

Medical FSA Worksheet 2026

Annual Estimated Medical Expenses	Qualifying Expense
	Medical Doctor Co-pay or Deductibles
	Annual Doctor visit
	One year of prescription costs
	Dentist Co-pay or Deductible
	(2) Teeth cleanings per year
	Dental work; Fillings, root canal, etc
	Eye Doctor visit
	Contact lenses
	Eye glasses
	Birth control
	Feminine products
	X-rays
	Surgeries
	Psychiatrist visit
	Psychologist visit
	Chiropractor visits
	Hearing Aid
	Orthodontist
	TOTAL ESTIMATED ANNUAL MEDICAL OUT OF POCKET EXPENSE
	Number of Paychecks each Year
	Divide Total Estimated Annual Medical Out of Pocket Expense by the Number of Paychecks you receive each year to determine the amount of your election

To assist you in estimating the amount of your annual election, please take a moment to complete the chart to the left.

The annual Medical FSA maximum is \$3,400 (for 2026). You may carry over \$660 from the 2025 current plan year into the next plan year for 2026 if you have not used all of your election prior to the end of the plan year usually. However employers pick rollover effective dates, for example may be January 1st or April 1st.

You may use your Medical FSA election to pay for eligible medical expenses for you, your spouse and dependents up to age 26.

Remember, your FSA election should only include medical expenses that your medical insurance does not pay. Examples of these out of pocket expenses is co-pays, deductibles, pharmacy, your portion of eye glasses, your cost of surgery, etc.

Medical FSA Eligible Expenses

Out of pocket expenses that your medical, dental or vision insurance does not pay.

Co-pays, Deductibles,

Compile a list of assets (people, facilities, machinery, equipment, raw materials, finished goods, information technology, etc.) in the left column.

Pharmacy

Prescription medications

Over-the Counter

Allergy and sinus medication, antacid, aspirin and pain reliever, birth control, cold and flu medication, cough drops,

Medical Aids

Hearing aids, false teeth, contact lenses, eyeglasses, crutches, wheelchairs, orthopedic shoes, braces, dentures, guide dogs and the cost associated

Transportation to Medical Facility

Ambulance or gas and oil expense if you used your own vehicle or mileage based on IRS limits.

Dependents

You may claim your eligible expenses as well as your spouse and dependents up to age 26 eligible expenses.

Medical Supplies

Blood pressure monitor, bandages, breast pump, contact solution, denture cleaner, ear wax removal

COVID testing

Expense related to testing of COVID

Treatment

Drug treatment centers

For more eligible FSA expenses visit driven125.com