

Running out of plan year?

How to spend your Medical FSA

Did you have fewer medical expenses this year than you anticipated? That's a good problem to have! Here are some ideas to help you use the extra money in your Medical FSA. If you have questions about any expense, please contact ProBenefits!

- Buy new prescription glasses and contact lenses for yourself and your eligible dependents. You can even get prescription sunglasses! Contact lens care supplies are also reimbursable.
- Get some diagnostic equipment. Blood pressure monitors, thermometers and other medical diagnostic devices are reimbursable.
- Make sure to have dental cleanings and eye exams done for yourself and eligible dependents before the end of your plan year.
- Many over-the-counter medications and medical care items are reimbursable, including pain relievers, antacids, cold and allergy medicine, and bandages.
- Purchase medical first aid kits for your home and car.
- Get a head start on a New Year's resolution: Smoking cessation programs and products are reimbursable.
- Check online with your insurance company for a listing of all copays, coinsurance and deductible amounts from the plan year which are your responsibility, and use your account detail information on www.ProBenefits.com to see if there are any amounts you haven't already submitted for reimbursement.



Important Notes:

- The IRS does not allow stockpiling to use up your FSA funds, so don't buy too many of any item.
- Some potentially eligible items and services, such as vitamins and supplements or weight loss programs, are only reimbursable with a doctor's note recommending the item or service to treat a specific medical condition.
- To be reimbursed, expenses must be incurred while you are an eligible participant during the plan year.
- Please visit www.ProBenefits.com for more detailed information on the IRS rules governing FSA plans.