



Sign up for an **FSA** and
keep more of the money
you've earned.

Setting aside a portion of your
pay in an FSA helps you fund
eligible medical expenses
and dependent day care costs
while reducing your annual
taxable income.

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*Reduce Taxes.
Save Money.*

FSA
FLEXIBLE SPENDING ACCOUNTS

Choose a Flexible Spending Account to
reduce your taxes and care for your family.



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What is a Flexible Spending Account?

A Flexible Spending Account (FSA) is a type of savings account that can be used for Medical and Dependent care costs.

How can this help me?

A tax saving strategy, an FSA is one of the easiest ways to reduce your tax liability. Your FSA election is withheld from your paycheck prior to calculating any taxes. You get the use “tax free” funds to pay for eligible medical and dependent care costs.

How do I participate?

Determine a conservative amount to contribute and fill out the enrollment form with your HR department.

I enrolled, what happens now?

Once the plan year has started and you have incurred medical and/or dependent care expenses, submit your claim(s) to the FSA administrator for reimbursement.



Can I submit Claims for any medical expenses?

FSA plans are regulated by the IRS, and there are restrictions on what is eligible for reimbursement. Contact your FSA plan administrator if you are unsure of an eligible expense.

“An FSA gives me peace of mind for any unexpected health needs that might happen.”

What’s the catch?

There is no catch! It is that simple:

1. Calculate your annual medical and/or dependent care expenses.
2. Complete the enrollment form.
3. Submit claim(s) for reimbursement.
4. See the savings!

Remember to be conservative. If you elect to contribute more funds to your FSA than you use during the plan year, you may have the option to either carry over up to \$500 of unused FSA funds into the next year, or utilize an additional 2 1/2 month grace period. A typical plan year is 12 months. Ask your HR department or FSA administrator for more information on the options available to you.

An FSA:

- Covers what your health insurance doesn’t (except for premiums).
- Saves you money on the health care you need.
- Makes reimbursement for medical and dependent care costs easy.

Common eligible expenses:

- Copayments
- Health insurance deductibles
- Acupuncture/Chiropractic adjustments
- Dental care (exams, cleaning, etc.)
- Adult day care (disables spouse or dependent)
- Daycare for children under 13
- Before/after-school care or program
- Eye care (glasses, contacts, exams)

Participate in an FSA and you will NOT pay federal, state or Social Security taxes on your elected amount. This generally means a 20%-40% savings!

Interested in Flexible Spending Accounts?

Talk to your FredrickZink & Associates experts.

Anna Kaufman
FSA Administrator



Anna joined FZA in 2011 as our FSA administrator. She brings over 18 years of customer service and management experience. A 3rd generation La Plata County cattle rancher, Anna is connected to the community, and cares about her clients.

Charles P. Fredrick, CPA, GMA
Managing Owner



A Summa Cum Laude graduate of Fort Lewis College in Business and Accounting, Check has been a practicing CPA since 1978, providing tax, audit, and business consulting to a variety of businesses in the Four Corners.

Sidney K. Zink, CPA
Owner



A graduate of the University of Nebraska, Sid has been a practicing CPA since 1978. She has broad industry experience with a strong emphasis on not-for-profit organizations.