

# Flexible Spending Accounts (FSA)

Now that you've enrolled in an FSA, it's time to plan out how you'll use your funds to make sure you don't lose them.



## What is an FSA?

The FSAs that you can use on healthcare are:

### Healthcare/Medical FSA

Contributions made to these types of accounts are used for qualified medical expenses. You can't contribute money to both an HSA and a healthcare FSA at the same time. But you can use money already in your HSA while you're actively contributing to a Healthcare FSA.

### Limited Purpose FSA

Contributions to these types of accounts are for qualified dental and vision expenses. Because you can use your money for a limited number of expenses, the IRS allows you to contribute to this type of FSA and an HSA at the same time.

#### 1. Select your plan type:

Healthcare/Medical

Limited Purpose

## How to use my FSA dollars.

If you have an FSA debit card, you'll be able to pay for qualified expenses (like an office visit copay) upfront.

You can request reimbursement for your qualified expenses by submitting a claim to your employer's FSA administrator. Typically, you will need to provide proof, which may include an itemized receipt or proof of payment.

Claims need to be submitted by the date and cut-offs outlined in your plan documents.

#### 2. How much money have you contributed?

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## Know your deadlines.

You are required to use your FSA funds before the end of the plan year. However, your employer may elect one of two options. These options include a rollover feature or a 2.5-month grace period. The rollover feature allows you to roll over any unused funds up to \$570 for 2022 to the following year.

3.

How much does your employer let you carryover at the end of the year OR what is your grace period?

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## Know what you can get.

Depending on the type of FSA, these funds can be used beyond the doctor's office. FSA dollars can be spent on everything from child and baby care to ear and eye care as well as over-the-counter medications and so many more. Find a full list of eligible expenses by visiting <https://fsastore.com/myhealthmath.html>

4.

Make sure to use your FSA dollars before your plan year ends. When does your plan year end?

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**Stay Informed** To find more information, visit <https://www.healthcare.gov/have-job-based-coverage/flexible-spending-accounts/> or scan this QR code:

