



# Flexible Spending Account Health Care Expenses Guide

Only healthcare expenses not reimbursed by insurance or any other source can be claimed.

## A

Abortion, legal  
Acne treatment (non-cosmetic) with physician's note<sup>†</sup>  
Acupuncture (excluding remedies and treatments prescribed by acupuncturist)  
Air purifier with physician's note<sup>†</sup>  
Alcoholism treatment  
Alternative healer with physician's note<sup>†</sup>  
Ambulance  
Artificial limbs/teeth

## B

Birthing classes (portion related to birthing)  
Blood pressure monitor  
Blood sugar test kit  
Body scan  
Braille books and magazines  
Breast pump with physician's note<sup>†</sup>  
Breast reconstruction surgery following a mastectomy

## C

Chemotherapy  
Chiropractor  
Christian Science practitioner services  
Co-payments  
Coinsurance  
Computer storage of medical records  
Contact lenses and solutions  
Contraceptives  
Counseling  
Crutches

## D

Deductibles  
Dental services (non-cosmetic)  
Dentures/artificial teeth  
Diagnostic fees and services  
Drug addiction/overdose treatment  
Drugs and medical supplies

## E

Ear plugs (for medical condition) with physician's note<sup>†</sup>  
Equipment for the handicapped  
Eye drops  
Eye examination  
Eye surgery (i.e. cataracts, LASIK, etc.)  
Eyeglasses (prescribed)

## F

Fluoridation device  
Flu shots

## G

Gambling addiction treatment  
Genetic testing (to determine medical defects) with physician's note<sup>†</sup>  
Glucose monitor

## H

Hearing devices and batteries  
Hearing tests  
Holistic and natural healer services with physician's note<sup>†</sup>

## H

Home care nursing services  
Hormone therapy treatment for menopause with physician's note<sup>†</sup>  
Hospital expenses (non-cosmetic)

## I

Immunizations  
Insulin

## L

Laboratory fees  
Lactation consultant services with physician's note<sup>†</sup>  
Lamaze classes (portion related to birthing)  
Language training (for disabled individual) with physician's note<sup>†</sup>  
Laser eye surgery  
Learning disability expenses (fees to school or specially trained tutor), with physician's note<sup>†</sup>

## M

Massage therapy with physician's note<sup>†</sup>  
Medical conference (admission and transportation)  
Medical expenses in excess of usual, customary and reasonable (UCR)  
Medical record charges

## N

Nasal sprays  
Norplant (insertion or removal of device)  
Nutritionist expenses (for treatment of medical condition) with physician's note<sup>†</sup>

## O

Obstetrical expenses  
Occlusal guard (to prevent teeth grinding)  
Occupational therapy  
Oral surgery  
Orthodontic expenses  
Orthopedic devices  
Over-the-counter medications (not to include nutritional supplements, cosmetic care items or items primarily used for general health)  
Oxygen

## P

Pap smears  
Physical exams (not employment related)  
Physical therapy (for specific medical condition)  
Prescription medicines (non cosmetic)  
Prescription sunglasses  
Prenatal vitamins  
Prosthesis  
Psychiatric care  
Psychologist services

## R

Radial keratotomy  
Routine physicals

## R

Rubdown (to treat a specific illness) with physician's note<sup>†</sup>

## S

Safety glasses (prescription only)  
Schools and education (special) with physician's note<sup>†</sup>  
Screening test for medical diagnosis  
Seeing-eye dog (purchase, training & care)  
Sick child facility (primary purpose of facility is medical care)  
Sleep deprivation treatments with physician's note<sup>†</sup>  
Smoking cessation program  
Sperm, storage fees (temporary storage no longer than one year)  
Stem cell harvesting and storage, to treat a specific and imminent medical condition  
Sterilization procedures  
Sunglasses (prescription)  
Supplies to treat a medical condition  
Surgical fee (non-cosmetic)

## T

Taxes on medical services and products  
Therapy, for medical care only  
Transplant expenses (surgical, hospital, laboratory and transportation expenses for organ donor)  
Transportation and travel expenses for person receiving medical care

## U

Umbilical cord (collection, freezing and storage for imminent use to treat a specific medical condition)

## V

Varicose vein treatment (non-cosmetic)  
Vaccines  
Vasectomy  
Viagra (to treat a medical condition)  
Vision correction procedures  
Vitamins (prescription)

## W

Weight loss drugs/programs (associated with a certain disease) with physician's note<sup>†</sup>

## X

X-rays

<sup>†</sup> Physician's note must indicate the specific medical condition, the medical item/treatment recommended to treat the medical condition, the expected duration of the condition and that the medical item is not for cosmetic purposes.