



BENEFITING YOU
— at every stage —

FINISH THE YEAR STRONG AND GET READY FOR 2022



Here are some things you can do to maximize your 2021 benefits and prepare for next year.

Review Your Health Savings Account (HSA)

Any HSA funds that you don't spend in one year rolls over and stays in your account for next year. The end of the year is a good time to check on your account balance.

- Is it time to invest? You can invest when your account reaches \$1,000. To review your investment options, contact **MyChoice**

Vitality Status

We encourage you to continue earning points in 2021. You will receive 10% of your total points for the year to start you off next year.

Use Your Flexible Spending Account (FSAs)

You must spend any Healthcare or Dependent Care funds by **December 31, 2021**, and submit claims for reimbursement by March 31, 2022. Any unused funds will be forfeited.

Last-Minute FSA Spending Ideas

- Update your glasses or contacts
- Schedule a dental checkup
- Stock up on over-the-counter meds
- Refresh your first-aid kit
- Fill your ongoing prescriptions
- Schedule a chiropractic adjustment
- Visit the **FSA store** for more options

You can submit expenses for payment to MyChoice.



Online: **MyIngramBenefits.com**



Call for assistance: **877.399.5349**