

Flexible Spending Account Estimated Expense Worksheet

Medical Reimbursement FSAs

You may use funds in your Medical Reimbursement Flexible Spending Account (FSA) to pay for certain medical and dental expenses. This worksheet is designed to help you estimate the amount of money you elect to place in your FSA for the next benefit year.

Please be conservative in the amount you elect for your FSA, since you must forfeit any unused funds at the end of the benefit year. Only fund your FSA to the extent that you are fairly certain to incur the expense. To help you decide how much money to put into your FSA, estimate your anticipated costs for this year based on your actual expenses from last year.

Maximum Annual Election Allowed: \$

	LAST YEAR	THIS YEAR
Medical/Dental Deductible	\$ _____	\$ _____
Out-of-Pocket Costs for:		
Prescriptions	\$ _____	\$ _____
Copayments	\$ _____	\$ _____
Coinsurance	\$ _____	\$ _____
Dental Care:		
Dental checkups and cleanings	\$ _____	\$ _____
Orthodontics (braces, etc.)	\$ _____	\$ _____
Other dental expenses such as: dentures, root canals, etc.	\$ _____	\$ _____
Vision Care:		
Vision exams	\$ _____	\$ _____
Glasses	\$ _____	\$ _____
Contact lenses and solutions	\$ _____	\$ _____
Lasik surgery	\$ _____	\$ _____
Hearing Care:		
Hearing aides and exams	\$ _____	\$ _____
Other Eligible Expenses:	\$ _____	\$ _____
(See list of Qualified Medical Expenses)		
TOTAL ANNUAL EXPENSES	\$ _____	\$ _____

Dependent Care FSAs

Child Care Expenses:	\$ _____	\$ _____
Other Dependent Care Expenses:	\$ _____	\$ _____

Maximum Annual Election Allowed: \$2,500 per year if you are married filing separate tax returns; \$5,000 per year for all other tax filings.

Flexible Spending Account

Qualified Medical Expenses

Examples of medical and medical-related expenses that can be paid with pre-tax dollars from your Flexible Spending Account (FSA)

Acupuncture	Obstetrical expenses
Alcoholism	Operations
Ambulance hire	Orthodontia
Artificial limbs	Orthopedic shoes (to extent expense exceeds cost of non-orthopedic shoes)
Birth control pills	Physician fees
Braille - books and magazines	Chiropractors
Care for mentally handicapped child	Physician prescribed weight loss or smoking cessation programs
Coinsurance	Psychiatric care
Contact Lens (including cleaners and solutions)	Psychologist fees
Costs for physical or mental illness confinements	Routine physicals and non-diagnostic services or treatments and vaccinations
Crutches	"Seeing-eye" dog and its upkeep
Deductible	Special communication equipment for deaf
Dental Fees	Special Diets (to extent expense exceeds cost of regular diet)
Dentures	Special education for the blind
Diagnostic Fees and Lab Fees	Special plumbing for the handicapped
Drug and Medical Supplies	Sterilization fees (medically necessary)
Eyeglasses, including examination fee	Surgical fees (medically necessary)
Fee of practical nurse	Therapeutic care for drug or alcohol addiction
Fees for healing services	Transportation expenses primarily for medical care (including airfare, rental car and hotel)
Fees for authorized Christian Science practitioners	Tuition at special school for handicapped
Fees of licensed osteopaths	Wheelchair
Hearing devices and batteries	Wigs (medically necessary)
Home improvements motivated by medical consideration (to extent cost exceeds capital gains)	X-rays
Insulin	
Lead based paint removal	
Legal abortions	
Nurses' fees (including nurses' board and Social Security tax where paid by taxpayer)	

NOTE: Medical procedures that could be considered cosmetic in nature are eligible for reimbursement if accompanied by a diagnosis or proof of medical necessity. Also, over-the-counter drugs are not reimbursable without proper substantiation and are not reimbursable if used for general well-being.

Expenses that *cannot* be paid with Pre-Tax Dollars

Controlled Substances	Nursing services for a healthy child
Cosmetic Surgery	Nutritional/Herbal Supplements
Diaper Service	PPO Provider Write-offs
Health Club Dues	Removal of Spider Veins
Insurance Premiums	Teeth Whitening
Maternity Clothes	Vitamins
OTC medications An individual can no longer use funds from an FSA to buy or get reimbursed for OTC drugs and medicines (ex. pain relievers, cough suppressants, etc.) <u>unless the individual has a prescription from his/her doctor.</u> The only exception is insulin.	