



HSA Contribution Options

There are 3 ways to make an HSA contribution:

- 1) HSA Contributions can be changed at any time so ask your Employer to make this change. We usually recommend this way because it will be pre-tax and a greater tax savings to you by running through payroll.
- 2) You can [send a check to Avida Bank with this form](#)
- 3) You can direct deposit the money into your bank account. [Please see page 5 of this guide.](#)

Account Information

Enrolling & Using the Account

[Login/Register your Account](#)

[HSA Eligible Items](#)

[Account Access Video](#)

[About the Benefits Card](#)

[Communications Preferences](#)

[Benefits Card Video](#)

Technology

Participant Portal

[User Guide](#)

[Video](#)

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