Hello,

We are approaching the start of our benefits open enrollment period. As a reminder, this is the one time a year you can make changes to your health insurance plans.

As part of our company’s benefits package this year, you will have the opportunity to enroll in a flexible spending account (FSA).

**FSA Overview**

An FSA allows you to allocate up to $3,200 pre-tax to pay for eligible medical expenses.

Every dollar you contribute to an FSA lowers your taxable income. That means if you earn $40,000 a year and contribute $3,200 to an FSA, only $36,800 of your income is subject to tax.

**A few things you should know:**

* You can use your FSA to pay for [thousands of eligible medical expenses](https://myameriflex.crunch.help/participants/eligible-expenses) such as  eyeglasses, contact lenses, therapy, acupuncture, first aid kits, over-the-counter drugs, prescriptions, and more.
* The account is funded through payroll deductions over the course of the year, but your entire annual contribution is immediately available for use at the beginning of the plan year.
* Ameriflex is our FSA administrator. You can learn more about the benefits of an FSA on their website at [myameriflex.com/FSA](http://myameriflex.com/FSA).

Be on the lookout for more information and enrollment instructions during our annual open enrollment meeting.