HSA and FSA [1]

CU offers programs designed to give you tax advantages that offset health care and dependent care costs.

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What is an FSA?

FSAs FSA (Flexible Spending Account) A tax-savings account set up by you to pay for certain qualifying expenses on a pre-tax basis, meaning before they are made subject to payroll taxes. [2] allow you to set aside money for certain expenses (medical, child care/elder care costs). You don't pay taxes on this money, meaning you'll save an amount equal to the taxes you would have paid. Accounts are subject to a "use-it-or-lose-it" rule each year. [3]
What is an HSA?

An HSA (Health Savings Account) is a tax-savings account that must be paired with a High-Deductible Health Plan, which can be used to pay for qualified health care expenses now or in the future. An HSA is a savings account that you own. The funds in an HSA carry forward year after year, even if you change employers or retire. [6] is an account that must be paired with a high-deductible health plan and can be used for qualified medical expenses. Qualifying Health Care Expenses include medical, dental or vision care for yourself and your tax dependents, as defined in Code Section 213(d) under Code Section 105. [7], like a doctor’s visit or prescription drugs. The money you put into an HSA (Health Savings Account) rolls over from year to year, even if you change employers or retire. [6]
Compare plans

Use this chart for a quick overview of the differences between an FSA (Flexible Spending Account) and an HSA (Health Savings Account). An FSA is a tax-savings account set up by you to pay for certain qualifying expenses on a pre-tax basis, meaning before they are made subject to payroll taxes, and an HSA is a tax-savings account that must be paired with a High-Deductible Health Plan, which can be used to pay for qualified health care expenses now or in the future. An HSA is a savings account that you own. The funds in an HSA carry forward year after year, even if you change employers or retire.

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Links
[3] https://www.cu.edu/es-benefits-glossary/use-it-or-lose-it
[9] https://www.cu.edu/docs/hsa-and-hcfsa-comparison-chart