

2023 HSA & FSA REIMBURSEMENT STUDY

Ipsos

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 **Council for Responsible Nutrition**
The Science Behind the Supplements

CHPA[®]

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RESEARCH OVERVIEW



Purpose

- Explores **attitudes, opinions,** and **practices/habits** of Americans regarding HSA/FSA accounts.
- Key themes: **what people use their HSA/FSA for,** knowledge on what they can use it for, and **the impact dietary supplements (and potential reimbursement for those costs) may/may not have.**



Research Sample

- **1,892 adults**, ages 18+, living in the United States.
- Includes 1,119 adults whose household has either an HSA or FSA account.
- An **oversample of respondents with a household HSA or FSA account** was included to ensure there would be sufficient sample to analyze.



Methodology

- **Interviews conducted from March 24-26, 2023, online in English** using Ipsos' KnowledgePanel®.
- The data, including the oversample of respondents with HSAs/FSAs, is **nationally representative** of the U.S. adult population and has been weighted to match U.S. Census characteristics.
- The **margin of sampling error** for this study is plus or minus 2.9 percentage points at the 95% confidence level for results based on the entire sample of adults.
- For respondents with a household HSA or FSA account, the **margin of sampling error** is plus or minus 3.0 percentage points at the 95% confidence level.

KEY FINDINGS:



Most Americans, including FSA and HSA account holders, **support increasing the number of health-related expenses eligible for reimbursement** through FSA and HSA accounts.



More specifically, roughly three-quarters say they **support allowing dietary supplements for general health, not prescribed by a doctor, to be reimbursed** by FSA and HSA accounts.



Despite the overwhelming support for expanding reimbursement options, **Americans with a household FSA or HSA account are unlikely to change their annual planning for their account spending if legislative change allows dietary supplements for general health to be reimbursed.** Specifically, most Americans with a household FSA or HSA say they are unlikely to increase the amount they contribute if dietary supplements for general health become qualified for reimbursement.

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USAGE OF FSAs AND HSAs

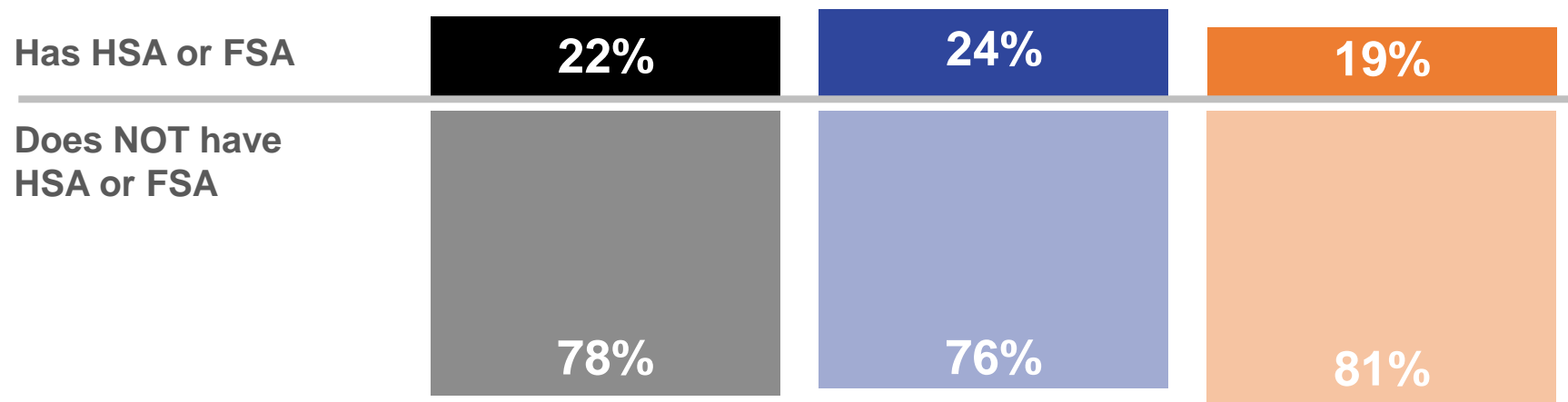
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About one in five Americans report having a household HSA or FSA account. Dietary supplement users are more likely than non-users to report having an account.

Which of the following individual health account options do you or your household use to cover any health expenses?

% selecting

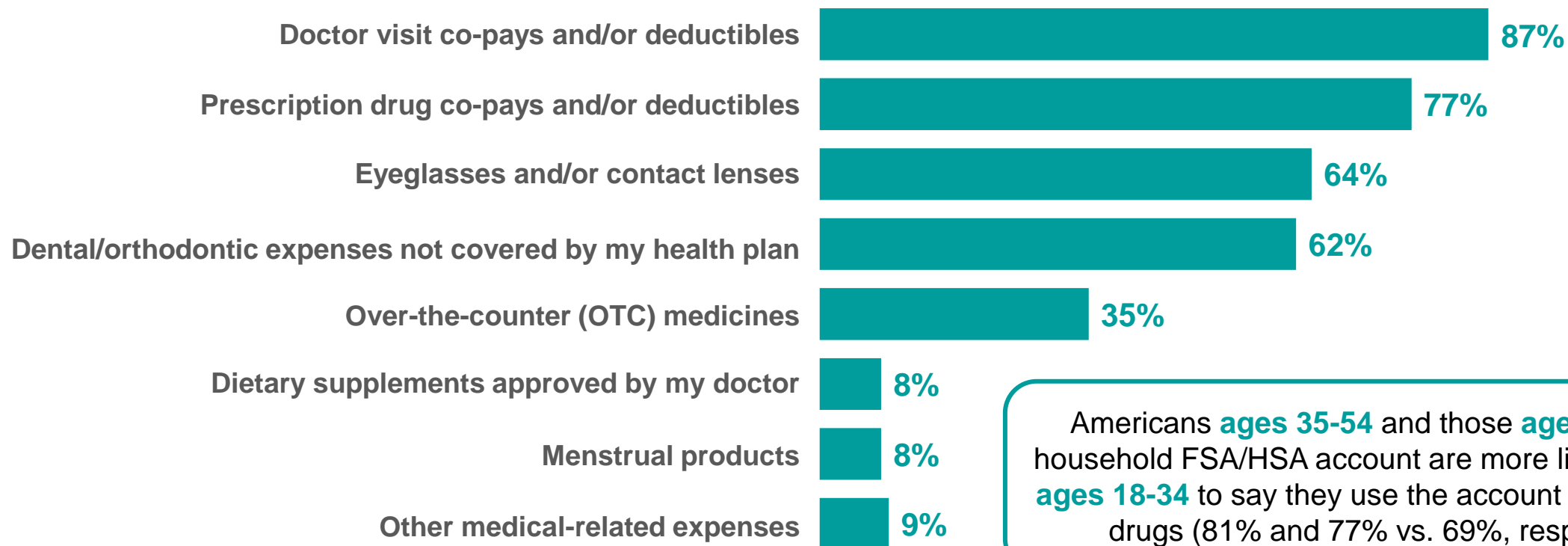
■ All Americans ■ Supplement Users ■ Supplement Non-Users



Americans with household FSA or HSA accounts report being most likely to use them for co-pays/deductibles for doctor visits and prescription drugs.

What types of health-related expenses does your household use your FSA/HSA for?

% selecting among those with a household FSA or HSA account



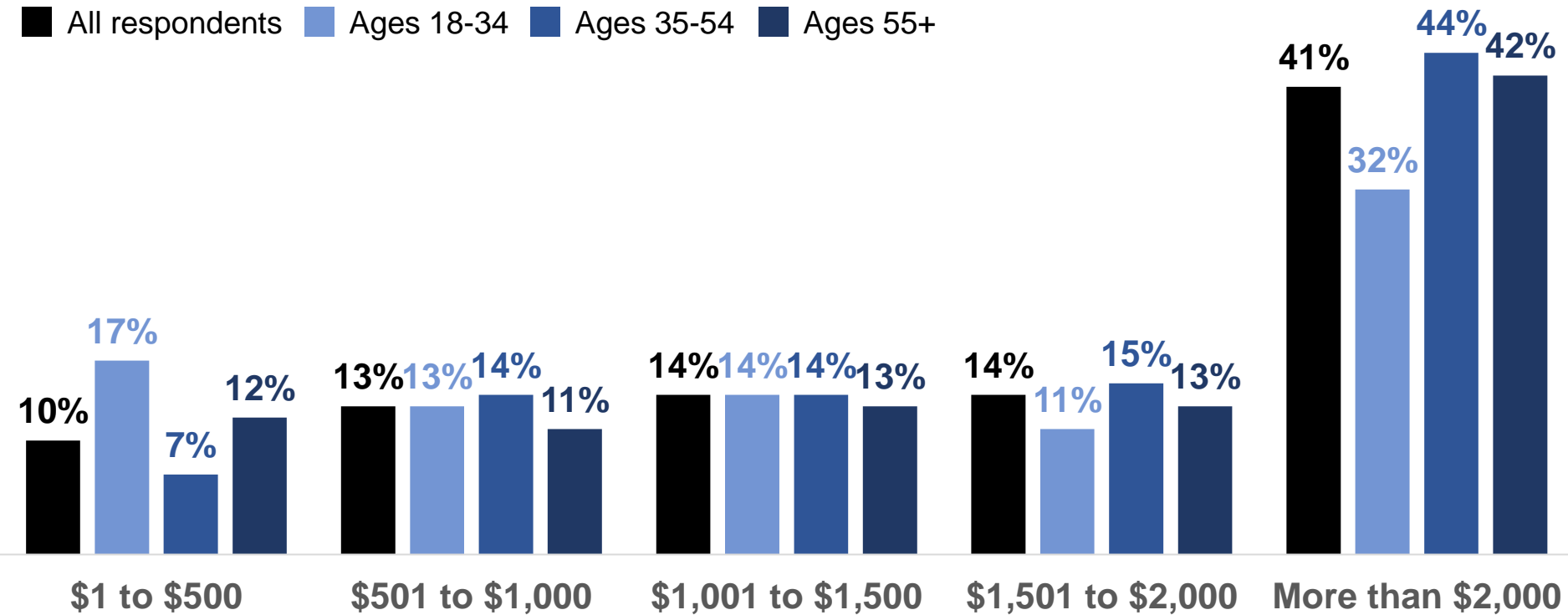
Americans **ages 35-54** and those **ages 55+** with a household FSA/HSA account are more likely than those **ages 18-34** to say they use the account for prescription drugs (81% and 77% vs. 69%, respectively).

Half of Americans with a household HSA or FSA account say they plan to contribute under \$2,000 in 2023. Older Americans are more likely to contribute more.

To the best of your knowledge, how much will your household put into your HSA/FSA this year?

% selecting among those with a household HSA or FSA account

■ All respondents ■ Ages 18-34 ■ Ages 35-54 ■ Ages 55+



Supplement users with an HSA/FSA are less likely than **supplement non-users** to say their household plans to put \$1 to \$500 into their HSA/FSA account this year (9% vs. 14%, respectively).

Most with an FSA/HSA account say it is important to consider what is reimbursed or to plan for high-cost expenses when deciding how much to contribute.

How important, if at all, were each of the factors in helping you or your household determine how much money to put into your FSA/HSA this year?

% selecting among those with a household FSA or HSA account



81% The **kinds of medical-related expenses that are eligible** for reimbursement



81% Planning for **anticipated high-cost medical or dental expenses**



76% The **ease of getting reimbursement** from my or my household's FSA or HSA when the household has a medical expense



71% **How much I or my household can afford** to have taken from our take-home pay



58% The **number of dependents** I or my household support

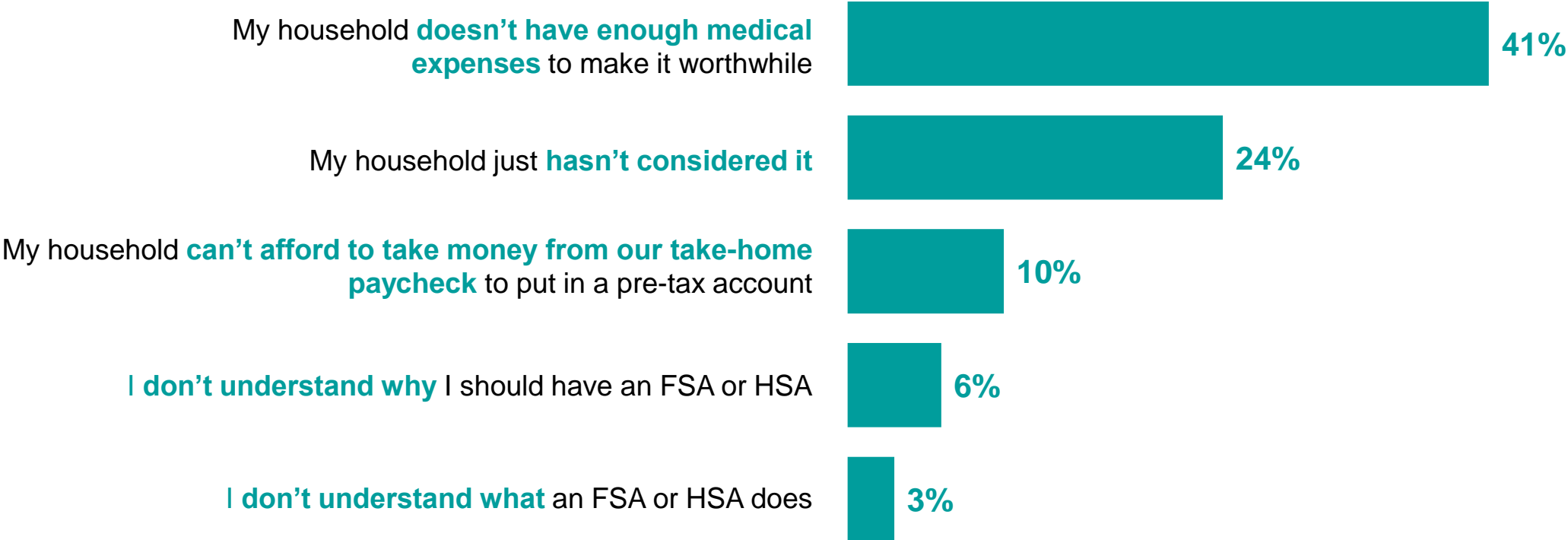
Outside of budgeting take-home pay, **women with an HSA or FSA account** are more likely than **men** to say each of these factors is **important** when deciding how much to contribute.

A higher proportion of **younger Americans**—ages 18-34 or ages 35-54—**with an FSA or HSA account** say budgeting take-home pay is important versus **older Americans** ages 55+ (81% and 72% vs. 63%, respectively).

The plurality of Americans who are eligible for an FSA/HSA account but don't have one say they don't have enough medical expenses to make it worthwhile.

Why did you or your household choose not to participate in an FSA or HSA this year? Select all that apply.

% selecting among those eligible for an FSA/HSA account but do not have one



KNOWLEDGE OF FSAs AND HSAs

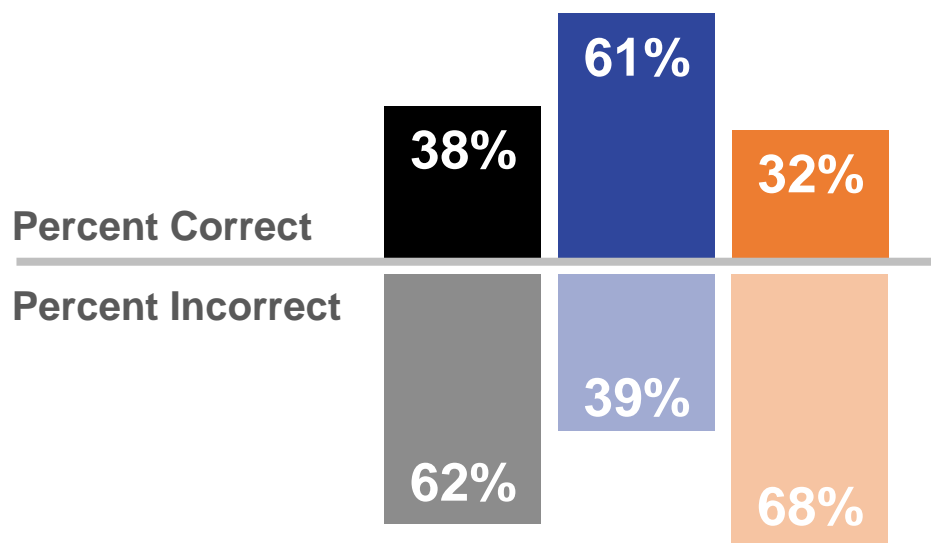
2

Americans are largely unsure about what you can use an FSA/HSA account for, but those who have a household account are more aware of what is reimbursable.

Based on what you may know or feel, do you think you can use an HSA or FSA on the following?

average % of correct or incorrect responses out of 11 health-related expenses listed

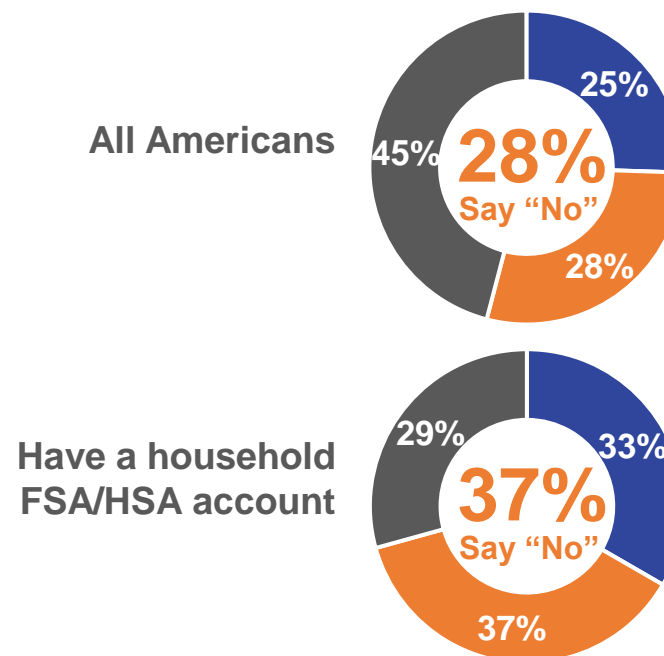
■ Total ■ Have household FSA/HSA account ■ Don't have FSA/HSA account



Based on what you may know or feel, do you think you can use an HSA or FSA on the following?

% selecting ■ Yes ■ No (correct) ■ Don't know

“Vitamins or dietary supplements taken for general health”

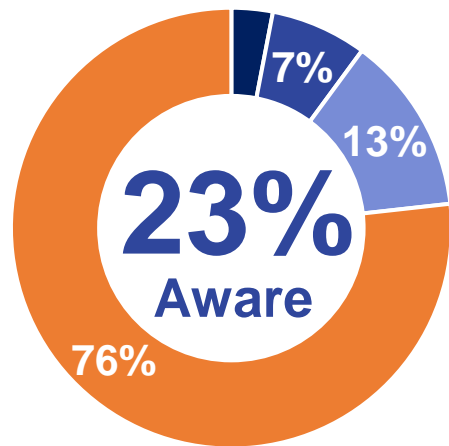


Americans with an FSA/HSA account are more likely than those without one to **correctly** mark that vitamins or dietary supplements taken for general health are *not* reimbursable through FSAs/HSAs (37% vs. 26%, respectively).

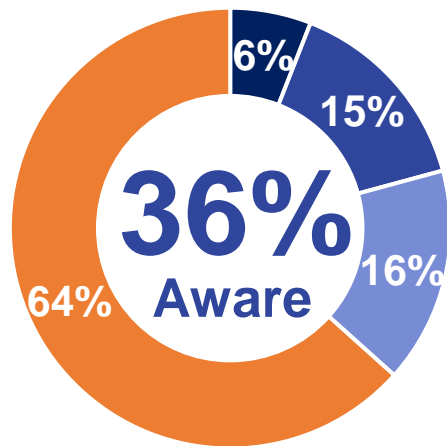
Few Americans are aware of the 2020 change in legislation for HSAs/FSAs.

In 2020, Congress changed the law and now allows over-the-counter (OTC) medicines and menstrual products to be eligible for reimbursement from FSAs and HSAs. How familiar are you, if at all, with the changes to the law that allowed these to be eligible?

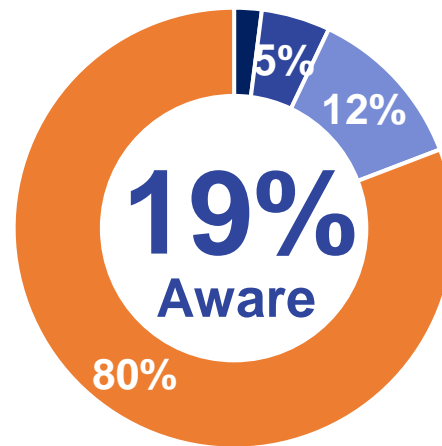
% selecting ■ Very familiar ■ Somewhat familiar ■ Heard of, but that's it ■ Not at all familiar



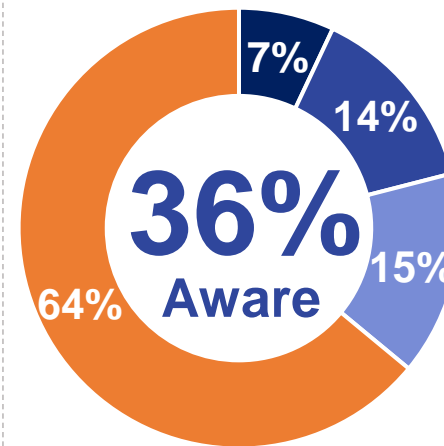
All Americans



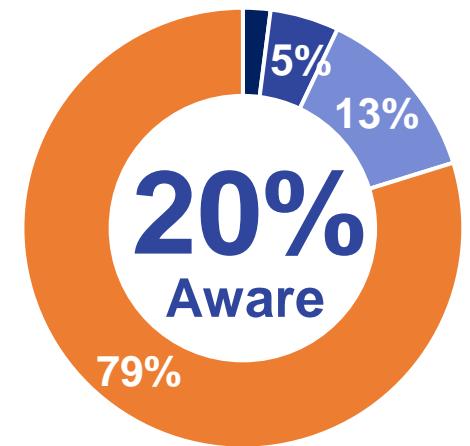
Have a household HSA or FSA account



Does NOT have a household HSA or FSA account



Supplement users with a household HSA or FSA account

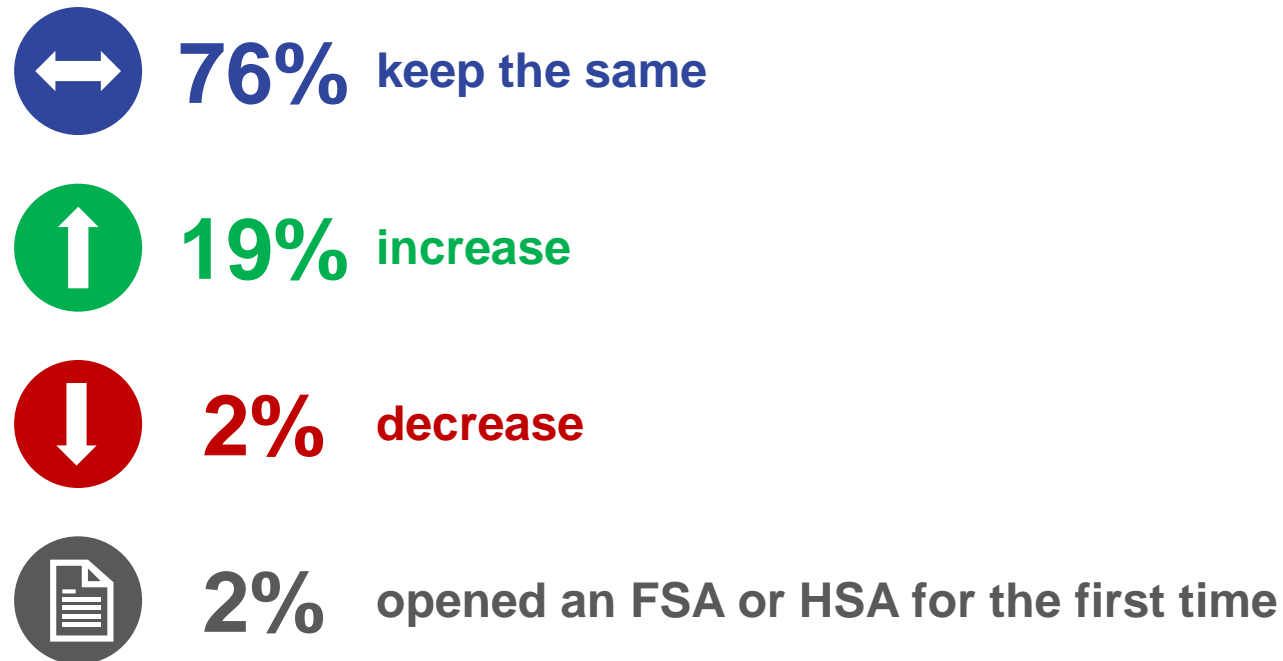


Supplement users without a household HSA or FSA account

Of those with a household HSA/FSA account who are aware of the 2020 law change, about three-quarters say they did not change their contribution amount because of it.

Due to this change in the law, to the best of your recollection, did you increase, decrease, or keep about the same amount you or your household contributed to your FSA/HSA, or not?

% selecting among those aware of 2020 law change and have a household HSA or FSA account



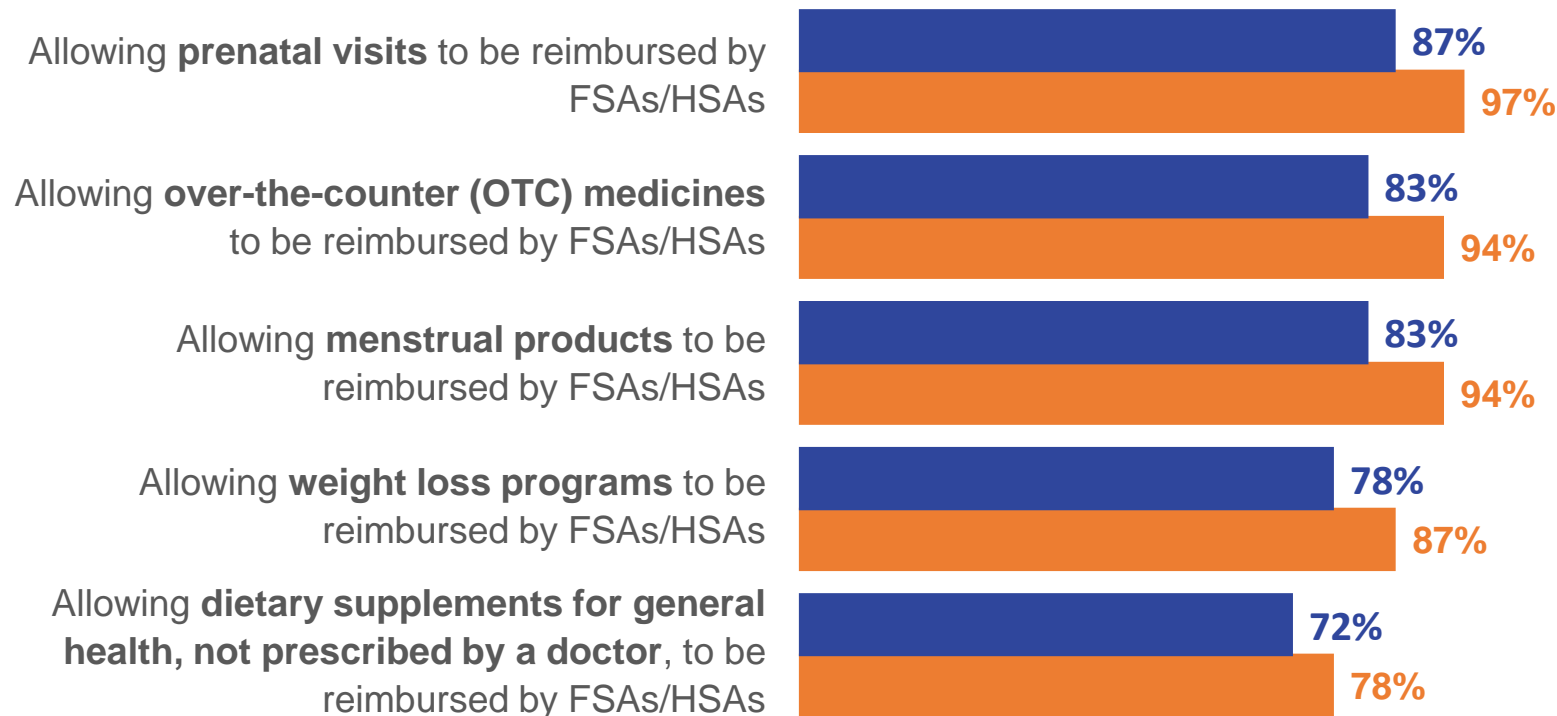
CHANGES TO FEDERAL LAW AND BEHAVIORS

3

The vast majority of Americans and FSA/HSA account holders support expanding the number of health-related expenses reimbursed by FSA/HSA accounts.

To what extent do you support or oppose each of the following?

% selecting strongly/somewhat support ■ All respondents ■ Have a household FSA/HSA account



Women with a household FSA or HSA account are more likely than **men with a household account** to say they support allowing dietary supplements for general health to be reimbursed (82% vs. 74%, respectively).

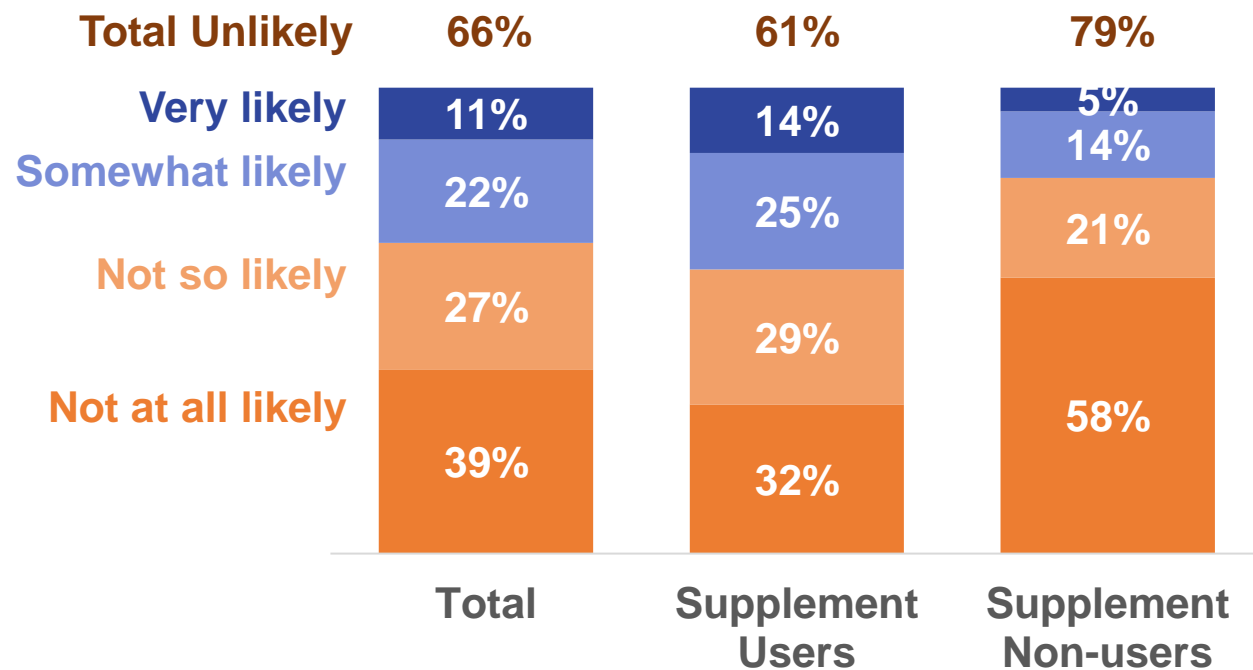
Supplement users with a household FSA or HSA account are more likely than **supplement non-users with a household account** to say they support FSAs/HSAs reimbursing dietary supplements for general health (82% vs. 67%, respectively).

Two-thirds with a household FSA/HSA account say they are *unlikely* to increase contributions to it if dietary supplements became eligible for reimbursement.

As you may know, dietary supplements for general health, not prescribed by a doctor, are **NOT** currently eligible for reimbursement by FSAs/HSAs. If this law changed, how likely, if at all, would you be to...

% selecting among those with a household FSA or HSA account

“Increase the amount of money put into the household’s FSA/HSA for dietary supplement purchases”



Women who have a household FSA/HSA account are more likely than **men** with an account to say they would *likely* increase the amount they contribute if dietary supplements for general health become reimbursable (37% vs. 30%, respectively), though a majority still report being unlikely to do so.

No significant differences by **age**, **marital status**, or **income** emerge in self-reported net likeliness or unlikeliness to increase contributions to an HSA/FSA account if dietary supplements become reimbursable.

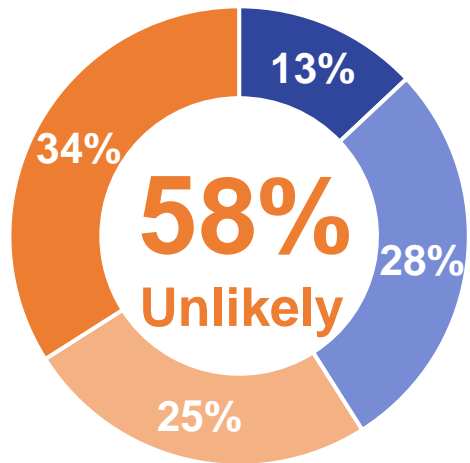
Most Americans say they are unlikely to change their FSA/HSA spending or open an FSA/HSA account if dietary supplements for general health become reimbursable.

As you may know, dietary supplements for general health, not prescribed by a doctor, are NOT currently eligible for reimbursement by FSAs/HSAs. If this law changed, how likely, if at all, would you be to...

% selecting ■ Very likely ■ Somewhat likely ■ Not so likely ■ Not at all likely

“Change how you spend your current FSA/HSA funds by spending some of that money on dietary supplements”

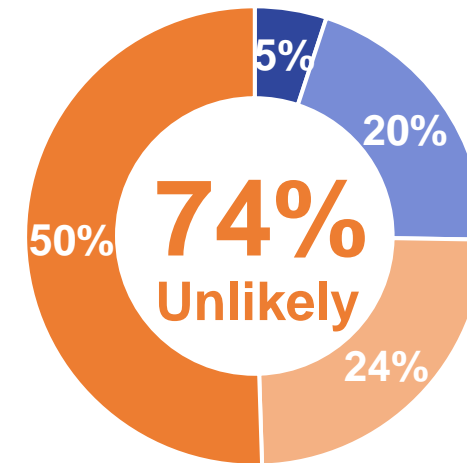
among Americans with a household FSA/HSA account



Supplement non-users with a household FSA/HSA account are more likely than **supplement users** with an account to say they are *unlikely* to change how they spend their FSA/HSA funds if dietary supplements become reimbursable (77% vs. 52%, respectively).

“Open an FSA/HSA account and contribute to it for dietary supplement purchases”

among Americans who do not have a household FSA/HSA account



CONCLUSION

FINAL THOUGHTS

This poll finds that although most Americans support FSAs/HSAs reimbursing dietary supplements for general health, very little would change in FSA/HSA saving (and spending) behaviors if it happened.

- As CRN, CHPA, and their partners move forward with exploring legislation to expand how Americans can use their FSA/HSA accounts, **public opinion is clearly on the side of increasing account reimbursement options.**
- However, just because Americans and FSA/HSA account holders support adding dietary supplements for general health as a qualified expense (among other things), **this does not mean their spending habits will change or increase.**
- **Medical care** and **co-pays** still rank as the top uses for these savings accounts, and how people strategize around their pre-tax savings is **less reactionary to changes in the legislative landscape** and more based around long-term estimations for potential medical care.

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**THANK
YOU**

GAME CHANGERS

