

FSA Planning Worksheet

A little planning can go a long way. Use this worksheet to estimate your expected health and dependent care expenses for the upcoming year.



Health FSA

Health insurance deductibles	\$
Coinsurance (usually 20%) and co-pays	\$
Eye care (Prescription glasses, contacts, exams)	\$
Routine physicals and exams (co-pays)	\$
Prescription drug co-pays	\$
Birth control methods	\$
Medical miles	\$
Dental services	\$
Medical supplies	\$
Orthodontia	\$
Other uninsured medical costs (e.g., acupuncture, laser eye surgery, sunscreen over SPF 15)	\$
Estimated Annual Total	\$

Note: This worksheet is designed to help you estimate eligible medical care expenses not covered under any health insurance plan. This list contains some of the more common categories of medical expenses eligible under the plan. The expenses listed above may have limitations or conditions that must be met before reimbursement is permitted. If you have a question on whether an expense is covered under the Health FSA, please consult with BPAS before including it in your election. For a full list of eligible expenses, visit irs.gov/publications/p502/



Dependent Care

1	DC FSA	You	Example
A	Total annual family adjusted gross income	\$	\$75,000
B	Estimated cost for dependent care (up to IRS limit*)	\$	\$7,500
C	Tax bracket	%	25%
D	Tax savings (multiply expenses in item B by the percentage in item C.		\$
2	Tax Credit		
A	Enter the amount in item 1(b) above (not to exceed the IRS maximum per child. Visit irs.gov for current amounts)	\$	\$6,000
B	Tax credit percent — visit: irs.gov/pub/irs-pdf/f2441.pdf	%	20%
C	Tax credit (multiply amount in 2A by the percentage in 2B)	\$	\$1,200
3	Comparison		
	Subtract item 2C from item 1D (if result is positive, DFSA is right for you)	\$	\$

**For contribution limits, please visit [IRS.gov](https://irs.gov) or consult your employer. Expenses incurred for the care of dependents under age 13, or disabled or elderly dependents who spend at least 8 hours per day in your home are eligible for favorable tax treatment if the expenses are custodial (not educational) and incurred so you (and your spouse, if married) may work at gainful employment. Services may be provided in or out of your home. If services are provided out of your home by a facility which cares for seven or more children, it must be a qualified daycare center and meet local and state regulations.*