

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)
Feminine hygiene products
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 are eligible as of 1/1/2020

Antiseptics

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

Cold, Flu, Asthma and Allergy Medications

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

Diapers

- Diaper patch cough suppressant
- Diabetic lancets
- Diabetic needles
- Diabetic supplies
- Diabetic syringes
- Diabetic test strips
- Glucose meters
- Glucose tablets

Ear/Eye Care

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

Health Aids

- Anti-fungal treatments
- Denture adhesive
- Diuretics and water pills

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

Pain Relief

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

Personal Test Kits

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

Skin Care

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

Stomach Care

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

Non-Qualified Health Expenses

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