A carryover allows you to transfer up to $570 of your remaining balance at the end of the plan year into the following year. Think of it like a safety net for your FSA. If you end up spending less than you anticipate when making your elections during open enrollment, you can tap into those funds next year.

Carryover funds become available to you after the run-out (claim filing) period.

You are able to carry over up to $570 while still electing the full maximum annual election in the new plan year.

If you have the benefits debit card, it will continue to work as normal, using your carryover funds first.