A medical flexible spending account (FSA) is an easy way for you to pay for health care costs tax-free. It is important to estimate your out-of-pocket expenses since unused funds at the end of the year or grace period might be returned to your employer.\* Use this worksheet to calculate how much you should set aside for your medical FSA.

|  |  |
| --- | --- |
| **Estimate your medical expenses**  (The IRS allows a maximum contribution of **$2,750**) | |
| **Estimate your annual cost for out-of-pocket medical expenses** | |
| * Out-of-pocket costs up to your deductible, along with co-pays or co-insurance | $ |
| * Prescription drugs | $ |
| * Medical supplies (insulin and diabetic supplies) | $ |
| **Out-of-pocket dental, vision and hearing expenses** | |
| * Checkups and cleanings | $ |
| * Fillings, X-rays, crowns, bridges, dentures, inlays | $ |
| * Orthodontia | $ |
| * Eye exams | $ |
| * Prescription eyewear – glasses, contact lenses and cleaning solution | $ |
| * Corrective eye surgery – LASIK, cataract, etc. | $ |
| * Hearing aids and batteries | $ |
| **Estimated total out-of-pocket health care expenses** | **$** |

|  |  |
| --- | --- |
| **Estimate your annual tax savings from a medical FSA** | |
| Enter your estimated total out-of-pocket health care expenses from above | $ |
| Enter your tax rate1 and multiply | x % |
| **This is your estimated annual tax savings by using a medical FSA** | **$** |

1 Depends on your tax filing status. Please consult your tax advisor with questions.

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