



## When's the last time you checked on your flexible spending account?

Your flexible spending account (FSA) is a good way to help manage your health care costs. With it, you can save and use pretax dollars to pay for medical and dependent care expenses throughout your plan year.

### Save on qualified expenses

You can use the money in your FSA to help pay for a range of medical and care expenses that may include:

- Dental and vision plan deductibles, coinsurance and copayments
- Dental services like exams, cleanings, fillings and X-rays
- Vision exams, contact lenses, eyeglasses and frames

### Use it before it disappears

Check your balance at [myuhc.com](https://myuhc.com)® so you know what's left to spend before the end of your plan year.



Check your balance at [myuhc.com](https://myuhc.com) > **Manage Your Flexible Spending Account**