



Flexible Spending Accounts

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ESTIMATE ELIGIBLE EXPENSES

Use this worksheet to estimate your healthcare expenses for the calendar year. This worksheet can also be used to help you determine the tax savings you will receive by using a Flexible Spending Account (FSA). Please consult your tax advisor for detailed tax rate information¹. Estimate your total annual health care expenses for this plan year based on expenses to date and any additional expected expenses before the end of the plan year. You can refer to medical bills, financial records, and Explanation of Benefit (EOBs) statements from your insurance carriers. Use this information to estimate your expenses for the next plan year.

WORKSHEET FOR ESTIMATING ELIGIBLE EXPENSES

Out-of-Pocket Expenses	Expenses for this year	Estimated expenses next year
Deductibles	\$	\$
Co-pay/Co-Insurance (doctor's visits, prescriptions, etc.) ²	\$	\$
Other Medical Expenses (labs, equipment, etc.)	\$	\$
Dental Expenses	\$	\$
Vision Expenses	\$	\$
Uncovered Expenses/Exclusions	\$	\$
Dependent Care Costs (daycare, elder care, etc.)	\$	\$
Total Estimated Health Care & Dependent Care Expenses	\$	\$

WORKSHEET FOR ESTIMATING TAX SAVINGS

A. Estimated Health & Dependent Care Expenses		\$
B. Enter Federal Tax Rate (i.e. 25%)		%
C. Enter State Tax Rate (i.e. 5%)		%
D. FICA/Medicare Tax Rate		7.65%
E. Add B + C + D =		%
F. Multiple line A by line E and enter:		\$

TIP! If you do not know your tax rates, enter a total rate of 25% in box E.

Line F is your estimated total annual tax savings from a Flexible Spending Account!¹

- Nothing herein constitutes tax or legal advice. Consult your tax or legal advisor for detailed information.
- Effective 1/1/2011 over-the-counter medications are no longer eligible for reimbursement unless you have a prescription. Other over-the-counter supplies and materials will remain eligible.

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