



FSA:

Contribution Limits & IRS Regulations

Medical FSA Plan

Why should I choose a Medical Flexible Spending Account (FSA)?

A Medical FSA is a benefit that allows you to choose how much of your paycheck you'd like to set aside, before taxes are taken out, for healthcare expenses. This saves you money by reducing your taxable income.

The IRS maximum dollar amount you can elect and contribute to a Flexible Spending Account (FSA):

The 2026 annual contribution limit is - **\$3,400**

We recommend reviewing how much you spend on eligible healthcare expenses every year to determine how much to elect.

Funds on Day 1

All of your FSA dollars are available on the very first day of the plan year. For example, if you choose to contribute \$1,200 to your FSA, your contributions will be deducted evenly across all of your paychecks for the year, but you have access to all \$1,200 on Day 1! You can use your funds for expenses incurred by you, your spouse or eligible dependents during the plan year.

What does it cover?

There are thousands of eligible items, including:

- Deductible, copays, and coinsurance
- Prescription drugs
- Frames, contacts, prescription sunglasses, etc.
- Doctor visits and surgeries
- Dental and orthodontia
- Over-the-counter medications (first-aid, allergy, asthma, cold/flu, heartburn, etc.)



Find FSA Eligible Items: [Here](#)

The date of service (example: Doctor's visit) must have occurred within the plan year dates or the items (example: glasses) must have been purchased within the plan year dates. You cannot use your FSA funds for expenses that were incurred outside of the plan year or dates of eligibility.



Changing your FSA election

To make changes to your election after open enrollment, you need to experience a qualifying life event, including:

- Change in marital status
- Change in the number of dependents
- Change in employment status
- If you experience a qualifying life event, your employer can help you make changes to your election.

IRS Regulations

In order to comply with IRS regulations of FSAs, you may be required to submit your receipts related to your debit card purchases. Consumer Health Solutions requires purchases over \$250 and all dental receipts to be submitted. Be sure to save your receipts in case of IRS audit or request from Consumer Health Solutions.

Use-or-lose - Don't forget to spend your FSA dollars

Your plan allows a rollover into the next plan year of up to \$680 of unused funds.

You have 90 days to submit claims after the plan year ends for expenses incurred during the plan year.

Sign in to your account

 **jdoe02101**

Your Username will be in the following format:
First letter of your first name, full last name, and your 5 digit zip code (i.e., if your name was John Doe with a home zip code of 02101

 **john56789** 

Your Temporary Password will be in the following format:

First Name (lowercase) followed by the last 5 digits of your SSN (i.e., if your name was John Doe and your SSN is 000-45-6789

Login

[Forgot Password ?](#)

Can I enroll?

Yes, as long as you or your spouse aren't actively enrolled and contributing to a Health Savings Account (HSA).

Contact Consumer Health Solutions

HealthAccounts@ConsumerHealthSolutions.com

Speak to one of our Consumer Advocates at 877-230-8650 x 101

