### Year-end reminder

**Newsletter – No carryover / limited carryover**

*Potential newsletter titles:*

How to use FSA dollars before they’re gone

Top 4 ways to use FSA funds before year-end

**Spend pre-tax FSA dollars before they’re gone1**

Use these four strategies to spend down remaining FSA funds.

**1. Make those appointments**

If you’ve been procrastinating, set up appointments and use FSA money for copays.

**2. Get a procedure**

Have you been waiting on laser eye surgery or some other procedure? Get it done by the end of the plan year and pay with FSA dollars.

**3. Restock the medicine cabinet**

You can buy over-the-counter medicines without a prescription.2 Restock expired or depleted pain relievers, allergy medicines, and cold relief.

**4. Buy needed supplies**

CPAP masks, breastfeeding aids, and menstrual care products are all FSA-eligible purchases.

**Discover all the ways to spend FSA funds>>** link to

{https://participant.wageworks.com/Help/EligibleExpensesList.aspx}

**Questions? We’re here for you 24/7.**

Log in >> link text to {[https://participant.wageworks.com/home.aspx?ReturnUrl=%2F](https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fparticipant.wageworks.com%2Fhome.aspx%3FReturnUrl%3D%252F&data=04%7C01%7Ctrevill%40healthequity.com%7C764998db3fbf49e595fd08d8915953f7%7Cc5d0ad888f9343b89b7cc8a3bb8e410a%7C0%7C0%7C637419160144460336%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=djJwLJ4lF5L6y%2BAjGsRwoJXN4Qg8A3gJGB4bwmvUFag%3D&reserved=0)}

1FSAs are never taxed at a federal income tax level when used appropriately for qualified medical expenses. Also, most states recognize FSA funds as tax deductible with very few exceptions. Please consult a tax advisor regarding your state’s specific rules.

2It is the member’s responsibility to ensure eligibility requirements and confirm the expenses are eligible under their employer’s plan.

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