



# Eligible Expense Quick Reference

This list is intended to be used as a quick reference of potentially eligible medical expenses, and does not guarantee that an expense is eligible. It is not intended to be an all-encompassing list and may be updated from time to time. Eligible expenses are governed by Section 213(d) of the Internal Revenue Code. In addition to the list below, there are over 150 additional items or expense types that are considered potentially eligible and may require a prescription or a letter of medical necessity.

Once your account is open, you will have access to a detailed eligible expense look up table. Simply log in at [BenefitResource.com](https://BenefitResource.com) and select **Eligible Health Care Expense Table** under the Health Savings Plan tab.

## REMEMBER TO SAVE ALL RECEIPTS

You are responsible for verifying funds were used for eligible expenses if ever audited by the IRS.

### A-G

- Acupuncture
- Alcoholism treatment
- Ambulance
- Arthritis gloves
- Artificial teeth
- Asthma devices and medicines
- Bandages
- Birth control products (e.g. prophylactics)
- Body scans
- Braille books and magazines
- Breast pumps
- Breast reconstruction surgery following mastectomy
- Carpal tunnel wrist supports
- Chiropractors
- Circumcision
- Co-insurance amounts
- Co-payments
- Counseling, when used to treat diagnosed medical condition
- CPAP (continuous positive airway pressure) devices
- Crutches
- Dental sealants
- Dental services and procedures
- Diabetic supplies & insulin
- Diagnostic items/services
- Dizziness pills
- Drug addiction treatment
- Drug overdose, treatment of
- Durable medical equipment
- Eye examinations
- Eyeglasses
- Flu shots
- Fluoridation services
- Guide dog

### H-Q

- Hospital services
- Immunizations
- Laboratory fees
- Lactation consultant
- Laser eye surgery, Lasik
- Lodging at hospital or similar institution
- Mastectomy-related special bras
- Medical alert bracelet or necklace
- Medical monitoring and testing

- devices (e.g. blood-pressure monitoring devices, blood-sugar test kits/strips)
- Medical practitioner's fee for online or telephone consultation
- Medical records charges
- Menstrual Care Products
- Midwife
- Norplant insertion or removal
- Obstetrical expenses
- Occlusal guards to prevent teeth grinding
- Operations / Surgeries
- Optometrist
- Organ donors
- Orthodontia
- Orthopedic shoe inserts
- Osteopath fees
- Ovulation monitor
- Oxygen
- Personal Protective Equipment (masks, hand sanitizer, sanitizing wipes)
- Physical exams
- Physical therapy
- Pregnancy test kits
- Prescription drugs and medicines
- Preventive care screenings
- Prosthesis and artificial limbs
- Psychiatric care

### R-Z

- Radial keratotomy
- Reading glasses
- Rehydration solution
- Screening tests (including cancer screening tests)
- Sleep-deprivation treatment
- Speech therapy
- Stop-smoking programs
- Telephone equipment or television for hearing-impaired persons
- Transplants
- Transportation expenses for person to receive medical care, may include car mileage or alternative transportation costs
- Vaccines and immunizations
- Vision correction procedures
- Walkers/Wheelchair
- X-ray fees

### OTC MEDICAL SUPPLIES

- Adult incontinence products (e.g. Depends)
- Contact lens solution
- Denture adhesives
- First aid creams
- First aid supplies (e.g. band-aids)
- Foot insoles
- Gauze Pads
- Hearing aids/hearing aid batteries
- Heat wraps (e.g. ThermaCare)
- Heating pads, hot water bottles
- Liquid adhesive for small cuts
- Medicine dropper/spoon
- Pre-natal vitamins
- Rubbing alcohol
- Sunscreen (Broad Spectrum SPF 15+)
- Supports/braces (e.g. ankle, knee, wrist, therapeutic glove)
- Thermometers

### OTC DRUGS & MEDICINES

- Acne medications
- Allergy and sinus medications (e.g. Benadryl, Claritin, Sudafed)
- Anti-fungal medications (e.g. Lotramin AF)
- Anti-itch medications (e.g. Caladryl)
- Cold sore medications
- Cough, cold & flu remedies
- Decongestants
- Diaper rash ointments
- Ear supplies (e.g. wax removal)
- Gastrointestinal aids (e.g. antacids, anti-diarrhea medicines, non-fiber laxatives, nausea medications)
- Lactose intolerance pills
- Motion sickness pills
- Nasal sprays for congestion (e.g. Afrin)
- Pain relievers (e.g. aspirin, Excedrin, Tylenol, Advil, Motrin)
- Sleeping aids
- Smoking cessation medications (e.g. nicotine gum or patches)
- Suppositories
- Toothache relievers (e.g. Orajel)
- Topical ointments for gingivitis
- Wart remover medications
- Yeast infection creams (e.g. Monistat)