

## Eligible health care expenses that qualify for reimbursement under a Flexible Spending Account.\*

**NOTE: Only health expenses that are not covered by insurance can be claimed.**

Acupuncture (excluding remedies and treatments prescribed by acupuncturist)	Dermatologist	Orthodontic/Orthopedic Devices
Alcoholism/Drug/Substance Abuse Treatment	Diagnostic Devices/Fees	Osteopath Fees
Ambulance	Doula Expenses (child care services after delivery are not eligible)	Over-the-Counter Drugs
Anesthetist	Drug and Medical Supplies (syringes, needles, etc.)	Periodontist Fees
Artificial Limbs/Teeth	Endodontists Fees	Physician Fees (cosmetic procedures are not eligible)
Artificial Reproductive Technologies	Eyeglasses (prescribed by a doctor)	Podiatrist Fees
Blood Tests/Transfusions	Eye Examination Fees	Post Mastectomy Clothing
Body Scan	Eye Surgery (cataracts, LASIK, etc.)	Prescribed Medicines
Braille Books and Magazines	Flu Shots	Preventive Care Screenings
Breast Reconstruction Surgery	Guide Dog or Other Service Animal	Prosthesis
Cardiographs	Health Screenings	Psychiatric Care
Child Birth Classes (does not include breastfeeding classes, newborn or new infant care classes or parenting classes)	Hearing Devices and Batteries	Psychologist and Psychiatrist Fees
Chiropractors	Home Health Care	Radiology
Christian Science Practitioner's Fees	Hospital Bills	Routine Physicals and other non-diagnostic services or treatments
Contact Lenses and Solutions	Immunizations	Smoking Cessation over-the-counter drugs
Co-Payments (doctor, dental, vision, pharmacy)	Insulin	Smoking Cessation Programs
Costs for Physical or Mental Illness	In-Vitro Fertilization	Spinal Fluid Test
Crutches	Laboratory Fees	Sterilization
Deductibles	Laser Eye Surgery	Surgical Fees
Dental Fees (cosmetic procedures are not eligible)	Long-Term Care	Transplants
Dentures	Mileage for Eligible Medical Services	Vaccines
	Nursing Home/Nursing Services	Vasectomy
	Office Visits	Weight Loss drugs
	Obstetrics and Fertility	Wheelchair
	Occupational Therapy	X-Rays and MRI
	Ophthalmologist/Optomist	
	Oral Surgery	

### Expenses requiring a Letter of Medical Necessity (LMN) to be eligible for reimbursement.\*

Adaptive Equipment for a disability  
 Air Conditioners/Air Purifiers  
 Alternative Medicine prescribed and rendered by a licensed health care provider to treat illness  
 Baby Formula  
 Beds/Mattresses  
 Behavioral Therapy  
 Chairs (reclining/ergonomic)  
 Cord Blood Storage  
 Cosmetic Procedures (to treat injury or medical condition)  
 Education expenses for special school for disabled person  
 Learning Disabilities  
 Massages/Massagers  
 Nutritionist/Nutritional Supplements  
 Orthopedic Shoes  
 Oxygen  
 Reconstructive Surgery in connection with birth defect, disease, or accident  
 Special supplements  
 Special School for disabled child  
 Special teeth cleaning system  
 Sun protective clothing  
 Therapeutic support gloves  
 Weight Loss Programs and Fees pertaining to a specific disease  
 Wigs for hair loss caused by disease

**LMN: Items coded as (LMN) will require a manual reimbursement process; the benefit card is not an eligible form of payment.**

### Health care expenses that do not qualify for reimbursement.

Cosmetic Surgery, Procedures, and/or Medications  
 Counseling (life coaching or career counseling)  
 Dental Bleaching  
 Hair Restoration (procedures, drugs or medications)  
 Health Club or Gym Memberships for general health  
 Marriage and Family Counseling  
 Massage Therapy to reduce stress or improve general health  
 Maternity Clothes  
 Missed Appointment or Late Payment Fees  
 Newborn Nursing Care  
 Pre-Paid Physician Fees  
 Premiums you or your spouse pay for insurance coverage  
 Prescriptions from another country (Mail Order)  
 Vision Discount Programs  
 Weight Loss Programs for general health or appearance

\*Plan restrictions may apply. Check with your plan administrator.

# FSA EXPENSE GUIDE

## Antiseptics

- Antiseptic wash or ointment for cuts or scrapes
- Antiseptic mouthwash
- Benzocaine swabs
- Boric acid powder
- First aid wipes
- Hydrogen peroxide
- Iodine tincture
- Rubbing alcohol
- Sublimed sulfur powder

## Cold, Flu, Asthma and Allergy Medications

- Allergy medications
- Bronchodilator/expectorant tablets
- Bronchial asthma inhalers
- Cold relief syrup, tablets and drops
- Cough relief syrup, tablets and drops
- Flu relief syrup, tablets and drops
- Medicated chest rub
- Nasal decongestant spray, drops or inhaler
- Nasal strips to improve congestion
- Saline nose drops
- Sinus and allergy nasal spray
- Homeopathic sinus medications
- Sinus medications
- Vapor patch cough suppressant

## Diabetes

- Diabetic lancets, needles, syringes
- Diabetic supplies
- Diabetic test strips
- Glucose meters
- Glucose tablets

## Ear/Eye Care

- Airplane ear protection (LMN)
- Ear drops for swimmers
- Ear water-drying aid
- Ear plugs
- Earwax removal drops
- Eye drops
- Homeopathic earache tablets
- Contact lens solutions

## Health Aids

- Adhesive or elastic bandages
- Anti-fungal treatments
- Bed Pans and Ring Cushions
- Boost®/PediaSure® (LMN)
- Denture adhesives
- Diuretics and water pills
- Fiber Supplements
- Gauze and tape
- Gloves (for Arthritis) and masks

- Hemorrhoid relief
- Herbs (LMN)
- Leg or arm braces
- Lice control
- Massagers (LMN)
- Medicated bandages
- Menstrual Products (Tampons, Pads)
- Minerals/Calcium (LMN)
- Multivitamins (LMN)
- Motion sickness tablets
- Respiratory stimulant ammonia
- Special supplements (LMN)
- Special teeth cleaning system (LMN)
- Sleeping aids
- Thermometers
- Vitamins (LMN)

## Pain Relief

- Arthritis pain reliever
- Bunion and blister treatments
- Cold or hot compresses
- Foot spa (LMN)
- Itch relief
- Orajel®
- Pain relievers, aspirin and non-aspirin
- Throat pain medications

## Personal Test Kits

- Blood pressure meter
- Cholesterol tests
- Colorectal cancer screening tests
- Home drug tests
- Ovulation indicators
- Pregnancy tests

## Skin Care

- Acne medications
- Anti-itch lotion
- Bunion and blister treatments
- Cold sore and fever blister medications
- Corn and callus removal medications
- Diaper rash ointment
- Eczema cream
- Medicated bath products
- Sunscreen products with an SPF15 or higher

## Stomach Care

- Acid reducing gum, liquid and tablets
- Anti-diarrhea medications
- Gas prevention tablets or drops
- Ipecac syrup
- Laxatives
- Pinworm treatment
- Upset stomach medications

## OTC Items—Not Acceptable

Aromatherapy	Face soaps/creams	Shampoo and conditioner
Baby bottles and cups	Fragrances	Shaving cream and razors
Baby oil / Baby wipes	Hair regrowth/removal	Soap
Breast enhancement system	Low "carb" foods	Spa salts
Cosmetics	Low calorie foods	Sunscreen products under SPF15
Cotton balls/swabs	Mouthwash	Teeth whitening kits
Dental floss	Oral care	Toothpaste/Toothbrush
Deodorants	Petroleum jelly	

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