

## Examples of Eligible Health-Related Expenses



P.O. Box 70168 ♦ Eugene, OR 97401  
Phone (541) 485-7488 ♦ (800) 422-7038  
FAX (800) 575-1109  
www.manleyserv.com

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.).

- 
- |   |  |
|---|--|
| 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<br>in obstetrical cases, mileage for medical reasons)   |
| Birth prevention surgery  | Vision care (eyeglasses, contact lenses and supplies,<br>prescription sunglasses, nonprescription reading<br>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<br>prescriptions or supplies) |  |
| Nursing services  |  |
| Obstetrical expenses  |  |
| Occupational therapy  |  |
| Orthopedic shoes  |  |
| Orthodontia   |  |
| Over-the-counter medications ( <i>see examples on<br/>reverse.</i> )                    |  |
| Oxygen  |  |
| Physical therapy  |  |
| Physician fees  |  |
| Prescription medications  |  |
| Psychiatric care and psychologist fees  |  |
| Removal of lead-based paint for children with lead<br>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, Zanol)  
Smoking cessation treatments (e.g., patches, gum)  
Thermometers  
Wart removal (e.g., Compound W)  
Yeast infection medicines (e.g., Monistat)