

# FSA and HSA QUICK START

Thank you for enrolling in your Consumer Account. This welcome kit will provide you with helpful information about:

- Online registration
- How to set up direct deposit
- Debit card information
- Cafe Health Mobile App
- Eligible items and shopping
- Service contacts

## The first 3 things to do:

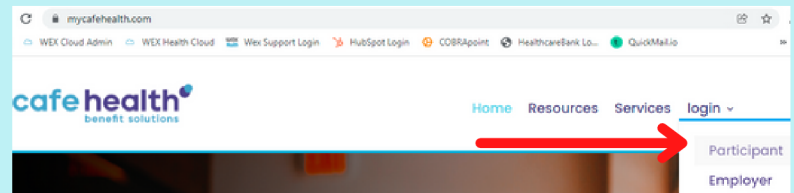
1. Register Your Account
2. Connect Your Bank Account
3. Download the App

## Connect Your Bank Account:

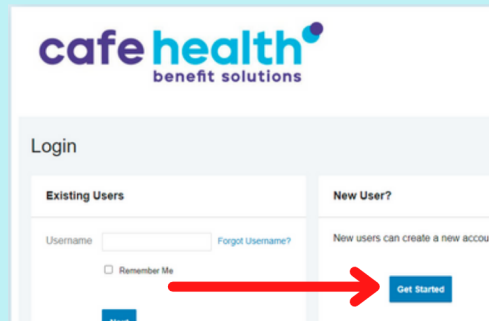
Select **Banking** under the **Accounts** tab where you will enter your bank account and routing number and verify two micro-deposits.

## To Register Your Account

Visit: [www.mycafehealth.com](http://www.mycafehealth.com) and select **Participant** on the login drop down menu



Then select **Get Started** and follow the prompts.

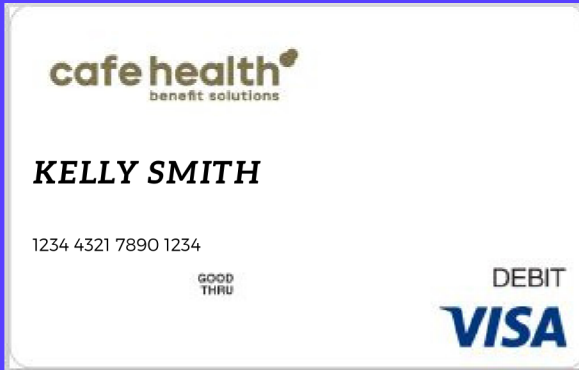
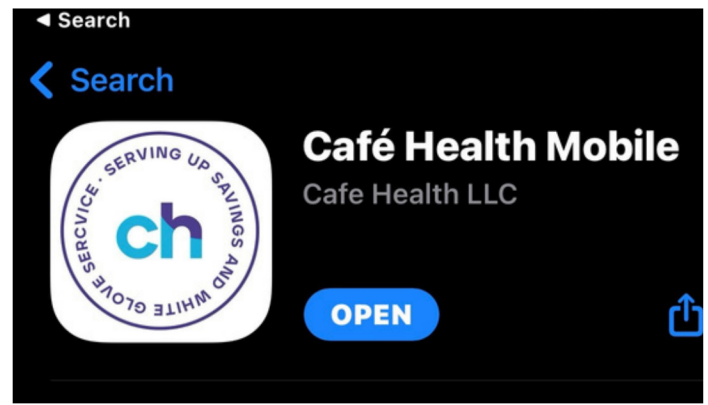


As an option, you can use "Forgot Password" with your work email to Log In.

## Download the App:

Visit the iOS or Android app store and search **Cafe Health Mobile** and Download the Cafe Health Mobile App.

Use to to submit and pay claims, request reimbursements, check balances, reset passwords and read messages



YOUR CAFE  
HEALTH DEBIT  
CARD WILL  
ARRIVE IN A  
PLAIN WHITE  
ENVELOPE

## Where can you use your Cafe Health debit card?

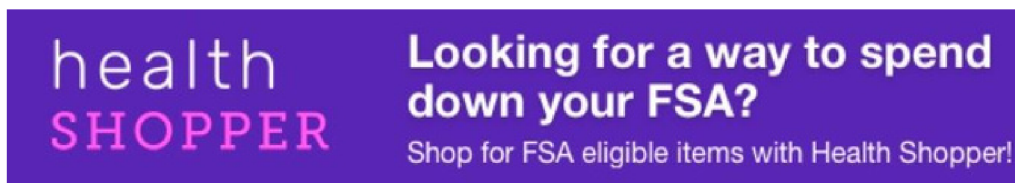
You can use your card at any merchant to pay for qualified items such as:

- Office Visits and Copays
- Prescriptions and Medications
- Eye glasses and Exams
- Dental visits and Orthodontia

You will also find many useful resources at

[www.mycafehealth.com](http://www.mycafehealth.com)

Look for the Health Shopper Banner on the home page



At Health Shopper you will find a list of **eligible items** and also be able to shop from a special FSA & HSA qualified items.