



BENEFITING YOU
— at every stage —

MYCHOICE CONSUMER ACCOUNTS FOR 2023



Health Savings Account (HSA)

The HSA can help you save on taxes, pay medical, prescription, dental, or vision costs throughout the year and save for future healthcare expenses. The maximum contribution to the HSA is \$3,850 if you enroll only yourself, or \$7,750 if you enroll in family coverage. You can make additional catch-up contributions up to \$1,000 if you are age 55 or older. **If you are enrolled in the Choice+HSA plan, Ingram contributes \$500 for individual coverage and \$1,000 for family coverage annually.** Money left in your HSA at the end of the year will roll over to the next year. If you leave Ingram or retire, you take your HSA account with you for future healthcare expenses.



Healthcare FSA

The Healthcare FSA helps you pay for certain IRS-approved medical expenses not covered by your insurance plan with pre-tax dollars. The maximum contribution to the Healthcare FSA is \$3,050 per plan year.

Funds you elect to contribute to the Healthcare FSA are available in full on the first day of the plan year. For example, if you elect to contribute \$1,000, the full election is available to you on day one. You will continue to pay for the election pre-tax from your paycheck throughout the plan year. Carefully consider your FSA contribution amounts for the plan year. At the end of the year you lose any money left over in your FSA.



Dependent Care FSA

The Dependent Care FSA lets you set aside pre-tax dollars to use towards eligible work-related childcare and/or elder care expenses. The maximum amount you may contribute to the dependent care FSA is \$5,000 (or \$2,500 if married and filing separately) per plan year. Funds you contribute to the Dependent Care FSA function like a debit card; you need to accumulate the funds before you can use them.