Enrollment:
You may elect up to $2,550 per year in the Health FSA.
You may elect up to $5,000 per year in the Dependent Care FSA.

Claim Submission:
Claims can be submitted until March 31, 2017 for the 2016 plan year. This is a three month extension to your 2016 plan year that will allow you to submit expenses incurred prior to the end of your 2016 plan year.

Rollover Provision- Health FSA Only
Your employer adopted the IRS rule that will allow you to carry over – instead of forfeiting – up to $500 of unused amounts remaining at year-end to be used for qualified medical expenses incurred in the following year. This will allow you to carryover up to $500 left over in your 2016 Health FSA account to pay or reimburse medical expenses under the Health FSA incurred during the entire 2017 plan year to which it is carried over. The amount remaining unused as of the end of the plan year is the amount unused after expenses have been reimbursed at the end of the 2016 plan’s run-out period (March 31, 2017).

“Use it or lose it”:
IRS regulations require that any money left in the account at the end of the plan year, after the rollover provision has been applied, will revert back to the plan.

Direct Deposit:
Members can easily establish direct deposit procedures for their Allied Flex accounts. This makes processing reimbursements easy and instantaneous, without the worry of waiting for reimbursement checks to arrive in the mail. You may elect to use your checking or savings account.

Allied Flex Debit Cards—Health FSA Claims Only:
The Allied Flex debit card makes using and managing a Flex account quick and convenient. In addition, acting as a simple, one-swipe tool that does away with cash co-pays and claims submissions, The Flex Debit Card management page on Allied’s secure website allows members to track their Flex account expenses, balances, and claims from anywhere, anytime.