



# HEALTH FSA OVERVIEW



## WHAT IS A HEALTH FSA?

A Health FSA is a pre-tax employee benefit plan option that allows you to set aside salary before any taxes are taken out. You can use these funds to pay for qualified out of pocket medical expenses incurred by yourself and your tax dependents (regardless of your enrollment in your employer health plan). This plan can save you up to 30% on qualified expenses.

## EXAMPLES OF FSA ELIGIBLE ITEMS

- ✔ Co-pays & Deductibles
- ✔ Dental, Vision, and Orthodontic expenses
- ✔ Durable Medical Equipment
- ✔ Feminine Care Products
- ✔ Over-the-Counter items
- ✔ Personal Protective Equipment (PPE)
- ✔ Prescription Drug Costs

## DUAL PURPOSE EXPENSE EXAMPLES

Dual purpose expenses are items or services you may use for your general health that also qualify to be reimbursed if prescribed by a Doctor for the purpose of treating a specific medical condition. Below are a few examples of dual purpose expenses:

- Massage Therapy
- Supplements
- Vitamins

 [Explore Eligible Items Here](#)

## SPENDING ACCOUNT TIMELINES

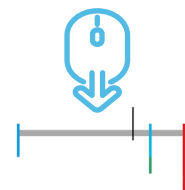
Spending accounts have deadlines for spending that may change based on your individual circumstances. You can view your Summary Plan Description or your online account details for information about your plan's spending and submission deadlines. Simply follow the steps below:



1. Login to your portal on your computer or mobile device



2. Click on your FSA details



3. Scroll down to view your Plan Dates timelines



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