

Take advantage of pre-tax savings by participating in Flexible Spending Accounts (FSAs) and save on out-of-pocket healthcare expenses. With an FSA, you can pay for eligible expenses such as doctor's office co-pays, prescription drugs, eyeglasses, over-the-counter supplies, and much more with your pre-tax income. By taking advantage of your FSA, you can increase your take-home pay!

### Common Flex Uses

- Doctor Visits
- Copayments, Coinsurance, and Deductible Expenses
- Eyeglasses, Contact Lenses, Contact Lens Cleaner\*
- Dental Expenses (excluding whitening)\*
- Prescriptions
- Orthodontia\*
- Mileage for Medical Services
- Drug or Substance Abuse Treatments
- Acupuncture
- Arch Supports
- Breast Pumps
- Chiropractor Fees
- Durable Medical Equipment
- Hearing Aids Diabetic Supplies
- Cancer Screenings
- CPAP Machines
- Bandages
- First Aid Kits
- Neck, Wrist, Knee Braces
- Thermometers
- Blood Pressure Monitoring Device
- Pregnancy Test Kits
- Wheelchairs
- Massage Therapy (prescribed by a physician for medical treatment)
- Psychiatric Care
- Lasik Surgery\*
- Dentures\*
- And More! Please check your BPC Employer Specific Website or [www.bpcinc.com/fsa-extras](http://www.bpcinc.com/fsa-extras) for more eligible expenses.

*\*If you are enrolled in a Health Savings Account (HSA) in addition to your FSA, then your FSA may be treated as a Limited-Purpose FSA, restricted to covering dental and vision expenses. By electing both, you can save your HSA dollars for other medical expenses, or even for retirement, and use your Limited-Purpose FSA election to cover your annual dental and vision expenses.*



Maximize Your Income And Save Tax Dollars  
By Enrolling In A Health Savings Account!

