



## BENEFITS TODAY

Employee Benefit Administration Services

3031 17<sup>th</sup> Street South • Moorhead, MN 56560 • (218) 236-2990 • (800) 450-2990

### Did You Flex This Year?

If you incurred any of these expenses last year and did not participate in your employer's flexible benefit program, you may have paid 20% – 30% too much! It might be time to consider participating in your employer sponsored flex benefit plan.

Medical Services, including travel

Prescription Drugs

Dependent/Child Care

Mental Health Treatment

Hearing Aids

Vision Treatment

Dental/Orthodontia Treatment\*

Chiropractic Services

Nursing Home Care

Alcohol/Drug Addiction Treatment

\* **Orthodontia Treatments** are reimbursed differently, depending upon the treatment period covered and payment option selected - monthly or full pay. You generally cannot claim the entire orthodontic treatment cost in one plan year. Please contact our office first before you make your annual flex election.

**NOT sure what items qualify for reimbursement?** The IRS has two publications that list expenses that may be eligible for flex reimbursement, although not necessarily. Please contact our office if you are unsure.

For qualifying medical related expenses (Publication 502) - <http://www.irs.gov/pub/irs-df/p502.pdf>

For qualifying daycare expenses (Publication 503) - <http://www.irs.gov/pub/irs-pdf/p503.pdf>

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Visit our employee benefit website at [r1benefitstoday.org](http://r1benefitstoday.org) for additional information and forms to download.

When the plan year begins, you can register for access to your Participant Portal for 24/7 account information, downloadable forms and communications. **Submit claims online. No more mailing required! Or still fax or e-mail your completed claims to Region 1!**

FAX: (218) 236-2368

EMAIL: [claims@r1benefitstoday.org](mailto:claims@r1benefitstoday.org)



FSA/HSA convenience debit card is now available to use for medical related submission. If you would like an FSA/HSA convenience debit card, please submit a completed debit card request form, which can be downloaded from our website or the Forms section of the Participant Portal.