



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 Afrin 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 Sucrets 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 Glucoflex 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 

QUESTIONS? Contact National Benefit Services the Island Flex Administrator at 808-465-2284 or toll-free at 855-399-3035, option 2 or visit www.nbsbenefits.com/islandflex.

