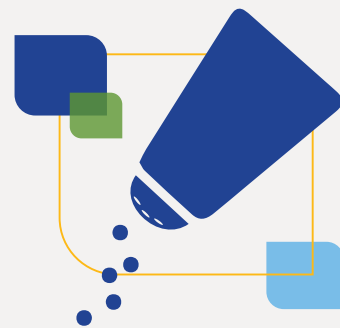




FIFTH THIRD BANK HEALTH SAVINGS ACCOUNT

# INSIDER



MONTHLY NEWS AND INFORMATION FOR MAXIMIZING YOUR FIFTH THIRD BANK HSA

53hsa.com

## Medications on Vacation

Taking prescription medications with you while traveling? Here are a few tips for keeping them safe:

- Before leaving home, list all your medications plus the name and number of your pharmacist and doctor
- Pack medicine in a carry-on bag instead of a checked suitcase
- Bring an extra supply with you in case your return is delayed
- Never leave medicines in a car – heat can quickly destroy the drug

Source: National Institute of Health

## Advice That's Worth its Salt



It's recommended adults consume less than 2,300 mg of sodium daily; here's how you can lower your intake:

- Eat fresh fruits, vegetables, and meats – they're naturally low in sodium
- When buying processed foods, choose those labeled "low sodium"
- Remove salt from recipes whenever possible
- Cut back on such sodium-heavy condiments as soy sauce, salad dressings, dips, ketchup, and mustard
- Use herbs, spices, and fruit juices as seasonings

Source: Mayo Clinic

## A Healthy Resource: the Resource Section of 53hsa.com



As helpful as your HSA is, educating yourself about it may seem overwhelming.

Fortunately, we make learning easy with the Resources section of your online portal at **53hsa.com**.

There, you'll find a wide assortment of forms, videos, calculators, and other tools to help you learn about, start, and manage your HSA, including:



### Videos

Our brief, informative videos help you understand what an HSA is, how it works, and much more. Fast-paced and friendly, their easy-to-understand visuals clearly illustrate the key points.



### Tools and Calculators

Want to know how much you can save in a year? Compare your out-of-pocket expenses to a non-HSA plan? Use our tools and calculators to help make informed decisions.



### HSA Forms and Online Resources

Download a host of forms and resource guides to help you handle all aspects of your HSA.



### FAQs

You've got questions, we've got answers. Conveniently organized by category, you'll be able to quickly find the information you need.



### HSA IRS Limits

Tax laws change frequently, affecting the tax considerations concerning your HSA. See the latest allowable Single and Family limits for the current year and the next year.

Fifth Third Bank does not provide tax or accounting advice. Please consult an accountant or tax advisor for professional advice on these areas.  
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