



# Sample Expenses

## Medical Expenses

- At-Home COVID Testing
- Acupuncture
- Addiction programs
- Adoption (medical expenses for baby birth)
- Alternative healer fees
- Ambulance
- Body scans
- Breast pumps
- Care for mentally handicapped
- Chiropractor
- Copayments
- COVID-19 PPE (e.g., masks, hand sanitizer, and sanitizing wipes)\*
- Crutches
- Diabetes (insulin, glucose monitor)
- Eye patches
- Fertility treatment
- First aid (e.g., bandages, gauze)
- Hearing aids & batteries
- Hypnosis (for treatment of illness)
- Incontinence products (e.g., Depends, Serene)
- Joint support bandages and hosiery
- Lab fees
- Menstrual Products
- Monitoring device (blood pressure, cholesterol)
- Physical exams
- Non-prescription medicines or drugs (vitamins/supplements without a prescription are not eligible)
- Pregnancy tests
- Prescription medicines or drugs
- Psychiatrist/psychologist (for mental illness)
- Physical therapy
- Speech therapy
- Vaccinations
- Vaporizers or humidifiers
- Weight loss program fees (if prescribed by physician)
- Wheelchair

*\*If purchased for the primary purpose of preventing the spread of COVID-19.*

## Dental Expenses

- Artificial teeth
- Copayments
- Deductible
- Dental work
- Dentures
- Orthodontia expenses
- Preventative care at dentist office
- Bridges, crown, etc.

## Vision Expenses

- Braille - books & magazines
- Contact lenses
- Contact lens solutions
- Eye exams
- Eyeglasses
- Laser surgery
- Office fees
- Guide dog and upkeep/ other animal aid

## Items that generally do not qualify for reimbursement

- Personal hygiene (e.g., deodorant, soap, body powder, sanitary products. Does not include menstrual products)
- Addiction products\*\*
- Cosmetic surgery\*\*
- Cosmetics (e.g., makeup, lipstick, cotton swabs, cotton balls, baby oil)
- Counseling (e.g., marriage/family)
- Dental care - routine (e.g., toothpaste, toothbrushes, dental floss, anti-bacterial mouthwashes, fluoride rinses, teeth whitening/bleaching)\*\*
- Exercise equipment\*\*
- Haircare (e.g., hair color, shampoo, conditioner, brushes, hair loss products)
- Health club or fitness program fees\*\*
- Homeopathic supplement or herbs\*\*
- Household or domestic help
- Laser hair removal
- Massage therapy\*\*
- Nutritional and dietary supplements (e.g., bars, milkshakes, power drinks, Pedialyte)\*\*
- Skin care (e.g., moisturizing lotion, lip balm)
- Sleep aids (e.g., snoring strips)\*\*
- Vitamins\*\*
- Weight reduction aids (e.g., Slimfast, appetite suppressant)\*\*

*\*\*Portions of these expenses may be eligible for reimbursement if they are recommended by a licensed medical professional as medically necessary for treatment of a specific medical condition.*

**Life is not always flexible, but your money can be.**

# Did you know?

A Flexible Spending Account lets you set aside pre-tax dollars for eligible health and dependent care expenses.

**Do you purchase any of these eligible everyday healthcare expenses?**

## ACNE

Acne Wash  
Cleanser  
Body Wash  
Acne Cleanser  
Cleansing Pads  
Facial Moisturizer



## ALLERGY & SINUS

Affrin  
Allegra  
Benadryl  
Flonase  
Neti Pot  
Visine  
Thraflu Sinus



## BABY & MOM

Diaper Rash Spray  
Children's Motrin  
Pedialyte  
Teething Gel  
Pregnancy Test  
Prenatal Vitamins  
Baby Monitoring System



## BREAST PUMPS & ACCESSORIES

Nipple Balm  
Nursing Pads  
Breast Pump  
Electronic  
Manual  
Breast Milk Storage Bags



## BRACES & SUPPORTS

Arthritis Gloves  
Ankle Brace  
Knee Brace  
Wrist Brace  
Tennis Elbow  
Support Strap



## COLD & FLU

Cough Drops  
Sudafed  
Mucinex  
Alka Seltzer  
Robitussin  
Theraflu  
Tylenol Cold + Head



## CONTACT LENS CARE

Cleaning Solution  
Rewetting Drops  
Saline Solution  
Lens Case



## CPAP ACCESSORIES

CPAP Machine  
CPAP Filter  
CPAP Cleaner  
CPAP Pillow  
CPAP Mask  
Cleaner Spray



## DIABETES

Alcohol Pads  
Glucose Test Strips  
Glucose Meter  
Lancing Device  
Lancets



## DIGESTIVE HEALTH

Benefiber  
Dulcolax  
Omeprazole  
Pepcid AC  
Tums  
Zantac  
Preparation H



## ECZEMA

Eczema Relief Cream  
Eczema Soothing Bath Treatment  
Cortizone-10  
Eczema & Itchy Dry Skin



## FEMININE CARE

Pamprin  
Midol  
Pads  
Pantyliners  
Tampons  
Menstrual Cup  
Period Underwear  
AZO Urinary Pain Relief



## FIRST AID

Alcohol Wipes  
Burn Gel  
Band-Aid  
Neosporin  
Gauze Pads  
First Aid Kit  
Surgical Tape  
Wound Wash



## FOOT CARE

Blister Treatment Patch  
Acupressure Foot Pain Relief Roller  
Plantar Fascia Sleeve  
Corn & Callus Trimmer  
Compound W  
Corn Cushion  
Insoles



## GLUCOSAMINE

Osteo Bi-Flex  
Move Free  
Joint Health  
Glucosamine  
Chondroitin  
Glucosflex  
Omega 3.6.9



## HEARING AIDS & ACCESSORIES

Cleaning Wipes  
Hearing Aid Batteries  
Digital Hearing Amplifiers  
Personal Sound Amplifier



## HIGH BLOOD PRESSURE

Blood Pressure Monitors & Accessories



## ITCH RELIEF

Benadryl  
Itch Cream  
Itch Relief Moisturizing Cream  
FemiClear  
Feminine Itch Relief



## MOBILITY

Walking Cane  
Wheelchair  
Walkers  
Wheelchair Cushion  
Crutches  
Knee Scooter



## ORAL CARE

Blistex  
Polident  
Denture Cleaner  
Orajel  
Night Guard



## PAIN RELIEF

Ibuprofen  
Tylenol  
Instant Cold Pack  
Heating Pad  
Icy Hot  
Triple Antibiotic Ointment



## READING GLASSES

Blue-Light Reading Glasses  
Key chain Reading Glasses



## SUNSCREEN

Sunscreen  
Lip Balm  
Sunscreen Spray Lotion  
Tanning Oil SPF 15  
Everyday Lotion With SPF 15



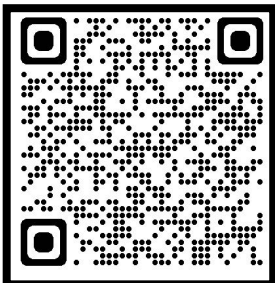
## TENS THERAPY

Omron Pocket Pain Pro  
Tens Unit  
Electro Therapy  
Deep Muscle & Joint Pain Relieving  
Massage Gun With Heat Therapy



## THERMOMETERS

Ear Digital Thermometer  
Forehead Thermometer  
Digital Thermometer  
Infrared Non-Touch Thermometer



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