Pharmacies, schools, and primary care providers will hold sports physical clinics, so kids can get checked and approved to participate in youth athletics.

Ladies, if you didn’t schedule your women’s wellness visit in the beginning of the year, now is a great time to make an appointment. For growing families, fertility tests and treatments, neonatal vitamins, and breast pumps are covered...plus tons of items for baby!

Got kids? Now’s the time for sports physicals.

Keep in mind that these are just suggestions—you can buy these products or services at any time during the year!

Celebrating women’s health, current moms, and moms-to-be.

Now’s the time to stock up on allergy medications. Help your kids prepare to tackle the pollen, mold, and school colds with things like over-the-counter, first aid, and allergy medications, and more.

Focus on your holistic wellness.

In September, many organizations recognize pain awareness month and alternative approaches to pain management. You can spend FSA dollars on holistic health treatments such as acupuncture, chiropractic adjustments, and over-the-counter pain relief, just remember that you may need a letter of medical necessity from a physician.

Mental health is just as important as physical health!

Seasonal affective disorder is a type of depression related to changes in season, commonly setting in at the start of autumn. The first full week of October also happens to be recognized for mental illness awareness. You can use FSA funds to offset the cost of counseling services, prescriptions, and, in some cases, teletherapy.

As the days get shorter, take time to focus on your mental health.

Winter is coming...and so is cold and flu season.

If you have money remaining in your account, find out if your employer offers rollover or a grace period. If not, check the ConnectYourCare Marketplace for some health-related items you might buy or even give as a gift!

Keep in mind that these are just suggestions—you can buy these products or services at any time during the year!