



FSA Did you know? Email for Participants

Use this email copy to create email communications that will help increase consumer understanding of the top expenses they may not know are covered by their FSA.

10 Items you didn't know were FSA-eligible

You probably know that your flexible spending account (FSA) contributions can be used to cover doctor visits (preventative, primary care and specialists) and prescriptions. But you may not realize your FSA dollars can also cover these commonly-used products and services.

When you save for these items tax-free using your FSA, it's like getting a 30% discount on:

1. **Dental services** – including orthodontics
2. **Vision products and services** – including corrective procedures such as LASIK
3. **Therapeutic services** – including physical therapy & chiropractic care
4. **Diagnostic procedures** – including labs, scans, imaging
5. **Mental health services** – including psychiatric care, therapy & counseling
6. **Medical supplies** – including bandages, crutches, wheelchairs
7. **Over-the-Counter Medications** – such as Tylenol, Advil, Zyrtec
8. **Fertility treatments** – such as IVF, or birth control products
9. **Baby care items** – such as breast pumps & supplies
- 10 **Long term care** – including nursing services


Will you, your spouse, or your dependents be using these services this year or in the future? If you're not using your FSA to save for these items, you are missing out on a fantastic opportunity to save.

For a full list of FSA-eligible expenses, [click here](#) to visit the IRS website. Or use our [online eligibility checker](#) to search for eligible items.


[Test your knowledge](#) of FSA-eligible expenses – visit our interactive quiz today.

Questions?



We're here to answer them. Please contact us via phone or email.



By Phone
Call Telephone Number



By Email
[Click here](#)

Don't overlook these costs when planning your annual FSA contribution

Experience has shown that people often under-fund their flexible spending account (FSAs) because they are not aware of the full range of healthcare expenses that are eligible for use of FSA funds.

Below is an overview the most common FSA-eligible expenses. When you save for these purchases tax-free using your FSA, it's like getting a 30% discount.

This year (or in the future), do you, your spouse, or your dependents plan to do...

Acupuncture Alcoholism treatment Ambulance services Artificial limb or prosthesis Artificial teeth Birth control pills Braille books/magazines (portion of costs) Car adaptations (for persons with disabilities) Chiropractors Christian Science practitioners Contact lenses (including saline solution and cleaner) Crutches Dental treatment (x-rays, fillings, extractions, dentures, braces, etc.) Diagnostic devices (such as a blood sugar test kit) Doctor's fees Drug addiction treatment Eyeglasses (including eye examinations) Eye surgery (including laser eye surgery) Fertility enhancement (including in-vitro fertilization)	Guide dog (for visually-impaired or hearing-impaired) Hearing aids and hearing aid batteries Hospital services (including meals and lodging) Insulin Laboratory fees Lactation assistance supplies Prescription medicines or drugs Nursing home Nursing services Operations or surgery Over-the-counter Medications Psychiatric care Psychologist Telephone equipment for hearing-impaired Telephone equipment for visually-impaired Therapy or counseling Transplants Transportation for medical care Vasectomy Wheelchair X-rays
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Email #1

Email Subject Line: We bet you didn't know these were FSA eligible

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10. **Long term care** – including nursing services

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Email #2:

Subject Line: What costs are you planning this year?

Don't overlook these costs when planning your annual FSA contribution

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This year (or in the future), do you, your spouse, or your dependents plan to do...

<p>Acupuncture</p> <p>Alcoholism treatment</p> <p>Ambulance services</p> <p>Artificial limb or prosthesis</p> <p>Artificial teeth</p> <p>Birth control pills</p> <p>Braille books/magazines (portion of costs)</p> <p>Car adaptations (for persons with disabilities)</p> <p>Chiropractors</p> <p>Christian Science practitioners</p> <p>Contact lenses (including saline solution and cleaner)</p> <p>Crutches</p> <p>Dental treatment (x-rays, fillings, extractions, dentures, braces, etc.)</p> <p>Diagnostic devices (such as a blood sugar test kit)</p> <p>Doctor's fees</p> <p>Drug addiction treatment</p> <p>Eyeglasses (including eye examinations)</p> <p>Eye surgery (including laser eye surgery)</p> <p>Fertility enhancement (including in-vitro fertilization)</p>	<p>Guide dog (for visually-impaired or hearing-impaired)</p> <p>Hearing aids and hearing aid batteries</p> <p>Hospital services (including meals and lodging)</p> <p>Insulin</p> <p>Laboratory fees</p> <p>Lactation assistance supplies</p> <p>Prescription medicines or drugs</p> <p>Nursing home</p> <p>Nursing services</p> <p>Operations or surgery</p> <p>Over-the-counter Medications</p> <p>Psychiatric care</p> <p>Psychologist</p> <p>Telephone equipment for hearing-impaired</p> <p>Telephone equipment for visually-impaired</p> <p>Therapy or counseling</p> <p>Transplants</p> <p>Transportation for medical care</p> <p>Vasectomy</p> <p>Wheelchair</p> <p>X-rays</p>
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