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# Flexible Spending Account: Use It and Don't Lose It

## What you need to know:

- ▶ 2022 Healthcare Flexible Spending Account (HCFSA) funds must have been used for **eligible expenses** by Dec. 31, 2022.
- ▶ 2022 Dependent Daycare Flexible Spending Account (DCFSA) funds must be used for eligible expenses by Mar. 15, 2023.
- ▶ You have until Apr. 30, 2023, to submit for reimbursement all eligible expenses for 2022 HCFSA and DCFSA funds.
- ▶ For the HCFSA, you were able to carry over up to \$570 from calendar year 2022 to 2023. You will be able to carry over \$610 from calendar year 2023 to 2024. Any funds over that amount will be forfeited.

## What you need to do:

- ▶ **Make the most** of your tax-deferred funds and use your entire 2022 HCFSA and DCFSA balances by submitting a completed **reimbursement claim form** by the Apr. 30, 2023, deadline.
- ▶ **Spend** by Mar. 15, 2023, your DCFSA funds that went unused in 2022.
- ▶ **Use** your FSA debit card at the time of service or submit your receipts with a completed reimbursement claim form. Some debit card transactions may still require a receipt.
- ▶ **Submit** for reimbursement your receipts for all eligible expenses in the HCFSA and DCFSA with completed reimbursement claim forms by Apr. 30, 2023.
- ▶ **Remember to save receipts and track everything.**

For a short video on how FSAs work and how you can get the most from your tax-advantaged account, [click here](#).