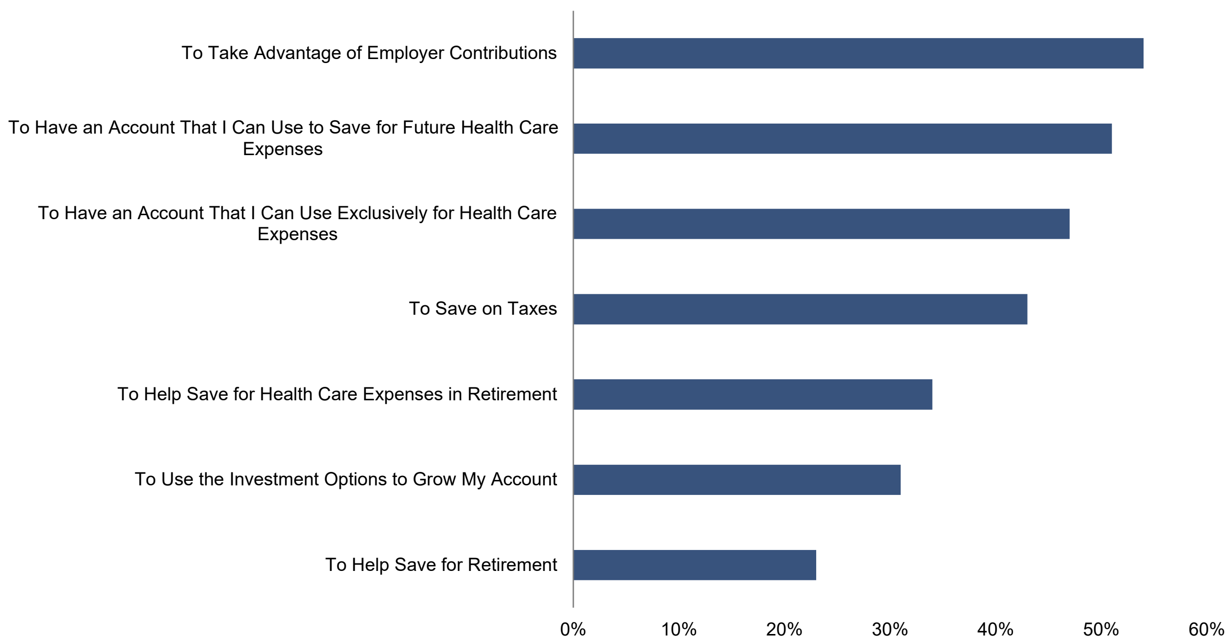
EBRI Fast Facts
July 16, 2026, #559

Most HSA Holders Use Accounts for Current Expenses Rather Than Long-Term Saving

The Employee Benefit Research Institute (EBRI)/Greenwald Research Consumer Engagement in Health Care Survey found that among enrollees with health savings accounts (HSAs), employer contributions were the most commonly cited reason for opening an account, followed by saving for future health care expenses.

Fewer enrollees cited tax savings as their primary motivation compared with prior years.

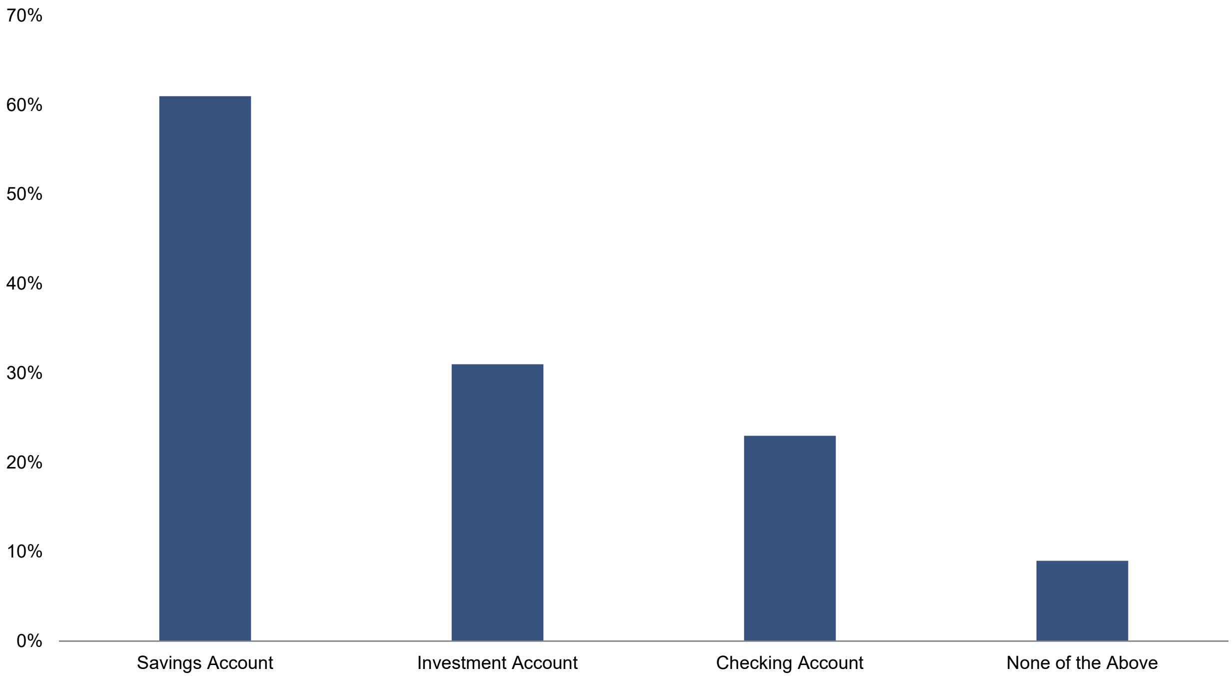
Figure 1
Why did you decide to open a health savings account?
Has an HSA



Source: 2025 EBRI/Greenwald Research Consumer Engagement in Health Care Survey.

Most HSA holders viewed their account as a savings account rather than an investment vehicle. Only about three in 10 viewed their HSA primarily as an investment account, indicating limited use of HSAs as long-term savings tools.

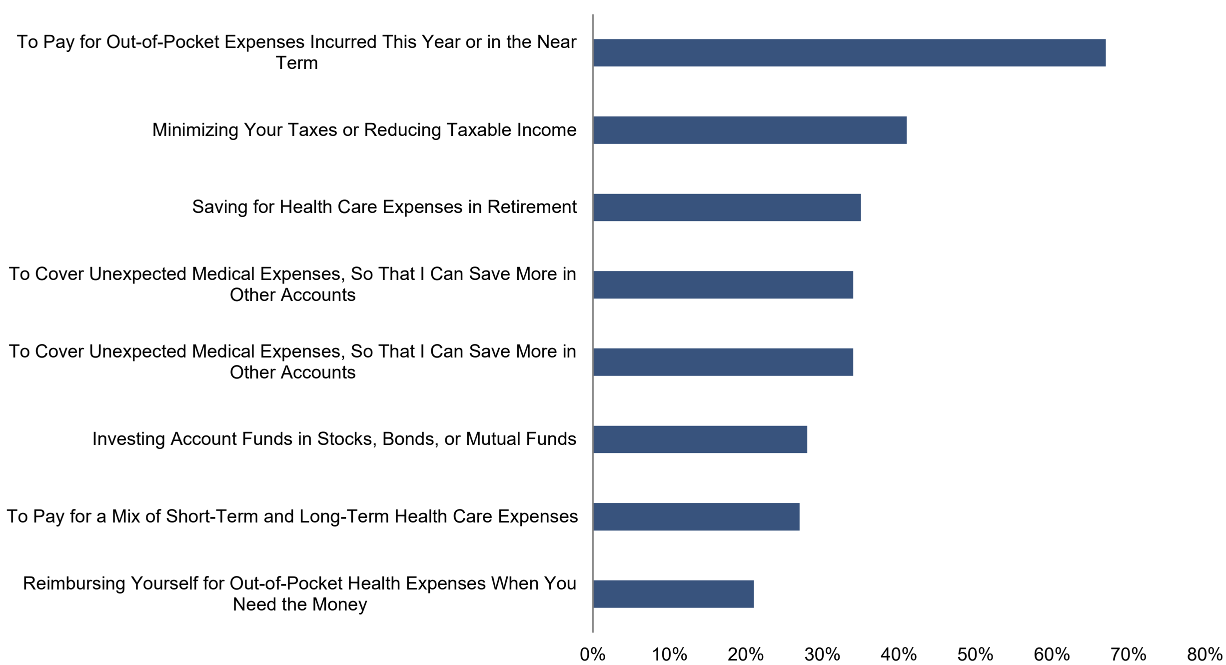
Figure 2
How do you view this account?
Has an HSA



Source: 2025 EBRI/Greenwald Research Consumer Engagement in Health Care Survey.

Two-thirds of HSA holders reported using their account to pay for current or near-term out-of-pocket health care expenses. Fewer reported using their HSA primarily to save for health care expenses in retirement.

Figure 3
How are you using your account?
Has an HSA



Source: 2025 EBRI/Greenwald Research Consumer Engagement in Health Care Survey.

More information about the EBRI/Greenwald Research Consumer Engagement in Health Care Survey can be found online.

The 2025 Consumer Engagement in Health Care Survey was an online survey of 2,001 Americans ages 21–64 with private health insurance coverage. It was fielded between October and November 2025. The survey is made possible with funding support from the following organizations: Blue Cross Blue Shield Association, Cigna Healthcare, HealthEquity, Inspira Financial, Johnson & Johnson, Segal, TIAA, and WEX.

The Employee Benefit Research Institute is a private, nonpartisan, and nonprofit research institute based in Washington, D.C., that focuses on health, savings, retirement, and economic security issues. EBRI does not lobby and does not take policy positions. The work of EBRI is made possible by funding from its members and sponsors, which include a broad range of public and private organizations. For more information, visit www.ebri.org.

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