Flexible Spending Account Expense Worksheet

COVENTRY Health Care

HEALTH CARE (MEDICAL) REIMBURSEMENT WORKSHEET

	Current Year Expenses	Projected Year Expenses
DEDUCTIBLES		
Health		
Dental/orthodontia		
Other — e.g., pharmacy, vision		
COINSURANCE		
Health		
Dental/orthodontia		
Other — e.g., pharmacy, vision		
COPAYS		
Health		
Dental/orthodontia		
Other — e.g., pharmacy, vision		
NON–INSURED ITEMS		
Health		
Dental		
Other — e.g., vision, hearing, over-the-counter		
Total estimated unreimbursed health care expenses		
Divide by number of paychecks		
CONTRIBUTION PER PAY PERIOD		

DEPENDENT CARE REIMBURSEMENT WORKSHEET

	Current Year Expenses	Projected Year Expenses
Day care/nursery		
Before/after-school care		
Summer/day camp		
Care for adult child, spouse or elder with a disability		
Other		
Total estimated dependent care expenses		
Divide by number of paychecks		
CONTRIBUTION PER PAY PERIOD		

FSAs can be a good way to put aside money, pre-tax, for expenses that you would pay out of your own pocket for medical or dependent care items during a year.

Monies can be put into two separate funds — health care or dependent care — and are accessible throughout the year. Medical expenses include any services that you, your spouse and your dependent children may incur throughout the plan year — office visit copays, pharmacy copayments, etc. Dependent Care expenses include any services rendered by day care providers.

Some things to keep in mind when evaluating if an FSA is right for you:

- Do you incur expenses during the year for doctor visits, pharmacy, etc.?
- How much money would you be comfortable with putting aside from your paycheck?
- Monies can be put into two separate accounts but are not interchangeable.
- Monies not used by the end of your plan year are not refundable and do not rollover— you must use it or lose it.
- You can find important information about deductibles and coverage in your summary plan description.

©2010 Coventry Health Care. All rights reserved.