



2 WAYS TO SAVE ON CARE

*Contributions are subject to IRS limits, which can vary by tax year. Listed numbers are current as of 2025.



DEPENDENT CARE FLEXIBLE SPENDING ACCOUNT

*Open
Season
2024*

- + Set aside \$100 – \$5,000*
- + Use for day care, elder care, before and after school care, summer day camps, and more.

HEALTH CARE FLEXIBLE SPENDING ACCOUNT

*Coming
March
2025*

- + Set aside \$100 – \$3,300*
- + Use for dental, vision, family copays, drugstore items, and more.

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U.S. Department of Defense



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