

5 Things You Should Know About FSA's

#1



Why enroll in an FSA?

Everyone uses items everyday that is FSA eligible. You may not realize that you can purchase these items pre-tax which means you save money. The biggest benefit of the FSA is you can set aside pre-tax dollars to pay for medical expenditures, saving you taxes which allows you to spend those dollars on other things.

#2



What are the different types of FSA's?

Most common is Medical FSA where you can put aside money to pay for qualified medical expenses for a broad range of expenses; copays to contact lenses and many other items in between.

A Dependent FSA is not medically related, it's for your dependents childcare or elderly care.

#3



What are the tax advantages of an FSA?

Save money on items you are already purchasing for yourself and family. Your FSA contributions are pre-taxed which means you won't pay taxes on this income. The amount of taxes paid are less if you contribute to an FSA. The pre-tax dollars will reduce your taxable income.

#4



Other than medication, what else qualifies as an eligible FSA expense?

Copays, procedures such as surgeries and lasik, over the counter items such as sunscreen, heating pads, feminine products, Tylenol, cough medicine and more.

#5



How much can I contribute to an FSA?

All FSA plans are customizable by the employer. The max Medical FSA is \$3,400 for 2026 and max Dependent FSA is \$7,500 for 2026. Employers may adopt the rollover rule that allows you to carryover a maximum of \$660 from 2025 into 2026 for Medical FSA.