



## Health Care Expense Worksheet

(This worksheet is for estimating annual health care expenses only. To enroll, please complete an Enrollment Form)

<b>Instructions</b>	1. Enter your annual cost for each health care option you use 2. Add up the Total Annual Health Care Expense 3. Determine your yearly Number of Pay Periods = Weekly/52, Bi-Weekly/26, Semi-Monthly/24, Monthly/12 4. Divide the Total Annual Expense by the number of pay periods to calculate the amount needed to be withheld every pay period		
<b>Medical Care</b>	Insurance Deductibles	\$	_____
	Co-pays	\$	_____
	Routine Exams	\$	_____
	Prescriptions	\$	_____
	Lab Expenses	\$	_____
	Medical Equipment	\$	_____
	Chiropractor Visits	\$	_____
	Physical Therapy	\$	_____
	Other	\$	_____
	<b>Total Annual Medical Care Expense</b>	<b>\$</b>	<b>_____</b>
<b>Vision Care</b>	Eye Exams	\$	_____
	Glasses	\$	_____
	Prescription Sun Glasses	\$	_____
	Contacts	\$	_____
	Contact Lens Solutions	\$	_____
	Insurance Deductibles/Co-pays	\$	_____
	<b>Limited FSA</b>		
	<b>Total Annual Vision Care Expense</b>	<b>\$</b>	<b>_____</b>
<b>Dental Care</b>	Cleanings	\$	_____
	X-rays	\$	_____
	Crowns	\$	_____
	Other	\$	_____
	<b>Total Annual Dental Care Expense</b>	<b>\$</b>	<b>_____</b>
<b>Orthodontics</b>	Orthodontia	\$	_____
	Retainers	\$	_____
	<b>Total Annual Orthodontia Care Expense</b>	<b>\$</b>	<b>_____</b>
<b>Totals</b>	Total Annual Health Care Expense		
	\$ _____	÷	=
			\$ _____

# Flexible Spending Account (FSA) Claim Form

<b>Personal Information</b>	Employee Name						Company Name										
	Home Address				Change? <input type="checkbox"/> Yes <input type="checkbox"/> No		Social Security Number <div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> </div>										
	Phone Number <div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> </div>																
<b>For Quick Claim Processing:</b> <ul style="list-style-type: none"> <li>▶ Fully Complete &amp; Sign this Claim Form</li> <li>▶ Attach a copy of supporting receipts, vouchers, bills, etc.</li> <li>▶ All receipts must detail each of the items summarized below</li> <li>▶ Please print in dark blue or black ink when using this form</li> <li>▶ Minimum Total Reimbursement \$25</li> </ul>												<b>For Account Balance: Go To</b> <a href="http://www.NBSbenefits.com">www.NBSbenefits.com</a> Or Call (801) 838-7324 or (888) 353-9125 <small>Please allow 2 business days for claims to be processed</small>					
<b>Day Care Expenses</b>	<b>Date of Service</b>			<b>Service Provider</b>				<b>Child's Name</b>		<b>Age</b>		<b>Amount</b>					
	Mo	Day	Yr	Tax ID # or SS#													
	1	<input type="text"/>	<input type="text"/>	<input type="text"/>									<input type="text"/> . <input type="text"/>				
	2	<input type="text"/>	<input type="text"/>	<input type="text"/>									<input type="text"/> . <input type="text"/>				
	3	<input type="text"/>	<input type="text"/>	<input type="text"/>									<input type="text"/> . <input type="text"/>				
<b>Total FSA Day Care Expenses</b>											<input type="text"/> . <input type="text"/>						
<b>Health Care Expenses</b> (Please list one expense per line)  **Notice**  Effective Jan. 1 2011 all over-the-counter (OTC) medication claims must be accompanied by a prescription to be eligible under new federal regulation	<b>Date of Service</b>			Office Visit	RX	Dental	Vision	Non-Drug OTC	Ortho-dontia	Other Services: Please Specify	Person Receiving Service	<b>Amount</b>					
	Mo	Day	Yr														
	1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/> . <input type="text"/>					
	2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/> . <input type="text"/>					
	3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/> . <input type="text"/>					
	4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/> . <input type="text"/>					
	5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/> . <input type="text"/>					
	6	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/> . <input type="text"/>					
	7	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/> . <input type="text"/>					
	8	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/> . <input type="text"/>					
	9	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/> . <input type="text"/>					
10	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="text"/> . <input type="text"/>						
<b>Total FSA Health Expenses</b>											<input type="text"/> . <input type="text"/>						
<b>Employee Signature</b>	I, the undersigned, attest that to the best of my knowledge these statements are complete and true. I authorize the release of any medical information to my spouse. I certify these expenses are for valid services provided on the dates indicated and will not be reimbursed or claimed under any other Plan, or claimed as a tax deduction.																
	Employee Signature X										Date						

NBS - 402(10/10)

**Please fax or mail your claim form and receipts to the following:**

**Mail:** National Benefit Services, LLC P.O. Box 6980, West Jordan, UT 84084  
**FAX:** Salt Lake City Area Fax: (801) 355-0928 Toll Free Fax: (800) 478-1528  
**Email:** [claims@NBSbenefits.com](mailto:claims@NBSbenefits.com) (PDF, TIFF or JPEG files only)

# Dependent Care Expense Worksheet Continual Reimbursement Form



<b>Personal Information</b>	Employee Name		Company Name	
	Address		Social Security Number	
			Email Address	
<b>Instructions</b>	<p>Your Dependent Care spending account allows you to save money by paying predictable day care expenses with pre-tax dollars. (Only expenses incurred for Day Care which make it possible for you to work are eligible)</p> <ol style="list-style-type: none"> <li>1. Determine your per pay period election for dependent care expenses               <ol style="list-style-type: none"> <li>a. Enter the Total Annual Expense for dependent care</li> <li>b. Determine your yearly number of pay periods = weekly/52, bi-weekly/26, semi-monthly/24, monthly/12</li> <li>c. Divide the Total Annual Amount by the number of Pay Periods to calculate your Pay Period Deduction [Annual Expenses may not exceed \$5,000 (Married) and \$2,500 (If married and filing individual tax returns)]</li> </ol> </li> <li>2. For continual reimbursement please complete the Continual Reimbursement and Service Provider sections</li> <li>3. Please send the completed form to National Benefit Services, LLC</li> <li>4. <b>At the end of each quarter resubmit this form with prior quarter receipts to continue reimbursement</b></li> </ol>			
<b>Pay Period Election</b>	Total Annual Expense	Number of Pay Periods	Pay Period Deduction	
	\$ _____ ÷	_____ =	\$ _____	
<b>Continual Reimbursement</b>	<p>Expenses for dependent care may not be reimbursed under the plan prior to the time that the dependent care services are rendered. However, you may be reimbursed under the plan after the services are rendered and prior to the time that the payment is due if those expenses are part of a continual reimbursement request.</p> <p>You may use this form to apply for continual reimbursement. No reimbursement may be paid under the continual reimbursement program for any month in which dependent care services are not rendered. It is your responsibility to advise the plan administrator of the cessation or interruption of such services. Your reimbursement will be paid each payroll period.</p> <p><b>Receipts for Dependent Care must be received by NBS on a quarterly basis.</b></p> <p><input type="checkbox"/> <b>YES! Please sign me up for continual reimbursement of my Day Care expense.</b> Your reimbursement will automatically be sent to you after each payroll period.</p> <p>I have reviewed the information on this request form and verify that the information listed above and attached is true and correct. I understand that if any changes regarding the continual payment occur, NBS must be notified immediately. Failure to do so could result in additional taxes being applicable for which I would be responsible. <b>I also understand that copies of receipts for payment of these expenses must be forwarded to NBS quarterly or continual reimbursement will cease.</b></p>			
	Employee Signature		Date	
	Address			
	I, the undersigned, hereby certify that the above person will/has incurred these expenses.			
	Business ID # or Social Security #		Provider Signature	
			X _____	
<b>Quarterly Receipt and Continual Reimbursement Extension</b>	<b>1st Quarter Receipts</b>		<b>2nd Quarter Receipts</b>	
	Dependent Name: _____		Dependent Name: _____	
	Total Receipts: \$ _____		Total Receipts: \$ _____	
	Please continue my continual reimbursement for the next: <input type="checkbox"/> 3 Months <input type="checkbox"/> Other _____		Please continue my continual reimbursement for the next: <input type="checkbox"/> 3 Months <input type="checkbox"/> Other _____	
(Each quarter resubmit this form with the prior quarter's receipts for continued reimbursement)	<b>3rd Quarter Receipts</b>		<b>4th Quarter Receipts</b>	
	Dependent Name: _____		Dependent Name: _____	
	Total Receipts: \$ _____		Total Receipts: \$ _____	
	Please continue my continual reimbursement for the next: <input type="checkbox"/> 3 Months <input type="checkbox"/> Other _____		Please complete a new form for the new year	

National Benefit Services, LLC

P.O. Box 6980, West Jordan, UT 84084 PH (801)838-7324 Toll Free (888) 353-9125