



Know Your Benefits

Changes on the HSA Policy

The Regence HSA is a high deductible health plan (HDHP).

Members receive coverage for medical services once they reach their deductible.

Members who participate in the HSA Medical Plan will also have a health savings account which can be used to pay for medical expenses that are applied to their plan's deductible.

The HSA plan is a great choice for members with minimal medical expenses each year who want to save money on health insurance premiums.

For the 2023 – 2024 Plan Year, The District has increased the HSA contribution levels for enrolled employees and family members.

- ❖ *Employee Only \$1,936 Annually*
- ❖ *Employees + Spouse \$2,236 Annually*
- ❖ *Employee + 1 Child \$2,236 Annually*
- ❖ *Employee + Children \$2,536 Annually*
- ❖ *Employee + Family \$2,536 Annually*

HSA District Monthly Contributions:

Emp. Only:	\$161.40
Emp.&Spouse:	\$186.40
Emp.&1Child:	\$186.40
Emp.&2+Child:	\$211.40
Family:	\$211.40

Qualified Medical Expenses

The Internal Revenue Service (IRS) defines qualified medical care expenses as amounts paid for the diagnosis, cure or treatment of a disease, and for treatments affecting any part or function of the body. The expenses must be primarily to alleviate a physical or mental defect or illness.

Eligible Expenses: <https://livelyme.com/whats-eligible/>

2023 HSA Employee Contribution Limits:	Annual Contribution Maximum	Per Month Deduction
Single Coverage	\$3,850	\$320.83
Family Coverage	\$7,750	\$645.83
Age 55+	Additional \$1,000 Per Year	

Eligibility Requirements

Once you're covered by a qualified HDHP, you can contribute to an HSA if you:

- › Are not covered by any non-HSA eligible health plan including a general-purpose Health Flexible Spending Account (Health FSA) or a Health Reimbursement Arrangement (HRA). If your spouse has a General-Purpose Health FSA that allows reimbursements for your expenses, you may not participate.
- › Are not enrolled in Medicare or Tricare. If you are over 65, as long as you have not enrolled in Medicare or Tricare, you can continue to make contributions and use your funds. Once you are enrolled in Medicare or Tricare, you can no longer make contributions, but you may still continue to use funds you have previously saved.
- › Are not being claimed as a dependent on someone else's tax return.
- › If you become no longer covered by a qualified HDHP, you may still use your HSA funds, however, you may not continue to contribute to your account.



Know Your Benefits



Telemedicine (24/7/365 Access to Doctors)

AllyHealth is different from other telemedicine services because we provide proactive support to our clients every step of the way. Our proprietary, technology-enabled, high-tech and high-touch engagement system allows us to guarantee utilization levels that you won't find anywhere else.

How It Works

Talk directly with a doctor or pediatrician within minutes by phone, video, or mobile app - 24/7/365. From home, the office, or on the go. On your schedule. Anytime. Anywhere.

Features & Benefits

- ✓ 24/7/365 access to our experienced, board certified doctors
- ✓ **Unlimited use, with no per-call fees or co-pays**
- ✓ Prescriptions called in to your local pharmacy
- ✓ AllyHealth's proprietary, comprehensive, technology-driven, multi-channel engagement system
- ✓ Can be used by all household members
- ✓ Reduce costs, redirect claims, and increase productivity

AllyHealth is better on the app!

More features, faster access, and better notifications.

Download the AllyHealth app in the Apple or Google Play app store today to access all of your account features.

Go to allyhealth.app (or download the AllyHealth app) or scan the QR Code with your smartphone camera.

AllyHealth Customer Service: (888) 565-3303



When to Use

- ✓ Instead of going to the ER or urgent care center for a non-emergency medical issue
- ✓ During or after normal business hours, nights, weekends, and even holidays
- ✓ If your primary care doctor or pediatrician is not available
- ✓ To request prescriptions or refills (when appropriate)
- ✓ If traveling and in need of medical care

Common Conditions We Treat

- Acne
- Allergies
- Asthma
- Bronchitis
- Cold & Flu
- Constipation
- Diarrhea
- Ear Infection
- Fever
- Gout
- Headache
- Infections
- Insect Bites
- Joint Aches & Pains
- Rashes
- Sinus Infection
- Skin Inflammations
- Sore Throat
- Sports Injuries
- Sunburn
- Urinary Tract Infection
- And more...