

# Americans Want to Use FSAs/HSAs for Better Self-Care

## CONSUMERS WANT FLEXIBILITY

Consumers want the choice of adding dietary supplements to FSA/HSA accounts to support more self-care and better health.



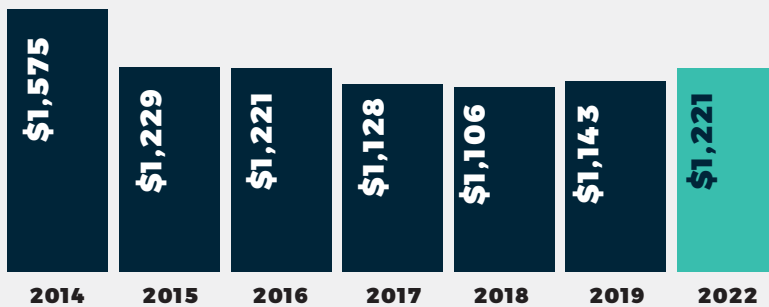
Nearly 8 out of 10 consumers who have an FSA/HSA support reimbursement of dietary supplements.<sup>1</sup>

**78%**

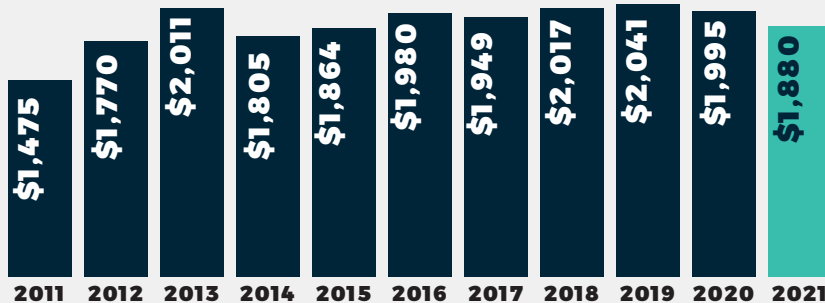
## CONTRIBUTIONS REMAIN STATIC

Over the past decade, FSA/HSA contribution amounts have remained static – there has not been a substantial change regardless of policy change (ACA eligibility repeal to CARES Act).

PLANNED ANNUAL FSA CONTRIBUTION AMOUNTS<sup>2</sup>

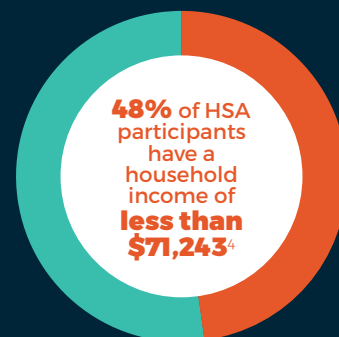


ANNUAL AVERAGE INDIVIDUAL HSA CONTRIBUTION<sup>3</sup>



## USED BY ALL INCOME LEVELS

Individuals from every income level participate in HSA plans.



<sup>1</sup>IPSON Summary Findings from 2023 CRN/CHPA HSA and FSA Survey. April 7, 2023

<sup>2</sup>VISA FSA Survey 2022

<sup>3</sup>Spiegel, Jake, and Paul Fronstin, "Trends in Health Savings Account Balances, Contributions, Distributions, and Investments, 2011-2021," EBRI Issue Brief, no. 581 (Employee Benefit Research Institute, February 23, 2023).

<sup>4</sup>Spiegel, Jake, "Examining HSAs Through a DEI Lens," EBRI Issue Brief, no. 556 (Employee Benefit Research Institute, April 7, 2022).