

# Medical FSA

## Flexible Spending Account

*Welcome to your flexible spending account (FSA) from Blue Cross and Blue Shield of Vermont.*

As your trusted partner in health and wellness, we're making these FSA accounts intuitive, accessible and pain free. Everything you need is just a tap, click, call or swipe away.

If you have questions or need more information about an FSA, our expert customer service team is ready to help.

### Introducing the FSA

A flexible spending account (FSA) is a personal expense account that works with your health plan. Each year you can set aside a portion of your salary pretax. You can use that money to pay for medical costs not paid for by your health plan.

Depending on your tax bracket, an FSA can help you save as much as 10 to 40 percent on most of these costs.<sup>1</sup>

<sup>1</sup>See your tax advisor with questions.



### How a medical FSA works



Decide how much you may pay for medical, dental and vision costs next year. (Plan wisely. Depending on the plan your employer sets up, any unused money may be forfeited at the end of the plan year or grace period.)



The amount you select is withheld pretax from your pay in equal portions throughout the year and put into your FSA.



Your total FSA contribution is available from day one, even if it has not all been deposited into your account.



Pay your out-of-pocket medical bills by submitting receipts for reimbursement.

 **BlueCross  
BlueShield**  
of Vermont

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of the Blue Cross and  
Blue Shield Association.

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# Pay for health care expenses tax free

## All systems go!

### Use your FSA for these:

- Medical expenses that your plan doesn't cover:
  - Out-of-pocket expenses until you reach your deductible
  - Copayments, coinsurance and prescription drugs
- Dental and vision care not covered by your health plans

## Heads up!

### You can't use your FSA for these:

- Health insurance monthly premiums
- Expenses that aren't related to medical treatment or care as defined by the IRS

*It's important to save all your receipts and explanation of benefits (EOB) statements to validate expenses, as required by the IRS.*



## Select a medical FSA at enrollment

- Contribute only what you think you'll need within the next plan year.
- If your employer includes a Blue Cross and Blue Shield of Vermont Visa® Debit Card,<sup>2</sup> BCBSVT will send it by mail.
- You'll receive a Spending Account I.D. number by mail.

*Need help?*

Call Blue Cross and Blue Shield of Vermont at **1-866-999-2605**

Visit [www.bcbsvt.com/mymoney](http://www.bcbsvt.com/mymoney)

**Learn more. Talk to a health care spending administration expert.**

Your sales representative can provide you with more information.

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