

**Subject line:** A little known benefit of an HSA

**Preheader:** Adult children covered under your health plan may be able to open their own Fidelity HSA®.

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# Help your children get a head start on health care savings

If you have an HSA, you already know all the benefits it offers. But did you know that if you have adult children, they may be able to open an HSA too? Whether they stay on your HSA-eligible health plan or enroll in their own, they can open and contribute to their own HSA\*.

### An HSA can help them:

- Keep more of their money with unique tax benefits
- Pay for qualified medical expenses, like therapy, contact lenses, and sunscreen
- Save and invest money for health care now and in the future

Those are just a few of the benefits of an HSA. We have tools and resources to help your children educate themselves on all the details and help them get started.

[Learn more](#)

Copy this link and share it with your children to help them get informed:  
[Fidelity.com/healthcarehelp](https://Fidelity.com/healthcarehelp)

Download the free Fidelity Health® app to manage your accounts whenever—and wherever—you want.



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Investing involves risk, including risk of loss.

\*Individuals must be covered by an HSA-eligible health plan and cannot be claimed as a dependent on another's tax return in order to open and contribute to their own HSA.

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