

# Wellness MENU

APRIL 2025

**Health Savings Accounts (HSAs)** allow you to save for current and future health expenses and so much more!

## HEALTH & WELLNESS QUICK GUIDE

A cheat sheet to commonly asked questions about our benefits. Also located on the HUB under Human Resources,

**EMPLOYEE ONLY  
\$1250**

**EMPLOYEE +  
DEPENDENTS  
\$2500**

*MV  
Contributes*

## MONTHLY Focus

# Health Savings Accounts

### TAX SAVINGS

HSAs provide triple tax savings:

1. Contributions are not taxed
2. Account growth through interest and investment earnings are not taxed
3. Withdrawals for qualified medical expenses are income tax free

### QUALIFIED EXPENSES

Just to name a few!

- Doctor's visits
- Prescriptions
- Dental care
- Vision care
- Medical equipment
- Mental health services
- Chiropractic care
- Over-the-counter medications (with a prescription)
- Certain types of alternative treatments (e.g., acupuncture)
- Hospital services and surgeries

### RESOURCES

[Medical Expense Eligibility Tool](#)

[Optum Bank Account Log in](#)

[Health Savings Account FAQ](#)

IRS Contributions Limits

- Employee Only-\$4,300
- Family-\$8,550

## Wellness RESOURCES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Faculty Facial</b> 12:45 - 1:15 pm <i>Message Lily Catano for a facial with free supplies</i>	<b>Walking Trails</b> Be one with nature and explore the MV walking trails on your own or with friends.  <b>Pelotons</b> Take advantage of the 5 Peloton bikes and join the Slack channel #MVMoves	<b>Pottery</b> 3:30 - 4:30 pm Every other Thursday starting on 9/12 <i>Message Lynn Luster</i>	