

## EXAMPLES OF ELIGIBLE HEALTH CARE EXPENSES

This list is meant to be a guide only for those health care expenses that are eligible for reimbursement.

Please Note: You will need to obtain an updated Letter of Medical Necessity each year for those items requiring a doctor's recommendation for treatment.

- Acupuncture
- Ambulance
- Chiropractor fees (to treat a specific medical condition)
- Christian Science Practitioner fees (to treat a specific medical condition)
- Coinsurance
- Contraceptive Prescriptions
- Copayments
- Crutches
- Dentist Fees (other than cosmetic services)
- Diabetic Supplies
- Eye Exams
- Fees for the computer storage of medical records
- Health Insurance Deductibles (associated with specific costs)
- Hearing Aids/Batteries
- Hypnosis for Medical Reasons
- Immunizations/Vaccinations
- Insulin
- Laboratory Fees
- Mileage related specifically to an eligible medical visit
- Orthodontia
- Orthopedic Shoes (above the cost of ordinary shoes)
- Over-the-Counter Drugs, Products or Formulas (only with a prescription beginning 1/1/11)
- Physical Therapist Fees
- Physician Fees
- Prescription Drugs (for non-cosmetic reasons)
- Prescription Eye Glasses and/or Contact Lenses
- Psychiatrist Fees (for medical reasons)
- Psychologist Fees (for medical reasons)
- Radial Keratotomy/Ortho Keratology
- Solutions for the Care and Maintenance of Contact Lenses
- Smoking Cessation Treatments and Prescriptions
- Speech Therapist Fees
- Treatment for Substance Addiction
- Wheelchair



## EXAMPLES OF INELIGIBLE HEALTHCARE EXPENSES

This is only a partial list of healthcare expenses that are not eligible for reimbursement.

- Cosmetic Surgery or Procedures (of any kind)
- Domestic Help Fees (for services of a non-medical nature)
- Health Club Memberships
- Lens Replacement Insurance
- Physical Therapy Treatments (for general well-being)
- Weight Loss Treatments and Prescriptions (unless prescribed by a physician)
- Insurance Premiums

## OVER-THE-COUNTER (OTC) DRUGS AND MEDICINES

### List of Medicines and Drugs that are reimbursable with a prescription.

This is a sample list of OTC drugs that are primarily for medical care. Receipt must state the name of the medicine or drug, the date and the amount paid. A prescription is needed for the expense to be reimbursed.

- Antacids, anti-gas, laxatives, stomach and intestinal medicines
- Allergy and asthma medicines, nasal sinus sprays
- Pain relievers - topical creams and oral medicines
- Cough drops, throat lozenges, cough syrup, cold medicines, flu relief
- Nicotine gum, patches, or lozenges for stop-smoking purposes
- Special ointment or cream specifically for sunburns
- Electrolyte drinks for child's dehydration
- Antibiotic cream, cortisone cream, first aid spray, calamine lotion, bug bite medication
- Visine, allergy eye drops
- Suppositories and creams for hemorrhoids
- Sleeping pills (to treat occasional insomnia)

### List of Medical and General Health Reimbursable Expenses

This is a sample list of OTC drugs that may have both a medical purpose and a general health purpose. These items require a medical practitioner's note stating the specific medical condition and the OTC drug is required to treat the condition.

- Weight-loss drugs to treat a diagnosed disease (i.e. obesity)
- Counseling
- Sunscreen (i.e. persons diagnosed with skin cancer)
- Acne treatment (not reimbursable if used for cosmetic or wrinkle reduction)
- Joint supplements for diagnosed joint condition (i.e. arthritis)
- Hormone therapy
- Dietary supplements to treat a specific medical condition (i.e. Vitamin B prescribed for treatment of scurvy)
- Prenatal vitamins
- Supplements to treat a specific medical condition for a limited time

### List of Excluded Items

This is a sample list of OTC items that are not reimbursable under any circumstances. These items are toiletries or cosmetics, or items that are likely used primarily for general health.

- Toothpaste, toothbrushes, dental floss
- Make-up, lipstick, eye cream, face cream, moisturizers, suntan lotion
- Perfume, body sprays, deodorants
- Shampoos and soaps

