



## 2007 Flexible Spending Expenses

*Dual-purpose (DP) items require a doctor's diagnosis of a medical condition and evidence that the item is recommended to treat the diagnosed condition.*

### Reimbursable Medical Expense Requests

EXPENSE	EXPLANATION
Acupuncture	Yes, if treating a medical condition <b>DP*</b>
Adoption – medical expenses incurred before adoption is finalized	Yes, if child was legal dependent when services provided
Alcoholism treatment	Yes, for inpatient treatment (including meals and lodging) at a center for alcohol addiction
Allergy medicine	Yes, if treating sickness or injury
Ambulance	Yes
Antacid	Yes
Antihistamine	Yes
Artificial limbs and teeth	Yes
Aspirin	Yes
Bactine	Yes
Bandages	Yes
Birthing classes / Childbirth classes / Lamaze	Yes, if classes relate to child birth and not child rearing. Expenses for coach (or doula) or significant other are not eligible
Blood pressure monitoring device	Yes
Blood sugar test kit and test strips	Yes
Body scan	Yes
Braille books and magazines	Yes, for visually-impaired person, but only the amount above cost of regular printed material
Breast reconstruction surgery following mastectomy	Yes if mastectomy was done following cancer
Calamine lotion	Yes
Carpal tunnel wrist supports	Yes
Chelation therapy	Yes, if used to treat medical condition such as lead poisoning <b>DP*</b>
Childbirth classes	See Lamaze <b>DP*</b>
Chiropractors	Yes
Chondroitin	Yes if used to treat medical condition and not just for general health <b>DP*</b>
Circumcision	Yes
Claritin	Yes
Co-insurance amounts and deductibles	Yes

<b>EXPENSE</b>	<b>EXPLANATION</b>
Cold medicine	Yes
Cold packs	Yes
Contact lenses, related materials & equipment	Yes, if the lenses are needed for medical reasons.
Cough suppressants	Yes
Counseling	Yes, for medical reason. No for marriage counseling <b>DP*</b>
Crutches	Yes, for rental or purchase
Decongestants	Yes
Deductibles	Generally yes, see co-insurance & deductibles
Dental treatments	Yes, see restrictions for orthodontia, teeth whitening and bleaching
Dentures and denture adhesives	Yes
Diabetic supplies	Yes. See Glucose monitoring devices and insulin
Diaper rash ointments and creams	Yes
Diagnostic services	Yes
Diarrhea medicine	Yes
Drug addiction treatment	Yes, for inpatient treatment (includes meals and lodging) at therapeutic drug center
Drug overdose treatment	Yes
Drugs and medicines	Yes, if legally obtained and generally accepted as medicines and drugs and if treating a medical condition. This includes both prescribed drugs and over the counter drugs.
Ear plugs	Yes if treating medical condition <b>DP*</b>
Eye examinations, eyeglasses and related equipment and materials	Yes, amounts paid for eyeglasses and lenses prescribed by doctor for medical reasons, eye examinations and eyeglass cleaners are eligible
First aid cream and first aid kits	Yes
Fitness programs	Only if prescribed by doctor for treatment of obesity or other medical condition <b>DP*</b>
Flu shots	Yes
Gauze pads	Yes
Glucosamine	Yes if primarily for medical care <b>DP*</b>
Glucose monitoring equipment	Yes, blood glucose meters and test strips for diagnostic purposes
Guide dog or other animal aide	Yes, includes expenses related to purchase, training and care of animal used by vision-impaired or hearing-impaired person
Hearing aids	Yes, includes cost of hearing aid and batteries
Hemorrhoid treatments	Yes
Home care	Yes, if expenses qualify as nursing services. No if for long term care <b>DP*</b>
Hormone replacement therapy	Yes if used primarily for medical care <b>DP*</b>
Hospital services	Yes
Immunizations	Yes
Incontinence supplies	Possibly, if used to relieve the effects of a particular disease <b>DP*</b>
Insect bite creams and ointments	Yes

<b>EXPENSE</b>	<b>EXPLANATION</b>
Insulin	Yes
Lab fees	Yes, if part of medical care
Lamaze classes	May be partially reimbursable, to the extent that the instruction relates to birth and not child rearing. Amounts for the coach or significant other are not reimbursable. <b>DP*</b>
Language training for dyslexic/ disabled child	Yes <b>DP*</b>
Laser / Lasik eye surgery / Radial Keratotomy	Yes, if for correction of eye function
Laxatives	Yes
Learning disability	Yes, expenses for special school or specially trained teacher (prescribed by doctor) for a child who has severe learning disability caused by mental or physical impairment
Lodging at hospital or similar institution	Yes if there to receive medical care
Lodging not at hospital or similar institution	Yes, up to \$50/night, provided: (1) lodging is primarily for and essential to medical care, (2) medical care is provided in a hospital or medical facility related to or equivalent to licensed hospital (3) lodging is not lavish (4) no element of personal pleasure, recreation or vacation in the travel.
Medic-alert bracelet or necklace	Yes, if recommended by a medical practitioner in connection with treating a medical condition <b>DP*</b>
Medical conference admission & transportation	Yes <b>DP*</b>
Medical monitoring and testing devices	Yes, including blood pressure monitors, syringes, glucose kit, etc.
Medical records charges (to transfer records to new practitioner)	Yes
Medical services	Yes if legal medical service is recommended by physician, surgeon, specialist or other medical practitioner
Medicines & drugs	Yes. See Drugs & medicines.
Motion sickness pills	Yes
Nasal sprays or strips	Yes if used to treat sinus problems or sleep apnea <b>DP*</b>
Nicotine gum or patches	Yes
Nursing home expenses	Possibly reimbursable if main reason for being there is to get medical care. <b>DP*</b>
Nursing services provided by nurse or other attendant	Yes, so long as services are of a kind generally performed by a nurse. <b>DP*</b>
Nutritionist's professional expenses	Possibly. if treatment relates to a specifically diagnoses medical condition <b>DP*</b>
Obstetrical expenses	Yes
Occlusal guards to prevent teeth grinding	Yes
Optometrist	Generally yes
Organ donors	See Transplants
Orthodontia	Generally yes, unless for cosmetic purposes
Orthopedic shoes and inserts	Yes to the extent they exceed cost of regular shoes <b>DP*</b>
Over-the-counter medicines	See Drugs and Medicines <b>DP*</b>
Pain relievers	Yes

<b>EXPENSE</b>	<b>EXPLANATION</b>
<b>Patterning exercises</b>	Yes, for exercises to a mentally retarded child
<b>Physical exams</b>	Yes, if not employment-related
<b>Physical therapy</b>	Yes, to treat specific medical condition
<b>Pregnancy test kits</b>	Yes
<b>Prenatal vitamins</b>	Generally yes <b>DP*</b>
<b>Psychiatric care</b>	Yes if for medical care
<b>Psychoanalysis or psychologist</b>	Yes, if for medical care and not just for the general improvement of mental health, relief of stress, etc. <b>DP*</b>
<b>Schools and education, residential</b>	Possibly, if the school or program is to treat behavioral, emotional and/or addictive conditions if the primary purpose of the program is medical care <b>DP*</b>
<b>Schools and education, special</b>	Possibly, if the main reason for using the school is its resources for relieving the disability of a mentally-impaired or physically-disabled person. Includes Braille, lip-reading and remedial language training. No if the main purpose of school is disciplinary. <b>DP*</b>
<b>Screening tests</b>	Yes if used for medical diagnosis
<b>Sleep deprivation treatment</b>	Probably yes with respect to testing and treatment if person is under care of a medical practitioner
<b>Smoking cessation program</b>	Yes, including both prescription and over the counter drugs and medicines
<b>Special foods (such as foods needed for a gluten-free or salt-free diet)</b>	Yes, if prescribed by a physician to treat a specific illness or ailment and is not a substitute for normal nutritional requirements. Reimbursement is limited to the difference between the cost of special food and the cost of commonly available regular food <b>DP*</b>
<b>Stop-smoking program</b>	Generally, yes
<b>Sunglasses</b>	Yes, if they are prescription lenses
<b>Supplies to treat medical condition</b>	Yes, if used to diagnose or treat a specific medical condition and is not a personal comfort item
<b>Taxes on medical services and products</b>	Yes, to the extent imposed on reimbursable medical care or products.
<b>Telephone equipment for hearing impaired persons</b>	Yes, for expenses of buying and repairing special telephone equipment for hearing-impaired person <b>DP*</b>
<b>Television equipment for hearing impaired persons</b>	Yes, but reimbursable amount is limited to the cost that exceeds cost of regular item <b>DP*</b>
<b>Thermometers</b>	Yes
<b>Toothache and teething pain relievers</b>	Yes
<b>Transplants</b>	Yes, for surgical, hospital and labor services and transportation expenses for donors
<b>Transportation to and from medical conference</b>	Yes, for admission and transportation expenses to a medical conference relating to the chronic disease of the individual's dependent (meals and lodging are not eligible) <b>DP*</b>
<b>Transportation and related travel expenses for person receiving medical care</b>	Yes, if travel is primarily for, and essential to, medical care. Includes parking fees and tolls. Car mileage is reimbursed at the current rate set by the IRS each year <b>DP*</b>
<b>Weight loss programs and/or drugs prescribed to induce weight loss</b>	Yes, if prescribed by doctor to treat obesity or other medical condition <b>DP*</b>
<b>Wheelchair</b>	Yes
<b>X-ray fees</b>	Yes, if received for medical reasons

## Non-Reimbursable Medical Expense Requests

EXPENSE	EXPLANATION
Acne treatment (Retin A)	No, unless treating a specific medical condition such as acne vulgaris <b>DP*</b>
Administrative costs	Generally no, as they are not for medical care
Advanced reimbursements	No
Babysitting and child care	No
Breast pump	No, unless medical need <b>DP*</b>
COBRA premiums	No
Cosmetics	No, including face cream, deodorant, hand lotion, or any other item used for ordinary cosmetic purposes
Cosmetic procedures or surgery	No, except for amounts paid for surgery necessary to improve a deformity arising from a congenital abnormality, personal injury from an accident or trauma, or a disfiguring disease
Deodorant	No
Dependent daycare expenses	No
Diapers or diaper service	No, except may be reimbursable where used to relieve the effects of a particular disease
Dietary supplements	No for general health (including nutritional supplements, vitamins, herbal supplements and natural medicines) but may be reimbursable if recommended by medical practitioner to treat specific medical condition. <b>DP*</b>
Electrolysis or hair removal	Generally no
Face creams, moisturizers and face lifts	No, because usually cosmetic
Feminine hygiene products (tampons, etc.)	Generally no <b>DP*</b>
Fiber supplements	No if taken as a supplement to normal diet. Yes, under narrow conditions if recommended by medical practitioner to treat specific medical condition <b>DP*</b>
Funeral expenses	No
Hair removal /hair transplant	No, usually cosmetic
Health club dues and fees	No for general health purposes, but may be allowed if prescribed by a doctor to treat a specific medical condition <b>DP*</b>
Illegal operations or treatments	No
Insurance premiums	No
Lodging while attending medical conference	No
Long term care services	Generally no
Marijuana or other controlled substances	No, even if legal in certain states
Massage therapy	No, unless prescribed by a doctor to treat medical condition related to trauma or injury <b>DP*</b>
Mastectomy-related special bras	No, unless prescribed for mental health treatment <b>DP*</b>
Naturopathic healers, dietary substitutes and drugs and medicines	Generally no <b>DP*</b>
Nursing services for a baby	No if baby is normal and healthy

<b>EXPENSE</b>	<b>EXPLANATION</b>
<b>Nutritional supplements</b>	No if merely beneficial for general health, but possibly reimbursable if recommended by a medical practitioner for a specific medical condition <b>DP*</b>
<b>Propecia</b>	Generally no, if purchased for cosmetic purposes <b>DP*</b>
<b>Retin A</b>	No, unless treating a specific medical condition such as acne vulgaris <b>DP*</b>
<b>Rogaine</b>	No <b>DP*</b>
<b>Safety glasses</b>	No, unless prescription lenses
<b>Sunscreen</b>	No, unless person has a prior history of skin cancer and would not have bought sunscreen "but for" medical condition <b>DP*</b>
<b>Suntan lotion</b>	No
<b>Surrogate expenses</b>	Generally no even if for medical care of surrogate or unborn child.
<b>Teeth whitening</b>	No
<b>Toothbrushes or Toothpaste</b>	No, even if dentist recommends special ones to treat medical condition
<b>Vitamins</b>	No, to promote general good health. Eligible if legal and recommended by medical practitioner to treat a specific medical condition <b>DP*</b>

**Submit Flex Claims to:**

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