose of record-keeping.

If you have any last-minute tax questions, view the “Tips for filing taxes with an HSA” webinar on the HSA Education page of your HSA banking homepage or speak to your tax advisor.

## HSA Tracker Makes Record Keeping Easy!

Accurate recordkeeping is an important part of HSA management, but it doesn't need to be complicated. HSA Tracker is one of several service links offered through our HSA banking homepage and is designed to help you keep yourself organized!

HSA Tracker is a free, protected site that enables you to scan, save and manage medical expense receipts, document health-related purchases, store records electronically, and assemble and print reports to summarize medical expenses, anytime.

The Internal Revenue Service (IRS) requires documentation of any HSA purchase for it to be considered tax deductible. Banks are not permitted to keep this data. HSA Tracker securely records purchases and documents how they are health-related according to IRS-approved categories. For more information and an online tour, visit your HSA banking homepage and click on “HSA Resources>Preferred HSA Resources>HSA Tracker.”

## World Health Day Targets High Blood Pressure

Did you know that one third of adults worldwide suffer from high blood pressure? This startling statistic prompted the World Health Organization (WHO) to select high blood pressure as the 2013 theme for World Health Day. Celebrated each year on April 7 to mark the anniversary of the founding of WHO in 1948, World Health Day highlights a concern of public health professionals throughout the world. The goal of World Health Day 2013 is to reduce heart attacks and strokes.

High blood pressure – also known as raised blood pressure or hypertension – increases the risk of heart attacks, strokes and kidney failure. Uncontrolled high blood pressure can also cause blindness, irregular heartbeat and heart failure.

The good news is high blood pressure is both preventable and treatable. The risk of developing high blood pressure can be reduced by reducing salt intake, eating a balanced diet, avoiding excessive use of alcohol, exercising regularly, maintaining a healthy body weight and steering clear of tobacco use.

For more information, visit the World Health Organization online at [www.who.int](http://www.who.int).

**Have a Safe and Healthy April!**