

# Common Qualified and Non-Qualified Items for Option 1 Health Care Account and Option 2 Dependent Daycare / Elder care Account

## Qualified Health Expenses

Acupuncture  
Adhesive or elastic bandages  
Alcoholism and drug treatment  
Ambulance  
Artificial limbs, braces, and teeth  
Breast pumps and lactation supplies  
Chiropractors  
Christian Science practitioner's fees  
Cold or hot compresses  
Contact Lenses, solutions, eye drops and supplies  
Co-Payments (doctor, dental, vision, pharmacy)  
Costs of physical and mental illness confinement  
Crutches and canes  
Deductibles  
Dental fees (cosmetic procedures not eligible)  
Dentures and denture adhesive  
Diabetic supplies  
Diagnostic fees  
Doctor fees, office visits, co-pays, deductibles  
Drug and medical supplies (syringes, needles, ect)  
Emergency room visits  
Endodontists fees  
Eyeglasses prescribed by your doctor  
Eye examinations fees  
Eye surgery (cataracts, LASIK, ect)  
First Aid bandages, gauze, gloves and masks  
Glucose meters  
Hearing devices and batteries  
Home health care  
Hospital bills  
Incontinence supplies  
Insulin  
Laboratory fees  
Laser eye surgery  
Leg or arm braces  
Medical alert bracelets and fees  
Office visits  
Obstetrics and fertility fees  
Optometrist and ophthalmologist fees  
Oral Surgery  
Orthodontic fees  
Orthopedic devices  
Osteopath fees  
Oxygen  
Periodontist fees  
Personal Test Kits - pregnancy, ovulation, cholesterol  
Physical therapy  
Physician fees  
Podiatrist fees  
Prescribed medicines  
Psychiatric care  
Psychologist and psychiatrist fees  
Radiology  
Routine physicals and other non-diagnostic services or treatments  
Smoking cessation programs  
Speech therapy  
Surgical fees  
Thermometers  
Travel to doctors and health care facilities  
Weight loss surgery  
Wheelchair and walkers  
X-rays and MRI

## Dependent Care Expenses so you can Work

Nanny & babysitter\*  
Pre-K or nursery school  
Before – or after-school care\*  
Day camp\*  
Daycare for a disabled adult or child  
Elder daycare for parent or dependent

\*For dependents age 12 and under

## Dual Purpose Items Requiring a Letter of Medical Necessity

*These items require a Letter of Medical Necessity to be completed by your healthcare provider who has prescription writing authority. This form can be downloaded from our website.*

Arches and orthopedic shoes  
Bedpans and ring cushions  
Blood Pressure Monitor  
Boost / PediaSure  
Elevated toilet seat  
Foot Spa  
Herbs  
Humidifiers and vaporizers  
Massagers  
Massages  
Minerals  
Multivitamins  
Reconstruction surgery in connection with a birth defect, disease or accident  
Shower bars and safety handles  
Special Supplements  
Special school for disabled child  
Therapeutic support gloves  
Vitamins  
Weight loss programs and fees pertaining to a specific disease  
Wigs for hair loss caused by Disease

## Over-the-Counter Items Items marked (Rx) require a doctor's prescription.

Antiseptics

- Antiseptic wash or ointment for cuts or scrapes (Rx)
- Antiseptic mouthwash (Rx)
- Benzocaine Swabs (Rx)
- Boric acid powder (Rx)
- First aid wipes (Rx)
- Hydrogen peroxide (Rx)
- Iodine tincture (Rx)
- Rubbing alcohol (Rx)
- Sublimed sulfur powder (Rx)

Cold, Flu, Asthma and Allergy Medications

- Allergy medications (Rx)
- Bronchodilator / Expectorant tablets (Rx)
- Bronchial asthma inhalers (Rx)
- Cold relief syrup, tablets and drops (Rx)
- Cough relief syrup, tablets and drops (Rx)
- Flu relief syrup, tablets and drops (Rx)
- Homeopathic sinus medications (Rx)
- Medicated chest rub (Rx)
- Nasal decongestant spray, drops or inhaler (Rx)
- Sinus and allergy nasal spray (Rx)
- Vapor patch cough suppressant (Rx)

Diabetes

- Diabetic lancets
- Diabetic needles
- Diabetic supplies
- Diabetic syringes
- Diabetic test strips
- Glucose meters
- Glucose tablets (Rx)

Ear/Eye Care

- Airplane ear protection (LOMN)
- Ear drops for swimmers (Rx)
- Ear water-drying aid (Rx)
- Ear wax removal drops (Rx)
- Homeopathic earache tablets (Rx)
- Contact lens solution

Health Aids

- Anti-fungal treatments (Rx)
- Denture adhesive
- Diuretics and water pills (Rx)

- Hemorrhoid relief (Rx)
- Incontinence supplies
- Lice control (Rx)
- Medicated bandages
- Motion sickness tablets (Rx)
- Respiratory stimulant ammonia (Rx)
- Sleeping aids (Rx)

Pain Relief

- Arthritis pain reliever (Rx)
- Bunion and blister treatments (Rx)
- Itch relief (Rx)
- Orajel® (Rx)
- Pain relievers, aspirin and non-aspirin (Rx)
- Throat pain medications (Rx)

Personal Test Kits

- Cholesterol tests
- Colorectal cancer screening tests
- Home drug tests
- Ovulation indicators
- Pregnancy tests

Skin Care

- Acne medications (Rx)
- Anti-itch lotion (Rx)
- Bunion and blister treatments (Rx)
- Cold sore and fever blister medications (Rx)
- Corn and callus removal medications (Rx)
- Diaper rash ointment (Rx)
- Eczema cream (Rx)
- Medicated bath products (Rx)
- Wart removal medications (Rx)

Stomach Care

- Acid reducers (Rx)
- Antacid gum, liquid and tablets (Rx)
- Anti-diarrhea medications (Rx)
- Gas prevention tablets and drops (Rx)
- Ipecac syrup (Rx)
- Laxatives (Rx)
- Pinworm treatment (Rx)
- Prilosec® (Rx)
- Upset stomach medications (Rx)

## Non-Qualified Health Expenses

<ul style="list-style-type: none"> <li>• Aromatherapy</li> <li>• Baby bottles and cups</li> <li>• Baby oil</li> <li>• Baby wipes and diapers</li> <li>• Blistex® / Chapstick®</li> <li>• Breast enhancement system</li> <li>• Cosmetics</li> <li>• Cosmetic surgery, procedures and/or medications</li> <li>• Cotton swabs</li> <li>• Dental floss</li> <li>• Deodorants</li> <li>• Facial care</li> <li>• Feminine care fragrances</li> <li>• Feminine hygiene products</li> <li>• Food products</li> <li>• Hair restoration (procedures, drugs or medications)</li> <li>• Health club or gym memberships for general health</li> <li>• Insoles</li> <li>• Insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Low "carb" foods</li> <li>• Low calorie foods</li> <li>• Mail order prescriptions from another country</li> <li>• Marriage and family counseling</li> <li>• Mattresses and other common household furniture</li> <li>• Over the counter items, drugs or medications that are not prescribed by your physician</li> <li>• Petroleum jelly</li> <li>• Shampoo and conditioner</li> <li>• Skin care</li> <li>• Spa salts</li> <li>• Student health fees</li> <li>• Sun clips for prescription glasses</li> <li>• Sun tanning products</li> <li>• Teeth bleaching</li> <li>• Toothbrushes and toothpaste</li> <li>• Venecers</li> <li>• Weight loss programs for general health or appearance</li> </ul>
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