

FSA planning and strategy worksheet

A flexible spending account (FSA) gives you the power to manage your eligible health care costs strategically. You choose how much to contribute to your FSA (up to the maximum contribution limit). Planning ahead and carefully considering your family's needs, means you'll get the most from your FSA.

Plan, Plan, Plan

To take full advantage of an FSA, think about and list all anticipated yearly eligible health care expenses — include your spouse and any eligible dependents as well. If you're unsure about the eligibility of a product or service, the **Optum Bank Qualified Medical Expense search tool** is a great resource.

Expense	Estimated Cost
Prescriptions	
List known or anticipated prescription drugs and the frequency of those prescriptions during the next year.	\$
Copayments, coinsurance and deductibles	
Office visit copayments	\$
List the doctors you, your spouse and your eligible dependents plan to visit in the coming year and the number of anticipated visits. When estimating the cost for copays, keep in mind that your insurance may have different copay amounts for specialists.	\$ \$ \$
Coinsurance payments	
Depending on your insurance, you may be responsible for paying a percentage of a covered health care service after you've paid your deductible amount. Consider this amount in your calculations for the upcoming year.	\$ \$ \$
Medical plan deductible	
Depending on your insurance, you may be required to spend and reach a specified dollar amount for health care costs before your insurance company will pay a claim. What is this dollar amount? Based on your current health and future health plans (expanding your family, for example) in the coming year, will you meet or exceed this deductible amount?	\$
Dental	
Annual or biannual checkups and cleanings	\$
Example: I go twice per year. Example: My spouse goes twice per year. Example: Our child goes twice per year.	\$ \$
Anticipated dental work	
Example: I have a filling that needs attention. Example: Our child has a cavity that needs to be filled.	\$ \$
• Orthodontist	
Example: Our child will need braces next year. Example: I would like to treat my TMJ next year.	\$ \$



Expense	Estimated Cost
Vision	
 Eye exam Example: I will go to the eye doctor next year. Example: My spouse will go to the eye doctor next year. Example: Our child will go to the eye doctor next year. 	\$ \$ \$
 Glasses and/or contacts Example: My husband will refill contacts and purchase new glasses next year. Example: Our child will need new glasses next year. 	\$ \$
Hearing	
 Hearing exam Example: Our child will need a hearing exam. Example: My mother, who is my dependent, will need a hearing checkup. 	\$ \$
 Hearing aids Example: My mother, who is my dependent, will need a new hearing aid. 	\$
Other health care expenses	
Example: I will likely have acupuncture or chiropractic services 12 times next year.	\$
Example: My spouse has a recurring back injury that requires physical therapy about seven times each year.	\$
Dependent care expenses	
Example: I have children in daycare, after school care, or preschool next year.	\$
Example: I have an elderly parent/parent-in-law who requires care in the coming year.	\$



Flexible spending accounts (FSAs) are administered by OptumHealth Financial Services and are subject to eligibility and restrictions. Federal and state laws and regulations are subject to change.