

Health Care Account Worksheet

To help you estimate your eligible health care expenses, look at the list below and fill in the expenses you think you will have. You can add the estimated costs and deposit any part of that amount into your Health Care Account.

Medical deductibles:	\$ _____
Dental deductibles:	\$ _____
Medical copayments:	\$ _____
Dental copayments:	\$ _____
Annual physical exam:	\$ _____
Eyeglasses, contact lenses, and insurance:	\$ _____
Orthodontic expenses above th maximum paid by your plan:	\$ _____
Other:	
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total:	\$ _____

Please see back of form for example on how a Health Care Account works



Dependent Care Account Worksheet

Generally, expenses for day care are more predictable than health care expenses. To help you estimate your eligible dependent care expenses, look at the list below and fill in the expenses you will have. You can add the estimated costs and deposit any part of that amount in your Dependent Care Account. Remember, these must be expenses you incur so that you—or you and your spouse—can work, or so that your spouse can attend school full time. *Do not include health care expenses in this account.*

Qualified day care center (child or adult):	\$ _____
Nursery school:	\$ _____
Before school/after school care:	\$ _____
Summer day camp:	\$ _____
Babysitter while you are at work:	\$ _____
Housekeeper whose duties include day care:	\$ _____
Other:	
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total:	\$ _____

Generally, if you earn less than \$20,000 annually, the Federal Dependent Care Tax Credit is probably better for you. However, by using this flexible spending account, you can have quicker access to your money.



How a Health Care Account Saves You Money in Taxes

	Without a spending account	With a spending account
If your annual pay is:	\$18,000	\$18,000
And you deposit this much before- tax money in a spending account:	0	3,000
Your taxable income will be:	18,000	15,000
Your federal income and Social Security taxes on this amount will be:	3,301	2,603
So, your take home pay will equal:	14,699	12,397
If you set aside the same amount of money in after-tax dollars for health care:	3,000	0
Your spendable income will be:	11,699	12,397
So, your tax savings by using the spending accounts will be:	\$0	\$698

Note: These figures assume 1994 taxes for an employee who is married, filing jointly, with one dependent child, and using the standard deduction. The tax savings assume the entire \$500 is used for eligible expenses and no money is forfeited.

