

Maximize the Value of Your Health Reimbursement Account

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

Expenses marked with an asterisk (*) are “potentially eligible expenses” that require a Letter of Medical Necessity from your health care provider to qualify for reimbursement.

Expenses marked with an **RX** require a prescription to qualify for reimbursement (see **Using a Medical Reimbursement Account to Pay for Over-The-Counter (OTC) Items**)

Acné Treatment **RX** *Example: Clean & Clear, Murad Acne Complex Kit, Proactiv Solution*
Acne Treatment – Laser * Acupressure
Acupuncture
Adaptive Equipment * Air
Conditioners/Air Purifiers * Airway
Clearance Vest
Alcoholism/Drug/Substance Abuse
Treatment
Allergy Medicines **RX** *Example: Benadryl, Claritin, Sudafed*
Allergy Products & Mitigation * *Example: HEPA furnace filters and HEPA vacuum cleaner filters, Humidifier*
Ambulance Analgesics **RX** *Example: Advil, Ibuprofen, Tylenol, BenGay, Icy Hot*
Antacids/Acid Reducers **RX** *Example: Gas-X, Maalox, Tums*
Anti-Arthritics Antibiotics – Topical **RX** *Example: Neosporin, Triple Antibiotic Ointment*
Anticandidal – Yeast Infection **RX** *Example: Monistat, Vagistat-1*
Anti-Diarrheal **RX** *Example: Immodium, Pepto-Bismol*
Antifungal **RX** *Example: Lamisil AT, Lotramin AF, Micatin*
Antihistamines **RX**
Anti-Itch Products – Lotions & Creams **RX** *Example: Calamine, Hydrocortisone*
Artificial Limb/Teeth
Asthma Medicines **RX** *Examples: Bronitin Mist, Bronkaid, Bronkolixer*
Automobile Modifications *

Baby Formula *
Band-Aids/Bandages
Bath Tub Rails/Grips
Beds – Mattresses *
Bedside Commodes
Behavioral Therapy *
Birth Control
Example: Depo-Provera, Nuvaring, Ortho Tri Cyclen, Yasmin, Intrauterine Device (IUD)
Birth Control – OTC Drugs **RX**
Example: Spermicides

Birth Control – OTC Supplies
Example: Condoms, Ovulation Kits
Blood Pressure Monitors
Blood Storage *
Body Scans
Bradley Classes
Braille Books & Magazines
Breast Pumps & Lactation Supplies
Includes: Nursing Cream & Ointment, Nursing Pads & Shields, Storage Bags & Bottles
Breast-reconstructive surgery following mastectomy

Capital Expense * *Example: Constructing entrance or exit ramps, installing railings, support bars, or other modifications to bathrooms*
Carpet Removal *
Chairs – Reclining *
Childbirth Classes
Chiropractic
Chondroitin
Christian Science Practitioners
Circumcision
Cochlear Implants
Co-Insurance
Cold & Flu Medicines **RX**
Example: Dayquil, Pediacare, Robitussin, Cough Drops, Nasal Sprays, Throat Lozenges
Cold Sore Medicines **RX** *Example: Abreva, Herpecin*
Compression Hosiery/Socks
Contact Lenses
Co-Payments
Cord Blood Storage *
Cough Medicines **RX** *Example: Chloraseptic, Mucinex, Vicks 44*
Counseling
CPAP Devices
Crutches

Dancing Lessons *
Deductibles
Defibrillator
Dental Care
Diabetic Supplies
Diaper
Rash Creams

Diapers *
Doctor Fees
Douglas *

Ear Care – Solutions **RX** *Example: Murine Ear Wax Removal*
Drops, Swim Ear Drops
Ear Care
Ear Plugs *
Electrolysis *
Electrolyte Replacements
Example: Pedialyte
Eye Care
Eye Drops **RX** *Example: Murine, Visine*
Eye Surgery
Includes: Cataract, LASIK, corneal rings
Eyeglasses/Eye Exam
Exercise Equipment *
Exercise Programs *

Feminine Hygiene Products *
Fertility Enhancement
Example: Ovulation Predictor Kits, Pregnancy Tests
First Aid Kit/Supplies
Example: Antiseptics, Bandages, Peroxide
Fitness Programs *
Fluoride Rinse **RX**
Example: ACT, Colgate Phos-flur
Flu Remedies – Homeopathic
Example: Oscilloccinum, Sambuol
Flu Shots
Foam Ring
Cusion/Donut
Pillow
Foot Care

Glucosamine Guide
Dogs
Gym Membership *

Hair Loss Treatment *
Handicap Parking Sticker/Tag
Hand Sanitizer *Example: Germ-X, Nexcare, Purell*

Healing Ointments * *Example:*

Aquaphor Health Screenings
Hearing Aids & Batteries Heart
Rate Monitors Hemorrhoidal
Treatments **RX** *Example:*

Preparation H Home Diagnostic
Kits/Tests

Example: Cholesterol tests, Diabetic equipment & supplies Home Medical Equipment
* Homeopathic Care *

Homeopathic Medicines * **RX**
Hormone Replacement Therapy,
Prescription
Hospital Beds Human Chorionic
Gonadotropin (hCG) Injections *
Humidifiers *
Hydrotherapy *
Hypnobirthing *
Hypnosis *

Immunizations

Incontinence Products
In Vitro Fertilization

Lab Fees Lactation

Consultant Lamaze
Classes Laser Eye
Surgery Laser
Therapy *

To treat medical conditions, including: Acne, Jaundice, Mood Disorders, etc.

Latex Gloves * Laxatives **RX**

Example: Dulcolax, Miralax

Lead-based paint removal *

Lice Treatment **RX** *Example:*
Nix, Rid

Massage Therapy Medical

Alert/Bracelet/Necklace Medical
Records Medical Services
Medicated Lip Products **RX**

Example: Blistex Medicated Lip Ointment, Neosporin Lip Treatment

Menstrual Relief **RX**

Example: Midol, Pamprin

Midwife Migraine Relief

RX *Example: Advil Migraine,*

*Excedrin Minerals **

Example: Calcium, Caltrate, Folic Acid

Motion Sickness Medicines **RX**

Example: Bonine, Dramamine, Marizine

Motion Sickness Wristbands

Nasal Spray **RX**

Example: Afrin

Nasal Strips

Naturopathic Care * Neti Pot
Neuromuscular Re-Education
Nursing Care & Services *
Nursing Home *
Nutritionist *

Occlusal/Bite Guards

Occupational Therapy
Optometrist Oral Care
RX *Example: Anbesol, Orajel*
Orthodontia Orthopedic
Shoes (LMN) Orthotic
Inserts Osteopath
Over-The-Counter Medicines/Drugs **RX**
Over-The-Counter Supplies Ovulation
Monitor
Oxygen *

Pain Relievers **RX** *Example:*

Advil, Aleve, Tylenol, Icy Hot

Patterning Exercises * Penile

Implants * Permanent

Contact Lenses Physical

Therapy Pillows – Lumbar

Support * Post-Mastectomy

Clothing Pregnancy Aids

Example: Maternity Girdles, Elastic Hosiery, Maternity Support Belts

Pregnancy Tests Prescription

Drugs Preventative Care

Screenings Probiotics *

Prolotherapy Prosthetics

Psychiatric Services & Care

Psychoanalysis

Psychologist Pulse

Oximeter

Radon Mitigation *

Reading Glasses

Retrieving Tools

Rogaine * **RX**

Scooters * Service Animals Shampoo –

Medicated * **RX** *Example: Denorex, DHS Tar*

Shampoo, Nizoral Shower Chairs

Sitz Bath

Sleep Aids **RX** *Example: Nytol, Somnex,*

Tylenol PM, Unisom Smoking Cessation

Medicines **RX** *Example: Nicoderm CQ,*

Nicorette Smoking Cessation

Programs Speech Therapy

Sperm Storage *

Sterilization Procedures Sterilization
Reversal Substance Abuse Treatment
Sunburn/Burn Relief *Example: Aloe Vera,*
Solarcaine Sun-Protective Clothing (SPF
30+) * Sunscreen (SPF 15+)
Supplements – Calcium * Supplements
– Dietary * *Example: Ensure, Power drinks,*
Protein bars Supplements – Fiber * *Example:*
Benefiber, Metamucil Supplements – Fish
Oil/Omega 3 * Supplements – Herbal *
Example: Echinacea, Ginkgo Biloba, St. John's Wort
Supplements – Hormone, OTC * **RX**
Supplements – Lactose Intolerance *
Example: DairyCare, Digestive Advantage, Lactaid
Supplements – Nutritional *

Tanning Salon or Equipment *

Teeth Whitening * Telephone
for Hearing Impaired Toilet Seat
Extenders

Ultrasound

Varicose Veins Treatment/Sclerotherapy

Vasectomy Vasectomy

Reversal Vision Care

Vitamin B-12 Injections *

Vitamins * Vitamins –

Pre-Natal

Walkers Wart Removal **RX** *Example:*

Compound W, Dr.Scholl's Clear Away Water

Fluoridation * Weight Loss Drugs,

OTC * **RX** Weight Loss

Procedures/Surgery Weight Loss

Programs * Well-Baby/Well-Child

Care Whirlpool baths *

Wheelchairs

Wigs *

X-Ray Fees