# HSA Contribution Request

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If you have selected the **2022 HSA medical coverage plan**, when you’re ready to receive the $500 contribution (have had your annual physical and selected an ongoing wellness strategy for caring for yourself), please go here online to submit the Contribution Request Form (and have your Wellness Qualification Form completed and ready to upload).

1. [Click here for Online Contribution Request Form](https://forms.office.com/Pages/ResponsePage.aspx?id=7cy6-HSpFka0hNlfv8kqx8GUR7lRJ3VHiacLE6ruaQlUQUwzNVVIMUhIM0ZJVlNKNzlLVTBZRzBROSQlQCN0PWcu)
2. Ensure your Wellness Form (pdf below) is completed and ready to upload.

[Amivero Wellness form](https://amivero.sharepoint.com/:b:/s/HR2/EV2ofOmoPyBOnEPZm7cR6xEBuSUhw_uFJgjCD8depYwQaA?e=YGGJLH)