

Maximize the Value of Your FSA/HRA

The following is a list of eligible out-of-pocket health care expenses.

NOTE: This list is not meant to be all-inclusive, as other expenses not specifically mentioned may also qualify. Please review IRS Publication 502, Medical and Dental Expenses for further information: www.irs.gov/publications/p502

Acne Treatment

Ex: Clean & Clear, Murad Acne Complex Kit, Proactive Solution

Acne Treatment – Laser*

Acupressure

Acupuncture

Adaptive Equipment*

Air Conditioners/Air Purifiers*

Airway Clearance Vest

Alcoholism/Drug/Substance Abuse Treatment

Allergy Medicines

Ex: Benadryl, Claritin, Sudafed

Allergy Products & Mitigation*

Ex: HEPA Furnace Filters and HEPA Vacuum Cleaner Filters, Humidifier

Ambulance

Analgesics

Ex: Advil, Ibuprofen, Tylenol, BenGay, Icy Hot

Antacids/Acid Reducers

Ex: Gas-X, Maalox, Tums

Anti-Arthritics

Antibiotics – Topical

Ex: Neosporin, Tripe Antibiotic Ointment

Anticandidal – Yeast Infection

Ex: Monistat, Vagistat-1

Anti-Diarrheal

Ex: Immodium, Pepto-Bismol

Antifungal

Ex: Lamisil AT, Lotramin AF, Micatin

Antihistamines

Anti-Itch Products – Lotions & Creams

Ex: Calamine, Hydrocortisone

Artificial Limb/Teeth

Asthma Medicines

Ex: Bronitin Mist, Bronkaid, Bronkolixer

Automobile Modifications*

Baby Formula*

Band-Aids/Bandages

Bath Tub Rails/Grips*

Beds – Mattresses*

Bedside Commodes

Behavioral Therapy*

Birth Control

Ex: Depo-Provera, Nuvaring, Ortho Tri Cyclen, Yasmin, Intrauterine Device (IUD)

Birth Control – OTC Drugs

Ex: Spermicides

Birth Control – OTC Supplies

Ex: Condoms, Ovulation Kits

Blood Pressure Monitors

Blood Storage*

Body Scans

Bradley Classes

Braille Books & Magazines

Breast Pumps & Lactation Supplies

Ex: Nursing Cream & Ointment, Nursing Pads & Shields, Storage Bags & Bottles

Breast-reconstructive surgery following mastectomy

Capital Expense*

Ex: Constructing Entrance or Exit Ramps, Installing Railings, Support Bars or Other Modifications to Bathrooms

Carpet Removal*

Chairs – Reclining*

Childbirth Classes (mother only)

Chiropractic

Chondroitin

Christian Science Practitioners

Circumcision

Cochlear Implants

Co-Insurance

Cold & Flu Medicines

Ex: Dayquil, Pediacare, Robitussin, Cough Drops, Nasal Sprays, Throat Lozenges

Cold Sore Medicines

Ex: Abreva, Herpeclin

Compression Hosiery/Socks

Contact Lenses

Co-Payments

Cord Blood Storage*

Cough Medicines

Ex: Chloraseptic, Mucinex, Vicks 44

Counseling (everything but marriage or career)

CPAP Devices

Crutches

Dancing Lessons*

Deductibles

Defibrillator

Dental Care

Diabetic Supplies

Diaper Rash Creams

Diapers*

Doctor Fees

Doulas*

Ear Care – Solutions

Ex: Murine Ear Wax Removal Drops, Swimmer's Ear Drops

Ear Care

Ear Plugs*

Electrolyte Replacements

Ex: Pedialyte

Eye Care

Eye Drops

Ex: Murine, Visine

Eye Surgery

Ex: Cataract, LASIK, Corneal Rings

Eyeglasses/Eye Exam

Exercise Equipment*

Exercise Programs*

Feminine Hygiene Products*

Fertility Enhancement

Ex: Ovulation Predictor Kits, Pregnancy Tests

First Aid Kit/Supplies

Ex: Antiseptics, Bandages, Peroxide

Fitness Programs*

Fluoride Rinse

Ex: ACT, Colgate Phos-flur

Flu Remedies – Homeopathic

Ex: Oscilloccoccinum, Sambucol

Flu Shots

Foam Ring Cushion/Donut Pillow

Foot Care

Glucosamine

Guide Dogs

Gym Membership*

Hair Loss Treatment*

Handicap Parking Sticker/Tag

Hand Sanitizer

Ex: Germ-X, Nexcare, Purell

Hearing Exams

Healing Ointments*

Ex: Aquaphor

Health Screenings

Hearing Aids & Batteries

Heart Rate Monitors

Hemorrhoidal Treatments

Ex: Preparation H

Home Diagnostic Kits/Test

Ex: Cholesterol Tests, Diabetic Equipment & Supplies

Home Medical Equipment*

Homeopathic Care*

Homeopathic Medicines

Hormone Replacement Therapy

Hospital Beds

Human Chorionic Gonadotropin

(hCG) Injections*

Humidifiers*

Hydrotherapy*

Hypnobirthing*

Hypnosis*

Hospital Services

Immunizations

Incontinence Products

In Vitro Fertilization

Lactation Consultant
Lamaze Classes
Laser Eye Surgery
Laser Therapy*
Ex: Acne, Jaundice, Mood Disorders
Latex Gloves*
Laxatives
Ex: Dulcolax, Miralax
Lead-based paint removal
Lice Treatment
Ex: Nix, Rid

Massage Therapy*
Medical Alert Bracelet/Necklace
Medical Records
Medical Services
Medicated Lip Products
Ex: Blistex Medicated Lip Ointment, Neosporin Lip Treatment
Menstrual Relief
Ex: Advil Migraine, Excedrin
Mileage (for travel to/from eligible healthcare)
Minerals*
Ex: Calcium, Caltrate, Folic Acid
Motion Sickness Medicines
Ex: Bonine, Dramamine, Marizine
Motion Sickness Wristbands

Nasal Spray
Ex: Afrin
Nasal Strips
Naturopathic Care*
Neti Pot
Neuromuscular Re-Education
Nursing Care & Services*
Nursing Home*
Nutritionist*

Occlusal/Bite Guards
Occupational Therapy*
Optometrist
Oral Care
Ex: Anbesol, Orajel
Orthodontia
Orthopedic Shoes (LMN)*
Orthotic Inserts
Osteopath

Over-The-Counter Medicines/Drugs
Over-The-Counter Supplies
Ovulation Monitor
Oxygen*

Pain Relievers
Ex: Advil, Aleve, Tylenol, Icy Hot
Patterning Exercises*
Penile Implants*
Permanent Contact Lenses
Physical Therapy
Pillows – Lumbar Support*
Post-Mastectomy Clothing
Pregnancy Aids
Ex: Maternity Girdles, Elastic Hosiery, Maternity Support Belts
Pregnancy Test
Prescription Drugs
Preventative Care Screenings
Probiotics*
Prolotherapy
Prosthetics
Psychiatric Services & Care
Psychoanalysis
Psychologist
Pulse Oximeter

Radon Mitigation*
Reading Glasses
Rogaine*

Scooters*
Service Animals*
Shampoo – Medicated*
Ex: Denorex, DHS Tar Shampoo, Nizoral
Shower Chairs
Sitz Bath
Sleep Aids
Ex: Nytol, Sominex, Tylenol PM, Unisom
Smoking Cessation Medicines
Ex: Nicoderm CQ, Nicorette
Smoking Cessation Programs
Speech Therapy
Sperm Storage*
Sterilization Procedures
Sterilization Reversal
Substance Abuse Treatment

Sunburn/Burn Relief
Ex: Aloe Vers, Solarcaine
Sun-Protective Clothing (SPF 30+)*
Sunscreen (SPF 30+)
Supplements – Calcium*
Supplements – Dietary*
Ex: Ensure, Power Drinks, Protein Bars
Supplements – Fiber*
Ex: Benefiber, Metamucil
Supplements – Fish Oil/Omega 3*
Supplements – Herbal*
Ex: Echinacea, Ginkgo Biloba, St. John's Wort
Supplements – Hormone, OTC*
Supplements – Lactose Intolerance*
Ex: DairyCare, Digestive Advantage, Lactaid
Supplements – Nutritional*

Teeth Whitening*
Telephone for Hearing Impaired*
Toilet Seat Extenders

Ultrasounds

Varicose Veins
Treatment/Sclerotherapy
Vasectomy
Vasectomy Reversal
Vision Care
Vitamin B-12 Injections*
Vitamins
Vitamins – Pre-Natal

Walkers
Wart Removal
Ex: Compound W, Dr. Scholl's Clear Away
Water Fluoridation*
Weight Loss Drugs, OTC*
Weight Loss Procedures/Surgery
Weight Loss Programs*
Well-Baby/Well-Child Care
Whirlpool Baths*
Wheelchairs
Wigs*

X-Ray Fees

Expenses marked with * require a Letter of Medical Necessity from your health care provider to qualify for reimbursement.