

Examples of Eligible Health-Related Expenses



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The following list, while not intended to be complete, gives examples of health-related expenses that may be claimed as part of your Flexible Spending Account or Health Reimbursement Arrangement. Please remember that expenses *must be medically necessary* and may require verification from a healthcare provider. Note also: expenses are only eligible if they are not already reimbursed from another source (employer, secondary insurance, etc.).

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|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Acupuncture | Routine preventive medical care |
| Alcoholism treatment | Seeing eye dog and its upkeep |
| Ambulance service | Special education for persons with disabilities |
| Artificial limbs or prosthetics | Surgical fees |
| Birth control pills | Transportation expenses for medical services (cab fare
in obstetrical cases, mileage for medical reasons) |
| Birth prevention surgery | Vision care (eyeglasses, contact lenses and supplies,
prescription sunglasses, nonprescription reading
glasses, laser eye surgery, and examination fees) |
| Braces | Wheelchairs |
| Braille books and magazines | Wigs |
| Chemical dependency treatment | X-rays |
| Chiropractic services | |
| Contact lenses and supplies | |
| Co-pays | |
| Crutches | |
| Deaf communication equipment | |
| Deductibles | |
| Dental services | |
| Dentures | |
| Diabetic supplies | |
| Diagnostic fees | |
| Elective surgery (not cosmetic) | |
| Hearing devices and batteries | |
| Home improvements motivated by medical needs | |
| Hospital charges | |
| Insulin | |
| Laboratory fees | |
| Laser eye surgery | |
| Massage therapy | |
| Maternity care | |
| Medical monitoring and testing devices | |
| Mental health care | |
| Naturopathic or homeopathic doctor office visits (but not
prescriptions or supplies) | |
| Nursing services | |
| Obstetrical expenses | |
| Occupational therapy | |
| Orthopedic shoes | |
| Orthodontia | |
| Over-the-counter medications (<i>see examples on
reverse.</i>) | |
| Oxygen | |
| Physical therapy | |
| Physician fees | |
| Prescription medications | |
| Psychiatric care and psychologist fees | |
| Removal of lead-based paint for children with lead
poisoning | |

Continued on reverse.

Examples of Eligible Health-Related Expenses – continued

Over-the-counter medicines and supplies: examples

Note: items must be medically necessary and may require verification from a healthcare provider. Toiletries such as toothpaste, and items that merely contribute to overall health, such as vitamins, do not qualify as eligible expenses. Quantities purchased must be reasonable and consumable during the current plan year (stockpiled items are not eligible).

Allergy medicines (e.g., Claritin, Sinutab)
Antacids (e.g., Alka-Seltzer, Maalox)
Athlete's foot medicines (e.g., Tinactin)
Bandages/Band Aides
Contraception devices (e.g., condoms, spermicides)
Blood pressure monitoring kit
Canker and cold sore medicines (e.g., Abreva, Blistex)
Cold/hot packs (e.g., Therma Care)
Cold medicines, including syrups, sprays, lozenges (e.g., Nyquil, Pediacare, Robitussin, Vicks, Zicam)
Contact lens solutions
CPAP machines and filters
Dehydration prevention for children (e.g., Pedialyte)
Denture adhesives
Diabetic supplies (e.g., Autodisc, Ketostix)
Eye drops (e.g., Clear Eyes, Visine)
First aid (e.g., Aloe vera gel, Bactine, hydrocortisone creams, hydrogen peroxide, iodine, rubbing alcohol)
Hearing aid batteries
Hemorrhoid medicines (e.g., Preparation H)
Laxatives (e.g., Ex-lax, Glycerol suppositories, Metamucil)
Lice shampoo and spray
Medicate lip balm (e.g., Dermatone)
Metered dose inhaler (e.g., AeroChamber)
Motion sickness pills
Nasal strips
Occlusal (mouth) guards
Orthopedic items (e.g., Ace bandages, ankle braces)
Ovulation kits
Pain relievers (e.g., Advil, Anbesol, Aspercreme, aspirin, BenGay, Midol, Tylenol, Uristat, Vanquish, Zostrix)
Lubricants with use of diaphragm and spermicide
Pregnancy tests
Prenatal vitamins (if pregnant)
Reading glasses
Skin ointments and diaper rash creams (e.g., Calamine lotion, Tecnu, Zanafel)
Smoking cessation treatments (e.g., patches, gum)
Thermometers
Wart removal (e.g., Compound W)
Yeast infection medicines (e.g., Monistat)