

## H S A - Health Savings Account

The health savings account is a movement approved method to set aside funds in a segregated account to be self spent for health related needs. It is interest bearing and any excess can be carried forward to the next year. This account is used only for health related items such as prevention items as well as traditional care and is coupled sp with a high deductible catastrophic insurance plan. The maximum amount allowed per year is \$3,000 and can be funded out of personal funds or by an employer grant. The maximum cutoff age is now age 65. This needs to be lifted and made lifetime since the higher cost years are beyond age 65 and also require more care. The movement and third party payers are eliminated. The customer patient is in control of the choice and pays for that choice - SIMPLE/DIRECT/INEXPENSIVE. With the single person traditional coverage is now approaching \$10,000.00 per year. The comparison is drastic in its improvement to a system wildly out of control.

Education is vital. Modules for K-12 involving parents as well as senior citizens groups i.e. AARP and service clubs i.e. Kiwanis and Rotary provide the forum for ongoing education of the how-tos of an H S A as well as how to dispense the funds. Also needed for this self education process is a website DVD addressing frequently asked questions. Given these elements the cost of wellness is driven down due to the customer paying the bill and eating nutritionally beneficial food. This provides a highly functioning immune system. Wellness additionally occurs by eliminating personal choices that create chronic health issues such as smoking, drinking, and obesity.

Ken W Goewey  
[kgoewey@gmail.com](mailto:kgoewey@gmail.com)  
518-577-3177