

Saturna Capital Health Savings Accounts



HSA

Saturna's HSA: Step by Step

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HSA Enrollment Checklist

- Confirm your eligibility: consult a qualified insurance professional to apply for a qualified high-deductible health plan (QHDHP) or to determine if your current plan qualifies for an HSA.
- HSA Application (and HSA Cash Transfers Form, if transferring an existing HSA), completed and signed
- Form 5305-B, completed and signed
- A copy of your government-issued photo ID
- A check for your initial investment payable to the fund(s) of your choice
 - If you wish to purchase non-Saturna affiliated mutual funds, stocks, or bonds, a separate check should be made payable to Pershing LLC for those purchases
 - Be sure to indicate the tax year for which you are making the contribution

The Saturna Advantage

Open your Health Savings Account with Saturna and take advantage of:

Wide range of investment choices

- Saturna's affiliated no-load mutual funds offer a variety of investment objectives
- By investing in more than one fund, you can tailor your HSA to reflect your own risk and return objectives
- Add self-directed brokerage for access to stocks, ETFs, money market and non-Saturna mutual funds

Knowledgeable, personalized service

- Investment HSA provider since 2005
- Trained representatives standing by to help you navigate the investment process

Convenience

- Invest automatically from your bank account to your Saturna HSA
- Request redemptions to cover incurred expenses by telephone or in writing on any business day
- Choose redemption by check or direct deposit to your bank account at no charge
- Keep track of your portfolio with online account access



Step 1: Learn More About Saturna's HSA

Is a Saturna HSA Right for Me?

It is important to review the features of Saturna's HSA and other HSAs before you decide where to establish your account.

A Saturna HSA may be right for you if:

- You want to minimize account-related fees
- You want to use your HSA as a long-term, tax-advantaged savings vehicle with potential to supplement your future retirement income
- You want to invest your HSA savings and desire a broad variety of investment options, such as mutual funds, ETFs, stocks, and bonds
- You are comfortable directing your own investments and have a tolerance for investment risk
- When needs arise to use your HSA balance towards qualified medical expenses, you do not require the use of a debit card or checkbook.

Saturna, at your request, can initiate your HSA redemptions for no fee by either check or ACH direct deposit.

Saturna's HSA Fees

	Invested in Saturna's affiliated mutual funds only	Self-Directed Saturna Brokerage HSA ¹
Account Fees		
<i>Investments in mutual funds are subject to ongoing expenses that shareowners pay indirectly. Please consult a fund's prospectus or summary prospectus.</i>		
Account Opening	None	None
Account Maintenance	None	Potential inactive account fee ²
Statement Fee	None	None
Low Balance Fee	None	None
Account Closing	None	None
Transaction Fees		
Contributions	None	Subject to Commission Schedule
Distributions/Withdrawals ³	None	Subject to Commission Schedule
<i>Outgoing wire transfers and overnight delivery of proceeds from sales are subject to prevailing rates.</i>		
Trades / Exchanges	None	Subject to Commission Schedule
Account Transfers	None	In: None ⁴ Out: \$75

¹ Self-Directed Brokerage HSAs may be subject to fees for services not listed in this chart. Please refer to the Saturna Brokerage Services Commission Schedule (available in the Saturna Brokerage Services Brochure and online at www.saturna.com/sbs) for more details.

² Inactive accounts have effected no trades from January 1 through December 31 and have had one or more security positions for the entire year, not including sweep account money market funds. Please see the Saturna Brokerage Services Commission Schedule for more details.

³ Withdrawals may be subject to income taxes, and if taken before age 59½, may be subject to tax penalties.

⁴ While Saturna does not have a specific charge for inbound transfers, the previous custodian may charge for the outbound transfer.

Did You Know

HSAs are not "use it or lose it" accounts. Unspent contributions made by you and your employer are yours to invest as you choose.



Saturna Mutual Fund Expenses

The following tables describe the fees and expenses mutual fund shareowners may pay. There are no shareowner fees (fees paid directly from an investment). The Funds impose no sales charge (load) on purchases or reinvested dividends, or any deferred sales charge (load) upon redemption or exchange. Investments in mutual funds are subject to ongoing expenses. Saturna endeavors to keep these fees low. We encourage you to compare the following fees with similar fees of other no-load mutual funds.

Shareowner Fees (fees paid directly from your investment)	
All Saturna Mutual Funds	
Sales Charge (Load) Imposed on Purchases (as a percentage of offering price):	0%
Deferred Sales Charge (Load):	0%
Sales Charge (Load) Imposed on Reinvested Dividends/Distributions:	0%
Redemption Fee:	0%
Exchange Fee (between Saturna's affiliated funds):	0%
Account Fee:	0%

Annual Fund Operating Expenses (expenses deducted from Fund Assets)				
Amana Mutual Funds	Growth¹ Institutional (AMIGX)	Income¹ Institutional (AMINX)	Developing World¹ Institutional (AMIDX)	Participation¹ Institutional (AMIPX)
Management Fees ²	0.81%	0.82%	0.85%	0.50%
Other Expenses	0.04%	0.05%	0.28%	0.12%
Total Annual Fund Operating Expenses	0.85%	0.87%	1.13%	0.62%
Sextant Mutual Funds	Core³ (SCORX)	Global High Income³ (SGHIX)	Short-Term Bond³ (STBFX)	Bond Income³ (SBIFX)
Management Fees ²	0.36%	0.66%	0.50%	0.44%
Other Expenses	0.37%	0.40%	0.38%	0.42%
Total Annual Fund Operating Expenses	0.73%⁴	1.06%⁴	0.88%⁴	0.86%⁴
Less Fee Waiver/Expense Reimbursement	n/a	(0.31)%	(0.28)%	(0.21)%
Net Annual Operating Expenses	n/a	0.75%⁵	0.60%⁵	0.65%⁵
Sextant Mutual Funds	Growth³ Z Shares (SGZFX)	International³ Z Shares (SIFZX)		
Management Fees ²	0.30%	0.54%		
Other Expenses	0.21%	0.25%		
Total Annual Fund Operating Expenses	0.51%	0.79%		
Saturna Sustainable Funds	Sustainable Equity³ (SEEFX)	Sustainable Bond³ (SEBFX)		
Management Fees ²	0.65%	0.55%		
Other Expenses	0.72%	0.29%		
Total Annual Fund Operating Expenses	1.37%	0.84%		
Less Fee Waiver/Expense Reimbursement	(0.62)%	(0.19)%		
Net Annual Operating Expenses	0.75%⁵	0.65%⁵		

¹ As stated in the Funds' most recent prospectus dated 09/28/2018.

² Paid to Saturna Capital Corporation.

³ As stated in the Funds' most recent prospectus dated 03/28/2018.

⁴ Restated to reflect the ending of the Distribution (12b-1) Fees effective June 2, 2017, as approved by the Board of Trustees on March 14, 2017

⁵ The Adviser has voluntarily capped expenses of the Short-Term Bond Fund at 0.60%, the Bond Income Fund at 0.65%, Global High Income Fund at 0.75%, the Sustainable Equity Fund at 0.75%, and the Sustainable Bond Fund at 0.65% through 03/31/2019.

Please consider an investment's objectives, risks, expenses, and charges carefully before investing. To obtain a prospectus or summary prospectus that contains this and other important information about these mutual funds, please call 1-800-728-8762 or visit www.saturna.com. Please read the prospectus or summary prospectus carefully before investing.

Distributed by Saturna Brokerage Services, a wholly-owned subsidiary of Saturna Capital Corporation and member FINRA/SIPC.

Step 2: Review the Basics You Need to Know

What is a Health Savings Account (HSA)?

A health savings account (HSA) is a tax-advantaged savings account that you use to pay for IRS-qualified health care expenses. Generally, anyone who is covered under a qualified high-deductible health care insurance plan may open an HSA.

HSAs offer attractive tax advantages

- You and/or your employer contribute pre-tax dollars to your HSA
- Your interest and investment earnings grow tax-free in your account
- You may withdraw HSA funds tax-free to pay for qualified medical expenses

Unspent contributions, even those made by your employer, are yours to keep for future health care expenses and/or retirement. Your HSA is portable as the account remains with you regardless of employment.

HSA Eligibility

Individuals under the age of 65 are eligible to contribute to an HSA if they are covered by a qualified high-deductible health plan (QHDHP). Not all high-deductible health plans qualify you to open an HSA, and please keep in mind that Saturna Capital is unable to “qualify” account holders. Consult your health plan provider to determine whether your HDHP is a qualified plan or to obtain information about how to enroll in a QHDHP.

Qualified High-Deductible Health Plan Requirements	2018		2019	
	Individual	Family	Individual	Family
QHDHP Minimum Deductibles	\$1,350	\$2,700	\$1,350	\$2,700
QHDHP maximum out-of-pocket amounts ¹	\$6,650	\$13,300	\$6,750	\$13,500

¹ Including deductibles, co-payments, and other amounts, but excluding premiums. See IRS Publication 969 (www.irs.gov) for more information.

Health Savings Account (HSA)



Qualified High Deductible Health Plan (QHDHP)

- HSA tax advantages, combined with lower QHDHP premiums, keep more money “in your pocket” to pay medical expenses for you and your dependents
- Contributions and earnings can be invested in mutual funds, money market funds, stocks, bonds, ETFs, and more
- Unspent HSA savings can be used for your retirement

HSA Contribution Limits

Contributions to your HSA account may be made by anyone (employers, family members, etc.) up to the limits established by the IRS each year. The money in your HSA is yours, even if your employer or someone else makes contributions on your behalf. This makes your HSA portable between jobs. It is your responsibility as the account holder to monitor contributions.

You can claim a tax deduction for contributions you, or someone other than your employer, make to your HSA even if you do not itemize your deductions. Employer contributions are made on a pre-tax basis and are not taxable to the employee.

Individuals age 55-64 may make additional “catch-up” contributions of up to \$1,000 annually. A married couple can make two catch-up contributions, as long as both spouses are at least 55 and each spouse has established their own HSA account. Catch-up contributions help you accumulate assets to pay medical expenses now or in retirement.

Health Savings Accounts (HSAs) Contribution Limits	2018		2019	
	Individual	Family	Individual	Family
HSA Contribution Limits (employer + employee)	\$3,400	\$6,750	\$3,500	\$7,000
HSA Catch-up Contributions (age 55 and older)	\$1,000	\$1,000	\$1,000	\$1,000

HSA Distributions

HSA distributions are tax-free if they are used to pay for qualified medical expenses (as defined under Section 213(d) of the Internal Revenue Code). You can reimburse yourself at any time for qualified medical expenses that are incurred after the date your account is established. Be sure, however, to maintain receipts and other records in the event you are audited.

Distributions made for any other purpose are subject to income tax and a 20% penalty.

The 20% penalty is waived

- In the case of death or disability
- When distributions are made by individuals age 65 and older

Saturna reports distributions to you and the IRS on Form 1099-SA.

HSA Qualified Medical Expenses

You can use your HSA savings and earnings to pay for qualified medical expenses up to the amount of your deductible.

Common allowable expenses include (but are not limited to):

- Acupuncture
- Birth control pills
- Chiropractic services
- Dermatology treatment
- Emergency transportation
- Eyeglasses and contact lens supplies
- Hearing aids
- LASIK surgery
- Nursing homes and care
- Optometry treatments
- Orthodontia and dental treatment
- Orthopedic services (including shoes)
- Osteopathy
- Over-the-counter medications (with a prescription)
- Pediatric services
- Prescription medications
- Psychiatric care
- Psychology services
- Smoking cessation programs
- Vaccines
- Weight loss programs (for medically diagnosed obesity)

The IRS defines allowable expenses. For more information please visit www.irs.gov or refer to IRS Publication 502, Medical and Dental Expenses. You may also consult your tax professional.

Step 3: Review and Select Your Investment Options

Your Saturna HSA is designed with investing in mind. While many HSA providers require you to accumulate \$2,000 or more in order to begin investing, you can begin investing with as little as \$100 in your Saturna HSA and in increments of \$25 thereafter.

Saturna No-Load Mutual Funds

When you invest in any of Saturna Capital's affiliated no-load mutual funds, you never pay any account opening, closing, maintenance, or custodial fees on your HSA account. Investments in mutual funds are subject to ongoing expenses that shareowners pay indirectly. Please consult a fund's prospectus or summary prospectus for more details.

Saturna offers a range of mutual funds to help you customize your HSA investment plan. Fund prices and performance information are available upon request or at www.saturna.com.

Saturna Self-Directed Brokerage HSA

You may elect to broaden your investment options by adding self-directed brokerage to your HSA through Saturna Brokerage Services (SBS). This allows you to invest in a broad array of investments, including:

- Non-Saturna mutual funds
- Money market funds
- Stocks
- Bonds
- ETFs
- Covered call options
- US Treasuries

SBS offers the Dreyfus Insured Deposit Program as an option for your uninvested cash. This program provides Federal Deposit Insurance Corporation (FDIC) coverage for amounts held in your Saturna Brokerage HSA sweep account. You may also elect to hold cash.

Please note that trades in self-directed brokerage HSAs are subject to the Saturna Brokerage Services commission schedule. For more information, please see the Saturna Brokerage Services brochure available upon request or at www.saturna.com/sbs.

Saturna HSA Automatic Investment Plan

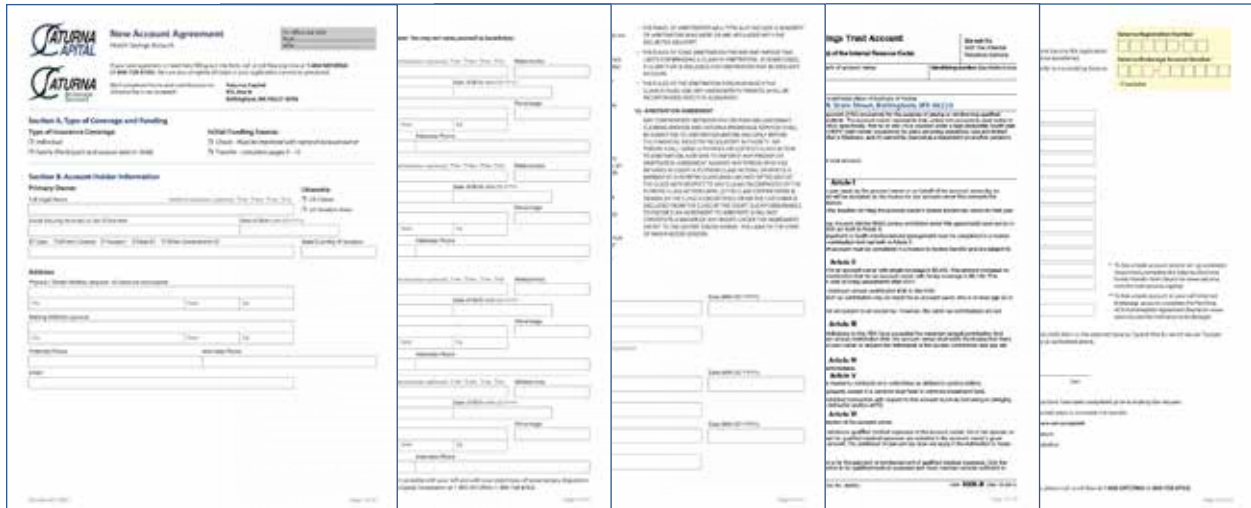
Once your account is established, you can use Electronic Funds Transfer (EFT) to automatically transfer money from your bank account to your Saturna HSA. Automatic investing is a complimentary service with your Saturna HSA when you invest in any of Saturna's affiliated mutual funds, and with your Saturna Brokerage HSA when you invest in any of the funds included on the SBS No Transaction Fee Mutual Fund Platform (minimum investments may apply).

Automatic transactions can be scheduled on any business day, employing a weekly, monthly, or quarterly schedule. You can also make automatic withdrawals from your HSA to be deposited in your bank account. Whichever automatic plan you choose, there is never an additional fee.

Step 4: Complete Application and IRS Forms

Complete and sign the Saturna Health Savings Account (HSA) Application, which is available on the Documents and Forms page at www.saturna.com.

If you have an existing HSA through another financial institution, you can transfer it to Saturna by completing an HSA Cash Transfers Form, which you will also find on the Documents and Forms page of our website.



Step 5: Send Your Completed Forms to Saturna

Check(s) should be made payable to the Fund(s) of your choice.

Please mail your application and IRS Form 5305-B with your check(s) and a copy of your government-issued photo ID to:

Saturna Capital
Attn: HSA Department
P.O. Box N
Bellingham, WA 98227

For brokerage HSAs, please see the Saturna Brokerage Services brochure and application for more information.

Frequently Asked Questions

When were HSAs introduced, and how popular are they?

HSAs were officially established by US federal law as part of the Medicare Prescription Drug Improvement and Modernization Act of 2003. Because they are used in conjunction with reduced-premium, qualified high-deductible health insurance plans (QHDHPs), HSAs have gained in popularity as a way for individuals and businesses to reduce the impact of rising health care costs. As of December 31, 2015, HSAs held \$30.2 billion in 16.7 million accounts.

Can I open an HSA without health insurance?

No. You are not eligible to establish and contribute to an HSA unless you are covered by a qualifying high-deductible health plan (QHDHP). Note that the QHDHP does not have to be in your name, but you must be covered by it and meet all other eligibility requirements. However, you can open a new HSA account for the purpose of transferring an existing HSA that is being held at a different institution, even if you are not covered by a QHDHP at that time.

What types of insurance and other coverage can I have and still be eligible to contribute to an HSA?

Permitted insurance includes worker's compensation, property insurance, insurance for a specific disease, such as cancer coverage, and insurance that pays a fixed amount per day of hospitalization. Coverage for dental, vision, long-term care, accidents, and disability are also permitted. Once you have enrolled in Medicare, you are no longer eligible to contribute to an HSA, but you may continue to take distributions from your HSA to cover qualified medical expenses.

What are the HSA contribution limits for 2018 and 2019?

Please see page 7 of this brochure for current contribution limits.

What is the deadline for making contributions to my HSA?

For a given tax year, contributions must be made on or before the federal tax filing due date (excluding extensions), which is usually April 15 of the following year. If you are making a contribution between January 1 and April 15, be sure to specify the tax year to which it should be applied.

What is a qualified medical expense?

Please see page 7 of this brochure for a list of qualified medical expenses. For more information regarding qualified medical expenses, see IRS Publication 502, Medical and Dental Expenses, or consult your tax professional.

Can I use the money in my HSA to pay medical insurance premiums?

Generally, you cannot use your HSA account to pay premiums for health insurance coverage. Exceptions include COBRA premiums, long-term care premiums, or premium payments that allow you to retain health coverage while you are receiving unemployment compensation.

What if I use my HSA to pay for something other than a qualified expense?

If you withdraw money from your HSA to pay for something other than a qualified medical expense, you will owe income taxes on the amount in addition to a 20% penalty (unless you are disabled or older than 65).

What happens to my HSA when I die?

If your spouse is the designated beneficiary, your HSA will be treated as your spouse's HSA after your death, and no taxes will be owed. If your spouse is not the beneficiary, the fair market value of your HSA is taxable to the beneficiary (or to your estate if no beneficiary is designated) in the year of your death.

Can I change the investments in my HSA?

Your HSA investment account is flexible and allows you to change your investment elections.

For changes to mutual funds, please call a Saturna Capital representative at 800-728-8762. Changes requested before 1:00 p.m. (Pacific Standard Time) are generally made on the same day.

For changes to self-directed brokerage investments, please contact a Saturna Brokerage Services representative at 800-728-1266. The cut-off time for same-day processing will vary with the type of investment.

There is no guarantee that a change will be made at a specific time.

Can I transfer money from my IRA to my HSA?

The short answer is yes, with caveats. Except under specific circumstances, you can make only one qualified HSA funding distribution from your IRA during your lifetime. The distribution must be made directly by the IRA trustee to the HSA trustee. The distribution amount is not included in your income, is not deductible, and is counted towards the amount that can be contributed to your HSA for that year. The maximum amount you can transfer varies based upon your HDHP coverage (self-only or family coverage), your age at the end of the applicable tax year, and other limitations. Please review IRS Publication 969, Health Savings Accounts and Other Tax-Favored Health Plans, available at www.irs.gov.

A Few Words About Risk

The value of a Fund's shares rise and fall as the market value of the securities in which the Fund invests goes up and down. The market value of securities will fluctuate, sometimes significantly and unpredictably, with stocks generally being more volatile than bonds. When you redeem your shares, they may be worth more or less than what you paid for them. Only consider investing in a Fund if you are willing to accept the risk that you may lose money.

The Funds (except Sextant Growth and Idaho Tax-Exempt Funds) may invest in non-US companies and in foreign markets. Investing in foreign securities involves risks not typically associated directly with investing in US securities. These risks include fluctuations in exchange rates of foreign currencies; less public information with respect to issuers of securities; less governmental supervision of exchanges, issuers, and brokers; and lack of uniform accounting, auditing, and financial reporting standards. There is also a risk of adverse political, social, or diplomatic developments that affect investment in foreign countries.

The Amana Growth and Sextant Growth Funds typically invest in smaller and less seasoned companies than the Income Fund, which may lead to greater variability in the Growth Funds' returns. Growth stocks, which can be priced on future expectations rather than current results, may decline substantially when expectations are not met or general market conditions weaken.

The Sextant Core Fund involves the risks of both equity and debt investing, although it seeks to mitigate these risks by maintaining a widely diversified portfolio that includes domestic stocks, foreign stocks, short and long-term bonds, and money market instruments.

Investment in the Sextant Global High Income Fund entails the risks of both equity and debt securities, although it seeks to mitigate these risks through a widely diversified portfolio that includes foreign and domestic stocks and bonds. Issuers of high-yield securities are generally not as strong financially as those issuing higher quality securities. Investments in high-yield securities can be speculative in nature. High-yield bonds may have low or no ratings, and may be considered "junk bonds."

The risks inherent in the Sextant Short-Term Bond, Sextant Bond Income, Saturna Sustainable Bond, and Idaho Tax-Exempt Funds depend primarily on the terms and quality of the obligations in their portfolios, as well as on bond market conditions. When interest rates rise, bond prices fall. When interest rates fall, bond prices go up. Bonds with longer maturities (such as those held by the Bond Income Fund) usually are more sensitive to interest rate changes than bonds with shorter maturities (such as those held by the Short-Term Bond Fund). The Funds entail credit risk, which is the possibility that a bond will not be able to pay interest or principal when due. If the credit quality of a bond is perceived to decline, investors will demand a higher yield, which means a lower price on that bond to compensate for the higher level of risk.

In addition to the fixed-income market risks above, the Amana Participation Fund entails risks specific to investing in sukuk. Sukuk structures may be significantly more complicated than conventional bonds and often include a series of entities created specifically to support the sukuk structure. In addition, sukuk are largely created in or otherwise subject to the risks of developing economies, many of which have weak or inconsistent accounting, legal, and financial infrastructure. The structural complexity of sukuk, along with the weak infrastructure of the sukuk market, increases risks of investing in sukuk, including operational, legal, and investment risks.

Islamic principles restrict the Amana Funds' ability to invest in certain stocks and market sectors, such as financial companies and fixed-income securities. This limits opportunities and may affect performance.

The Saturna Sustainable Funds limit the securities they purchase to those consistent with sustainable principles. This limits opportunities and may affect performance.



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For automated assistance, including mutual fund prices:

1-888-732-6262