



# Memorial Medical Center

*Right here in the place we love.*

## **How does my FSA work?**

If you opened an FSA, you can manage your account online. Your FSA enables you to pay for qualified out-of-pocket healthcare and dependent day care expenses with tax-free dollars. When you have a qualified expense, you may use your FSA Debit Card, issued by [SelectAccount.com](https://selectaccount.com) or file for a reimbursement by submitting your receipt and claim form. You should always save your receipts for anything you use your FSA to pay for, in case you need to substantiate a claim.

## **What are eligible expenses?**

You can find a complete list of eligible expenses at [SelectAccount.com](https://selectaccount.com).

## **How can I check my FSA balance?**

Register for an account on [SelectAccount.com](https://selectaccount.com) to check your account balance, submit receipts if needed, or order a new debit card.

## **Can I add more money to my FSA?**

No, you cannot change your FSA contribution amount. If you find you need more money, keep that in mind and consider changing your contribution amount next year, which you can do at open enrollment.

## **How can I make my FSA last all year?**

To make the most of the money in your FSA, you need to be a wise consumer of health care. Make sure you:

- Use tools on [mymedica.com](https://mymedica.com) to compare prices when you have a choice of providers.
- Always choose doctors and facilities that participate in your plan's network.
- Opt for generic drugs over brand-name pharmaceuticals. Many brand medications are a combination of two generic medications, the only thing that makes them brand medication is that they are combined. Ask your Doctor if there is an alternative to the brand-named medications.
- Use urgent care facilities instead of emergency rooms when the option is available and appropriate.
- Take advantage of free preventive services, as these visits could detect problems before they become costly emergencies.
- Don't forget the Telemedicine resource available to you and your dependents! Skip the waiting room and speak to a qualified medical doctor on your computer or mobile device when you need help with allergies, pink eye, colds and flu, sore throat, UTIs, or minor sports injuries. Visits are \$45 or less depending upon what plan you are enrolled in. Visit [virtuwell](https://virtuwell.com) or [amwell](https://amwell.com) to learn more.