



SEPTEMBER 2024 BENEFITS HIGHLIGHT

The health care flexible spending account (FSA) and dependent care assistance program (DCAP) allow you to contribute a portion of your pay on a pre-tax basis. This can help you save money on medical and dependent care expenses that you are already incurring.

HEALTH CARE FSA

The Health Care FSA can be used to pay for essential health care expenses that are not covered, or are partially covered, by your medical, dental, and vision insurance plans. This includes prescription drug costs, medical, dental, vision, and hearing expenses, and some approved over-the-counter items. Access a full list of eligible items [here](#) (choose Health Care tab).

DEPENDENT CARE

Your DCAP savings can be used on dependent care expenses including daycare, babysitting, in-home care for older dependents, and before/after school care expenses. View a list of eligible expenses [here](#) (choose Dependent Care tab).

ADDITIONAL RESOURCES



Don't Forget! Participation in one of the Flexible Spending Account options **requires a new election** each year during Open Enrollment.

- [ASIFlex Online Quick Guide](#)
- [ASIFlex Helpful Videos](#)
- [ASI Debit Card FAQ](#)
- [ASIFlex Contact Information](#)

HOW TO ACCESS YOUR FSA AND DCAP BENEFITS

ASIFlex Debit Card

Request an ASIFlex debit card to use when paying for health care services. Each time you use the card, you must submit an itemized statement or EOB to ASIFlex.

Online Account

- Check your balance
- File claims to ASIFlex
- Upload missing documentation
- View helpful videos and resources
- Access the FSA store

ASIFlex Mobile App

- Check your balance
- File claims to ASIFlex
- Upload missing documentation
- Access messages
- View the FSA store

Fax or Mail Claims

- Complete the [claim form](#) in full with your signature
- Include all documentation with submission

IOWA STATE UNIVERSITY

University Human Resources



HR.IASTATE.EDU



HRSHELP@IASTATE.EDU



515-294-4800