



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. **Drugs (prescriptions)** – 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 NueSynergy website for the SEHP.