



# 2014 Medical Expense Worksheet

## How Much Should I Deposit Into My HSA On A Monthly Basis?

Using this worksheet, you can calculate actual HSA eligible expenses from last year and estimate projected expenses for this year to provide a monthly deposit amount that will maximize all your HSA benefits!

1. For this example, the worksheet below is divided into seven categories:
  - A. Doctor & Office Visits
  - B. Hospital
  - C. Dental
  - D. Vision
  - E. Prescriptions
  - F. Chiropractic
  - G. Over-the-Counter Medical Supplies & Other Medical
2. For each month, input both the actual expenses from last year in column **A**. Total all columns.
3. For each month, input the expected expenses for this year in column **B** and total all columns.  
*Tip: Projections can be established by taking last year(s) total expenses and dividing by 12 to determine your estimated projected monthly expenses.*
4. The sum total of all the **A** columns equals your total expenditures for last year. \$\_\_\_\_\_
5. The sum total of all the **B** columns equals your total projected expenses for this year. \$\_\_\_\_\_
6. Divide the sum total of all the **B** columns (#5) by 12 to get the minimum monthly amount you should deposit in order to meet your projected expenses. \$\_\_\_\_\_ divided by 12 = \$\_\_\_\_\_/month.
7. Next, take into consideration the maximum allowable deposits (contributions) for 2014:
  - A. \$3,300 if you have single insurance coverage (\$275.00/month)
  - B. \$6,550 if you have one or more dependents on your insurance (\$545.83/month).
  - C. An additional \$1,000 is allowed if you are 55 or older (\$83.34/month).
8. If the monthly amount in #6 is more than the maximums in #7, you should deposit based on the figures in #7 to ensure your total deposits do not exceed the maximums listed in #7.
9. **Monthly Goal for Deposits:** \$\_\_\_\_\_ (Remember to include deposits from all sources.)

By depositing the amounts you listed in #7, you will maximize your tax savings. Any money not spent during the year simply rolls to the next year. This helps you prepare for any unexpected expenses, while simultaneously building a supplemental retirement account. Money in the HSA can be used as taxable retirement income at age 65.





HSA's Done Right!

### MEDICAL EXPENSE WORKSHEET

MONTH:	Doctor & Office Visits		Hospital		Dental		Vision		Prescriptions		Chiropractic		Over-the-Counter & Other Medical	
	A Last Year Actual Expense	B This Year Projected Expense	A Last Year Actual Expense	B This Year Projected Expense	A Last Year Actual Expense	B This Year Projected Expense	A Last Year Actual Expense	B This Year Projected Expense	A Last Year Actual Expense	B This Year Projected Expense	A Last Year Actual Expense	B This Year Projected Expense	A Last Year Actual Expense	B This Year Projected Expense
January														
February														
March														
April														
May														
June														
July														
August														
September														
October														
November														
December														
TOTALS														
	<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>

Sum Total of all the A columns = \$ \_\_\_\_\_

Sum Total of all the B columns = \$ \_\_\_\_\_