

# Island Flex

## Flexible Spending Accounts Program

**Open Enrollment: March 1 - April 28, 2023**

### Why join Island Flex?

The Island Flex flexible spending accounts (FSA) plan is a great way to stretch your benefit dollars! It allows you to use before-tax dollars to reimburse yourself for eligible out-of-pocket medical and dependent care expenses, which decreases your taxable income and increases your spendable income.

### If I am currently enrolled, do I need to re-enroll?

Yes, you must submit a new enrollment form during the open enrollment period to designate the amount you would like to contribute for the new plan year. Otherwise, your participation in the plan will end on June 30, 2023.

### If I still have funds left in my Medical Spending Account and do not wish to add any new money to my account, do I need to re-enroll?

No, you do not need to re-enroll in the Plan if you only wish to use the funds remaining in your medical spending account, up to the maximum \$550 limit, that will be automatically rolled over to the new plan year. However, if you would like to make contributions during the 2023-2024 plan year, you must submit a new enrollment form during the open enrollment period indicating how much you would like to contribute for the new plan year. If you only have rollover funds and not contributing, the monthly administration fee will be deducted from the rollover balance instead of your paycheck.

### Webinar Sessions

Webinar Sessions will be scheduled throughout the open enrollment period. These 45-minute virtual meetings will allow participants to listen to the presenter, view the slide presentation to learn more about the Plan, and ask questions. To access the webinar, the participant must log on to the website and follow the prompts. All that is needed is a computer with internet access and audio capabilities.

Please visit [www.nbsbenefits.com/islandflex](http://www.nbsbenefits.com/islandflex) to learn more.

### Attend one of the Island Flex webinars during the Open Enrollment period March 1 - April 28, 2023.

**Note: State employees are allowed to use up to 1 hour of work time to view the Island Flex webinar. Sessions are approximately 45 minutes to 1 hour long.**

**If you are currently participating in Island Flex, your enrollment will end on June 30, 2023.**

**To continue, you must re-enroll during open enrollment.**

### Use-It or Rollover \$550

The FSA ruling by the U.S. Treasury allows you to rollover up to \$550 of unused amounts remaining in your medical FSA plan to the following plan year.

**FSA**

**USE OR**

*Roll over \$550*

**LOSE**

This reduces the risk of losing your FSA healthcare contributions at the end of the plan year and eliminates the mad scramble to spend remaining FSA funds.

### Sign up for the Island Flex Debit Card

**Cash-flow friendly** - FSAs are directly debited for eligible medical expenses, eliminating "out-of-pocket" cash payments and the wait for reimbursement.

**Convenient and easy to use** - No more filing of claim forms!



# Webinar Schedule

Instructions found at: [www.nbsbenefits.com/islandflex](http://www.nbsbenefits.com/islandflex)

Date	Time
March 1, Wed	10:30am, 1:30pm
March 2, Thurs	8:30am, 12:00pm
March 3, Fri	11:00pm, 3:00pm
March 7, Tues	9:00am, 3:00pm
March 8, Wed	8:30am, 12:00pm
March 9, Thurs	10:00am, 1:30pm
March 13, Mon	12:00pm, 3:00pm
March 14, Tues	10:00am, 1:30pm
March 15, Wed	9:00am, 12:30pm
March 16, Thurs	8:30am, 11:00am
March 22, Wed	10:00am, 12:00pm
March 23, Thurs	10:30am, 3:00pm
March 24, Fri	9:00am, 1:30pm
March 29, Wed	10:00am, 3:00pm
March 30, Thurs	9:00am, 1:30pm
March 31, Fri	8:30am, 12:00pm

Date	Time
April 3, Mon	10:00am, 12:30pm
April 4, Tues	8:30am, 3:00pm
April 6, Thurs	9:00am, 1:30pm
April 10, Mon	11:00am, 3:00pm
April 12, Wed	8:30am, 12:30pm
April 13, Thurs	10:00am, 1:30pm
April 14, Fri	9:00am, 12:00pm
April 17, Mon	10:30am, 1:30pm
April 18, Tues	11:00am
April 19, Wed	12:00pm, 3:00pm
April 20, Thurs	12:30pm
April 25, Tues	1:30pm
April 27, Thurs	9:00am
April 28, Fri	12:00pm

Sessions are approximately 45 minutes to 1 hour long. Dates and times may be subject to change on short notice.

Note: If you need any auxiliary aids or services (sign language interpreters, large print, etc.), contact National Benefit Services, LLC at 808-465-2284 at least seven days prior to the webinar you plan on attending. Neighbor islands may call toll-free at 1-855-399-3035.

**TO DOWNLOAD ENROLLMENT FORMS OR JOIN ONE OF THE SCHEDULED WEBINARS,  
VISIT [www.nbsbenefits.com/islandflex](http://www.nbsbenefits.com/islandflex)  
ENROLLMENT FORMS MUST BE POSTMARKED NO LATER THAN APRIL 28, 2023.**

QUESTIONS? Contact National Benefit Services, LLC the Island Flex Administrator at 808-465-2284 or toll-free at 1-855-399-3035 or visit [www.nbsbenefits.com/islandflex](http://www.nbsbenefits.com/islandflex).