



COVID-19 Update: Changing Contributions to Dependent Care FSA

Dear Dependent Care FSA Member,

In response to the unprecedented COVID-19 pandemic, we want to advise you of your options to reduce, discontinue or increase contributions to your Dependent Care Flexible Spending Account (FSA).

Please read the full documentation on the steps you can take [here](#).

Questions About Your Benefits?

Contact a Benefit Options representative by phone 602-542-5008, toll-free 1-800-304-3687, by email benefitsissues@azdoa.gov or visit benefitoptions.az.gov.

The Employee Assistance Program

You may feel anxiety or stress about COVID-19, and we want to remind you of the services of our Employee Assistance Program (EAP) called ComPsych. You and your family members can access these services by calling 1-877-327-2362 or visiting guidanceresources.com. Enter company code HN8876C to register.

Arizona Together

We're in this together. Visit arizonatogether.org to find critical assistance for you and your family during the COVID-19 outbreak as well as ways to help our communities.



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