

# Form to Elect High Deductible Option

## For Individuals

### How the High Deductible Health Plan Works

With a high deductible health plan (HDHP), you pay for most health care expenses up to a certain amount before the insurance policy begins to cover them. The deductible is \$1,150 for individuals and \$2,300 for families (more than one person). Because the plan carries a high deductible, the premium is lower.

You can access preventive services for cervical cytology screening, mammography screening, prostate cancer screening, periodic adult physical examinations, adult immunizations, routine prenatal care and well-child visits without having met the deductible. However, you will have a co-payment for these services. Co-payments do not apply towards the deductible.

Only benefits included in the Healthy NY benefit package count towards the deductible. You should ask your health plan about the cost of healthcare services before they are performed. With a family plan, any family member or combination of family members included in the health plan must meet the entire family deductible in order for coverage to begin. Once you meet the deductible, you are still responsible for co-payments, including \$500 for inpatient hospitalization.

Out-of-pocket expenses are capped at \$5,250 for individuals and \$10,500 for families. This includes deductibles and co-payments.

### High Deductible Health Plans and Health Savings Accounts

If you choose the HDHP, then you certify that you will set up a health savings account (HSA). An HSA is a savings account used to pay for medical expenses such as deductibles, co-payments and over-the-counter medication. You can contribute up to \$2850 for single coverage or \$5650 for family coverage into the account each year. You can put money into the account in one lump sum or at any frequency that is convenient for you. It is very important to save all receipts if you have an HSA. You can make a one-time roll over contribution from an IRA, flex spending account, or health reimbursement arrangement.

HSAs have several tax advantages:

- The money that you put into the HSA is tax-deductible under most situations.
- The money in the HSA can earn interest tax-free.
- As long as you use the money in the HSA for qualified medical expenses, then you are never taxed on it.

Visit the HSA Insider at [www.HSAInsider.com](http://www.HSAInsider.com) or the U.S. Department of the Treasury at [www.treas.gov](http://www.treas.gov) for more information on HSAs and which banks offer them.

*Be sure that you understand the difference between an HDHP and a plan with no deductible before you choose a plan. Remember that with an HDHP, you are responsible for paying most expenses out-of-pocket or through your HSA before your policy begins to cover them. For more information, visit the Healthy NY web site at [www.HealthyNY.com](http://www.HealthyNY.com).*

To choose the HDHP, fill out the following and sign your name. When you send the application to your chosen health insurance plan, **be sure to send this form with it.** You do not have to choose the high deductible option. **If you do not want the high deductible option, then you do not need to fill out this form.**

First \_\_\_\_\_ Middle \_\_\_\_\_ Last \_\_\_\_\_  
Name

Signature

Date