



MoneyPlus worksheet

Use the worksheet below to calculate the amount you want to contribute to a Medical Spending Account (MSA) or a Dependent Care Spending Account (DCSA).

Be sure to include the amounts you listed on Pages 5, 7 and 9 of the 2025 *Insurance Summary* in the worksheet. Be conservative in your planning. Remember, any unclaimed funds cannot be returned to you. You can, however, carry over up to \$640 of unused MSA funds into the 2026 plan year. You cannot carry over DCSA funds, and you cannot transfer funds between flexible spending accounts. Refer to Page 13 of the 2025 *Insurance Summary* for annual contribution limits.

Medical Spending Account

Estimate your eligible out-of-pocket medical expenses for the plan year.

Medical expenses	
Health insurance deductible	\$
Copayments and coinsurance	\$
Prescription drugs	\$
Dental care	\$
Vision care	\$
Travel costs for medical care	\$
Other eligible expenses	\$
Annual contribution	\$

Dependent Care Spending Account

Estimate your eligible dependent care expenses for the plan year.

Child care expenses	
Day care services	\$
In-home care/au pair services	\$
Nursery/preschool	\$
After-school care	\$
Summer day camps	\$
Elder care expenses	
Day care center services	\$
In-home care services	\$
Annual contribution	\$