

WHAT IS A FLEXIBLE SPENDING ACCOUNT (FSA)

There are two types of Flexible Spending Accounts, Medical and Dependent Care. If you are covered under a High Deductible Health Plan with a Health Savings Account, you cannot enroll in the Medical FSA, you can however enroll in the Dependent Care Account.

Medical - This type of savings account allows you to contribute pre-tax money from your regular earnings to pay for qualified medical expenses for you and your family members. Please see the IRS website for a list of eligible expenses.

Dependent Care – This type of savings account allows you to contribute pre-tax money from your regular earnings to pay for eligible dependent care services such as pre-school, before and after school programs, child/adult daycare.

The IRS guidelines are followed for maximum contributions to each account. Please check their website for more rules and regulations about these accounts.