

# Resource Tools

## Register on myuhc.com

- View detailed information about your coverage, including any applicable copayments and deductibles.
- View your claim history and payments.

## Flexible Spending Accounts:

- **Employee Medical Spending Plan (EMSP):** Eligible employees can contribute up to \$5,000 per year in pretax dollars to help pay for eligible health care expenses.
- **Dependent Care Assistance Program (DCAP):** Eligible employees can contribute up to \$5,000 per year in pretax dollars to help pay for eligible dependent day care expenses.
  - You can use the money in your Flexible Spending Account (FSA) to reimburse yourself for FSA-eligible health care expenses that are not covered by your health plan, [or the expenses that you pay out-of-pocket](#)
  - When you open your FSA, you need to decide how much money you want to contribute in the year (up to the maximum allowed)
  - Then, that amount will be divided up by your paychecks and deducted over 24 pay periods. That is unless, you have a qualified family status change during the year (for example: a birth, a divorce, death, etc.)
  - All contributions made to your FSA is **tax free** and **reduces** your taxable income
  - You will have 90 days after the end of the calendar plan year or March 31<sup>st</sup> to submitted claims for reimbursement

**Please see Benefits Calculator**