

Know Your Health Care FSA: What's Eligible & What's Not

Eligible Health Care Expenses

Caring for the Handicapped

- › Service dog
- › Special education for the blind
- › Tuition at special school for handicapped

Child Birth & Well-Being

- › Breast pumps & lactation supplies
- › Birthing/Lamaze
- › Childbirth expenses (physician, hospital, etc.)
- › Midwife services

Dental

- › Bridges
- › Crowns (non-cosmetic)
- › Dentures and care products
- › Exams and teeth cleaning
- › Fillings
- › Gum treatment
- › Implants
- › Occlusal guards
- › Oral surgery
- › Orthodontia
- › Root canals
- › X-Rays

Family Planning

- › Condoms
- › Fertility treatments
- › Oral contraceptives
- › Pregnancy test kit
- › Tubal ligation
- › Vasectomy
- › Abortion

Hearing

- › Hearing aid devices and batteries
- › Hearing exams
- › Telephone for the hearing impaired

Lab Exams & Tests

- › Blood tests
- › Body scans
- › Cardiographs
- › Cholesterol testing
- › Laboratory fees
- › Mammograms
- › Radiology
- › Urine/stool analysis
- › X-Rays

Medical Equipment

- › Artificial limb/prosthetics
- › Asthma flow meters
- › Autoette/wheelchair
- › Blood pressure monitors
- › Blood sugar test kit/strips
- › Custom orthotic
- › Diabetic Supplies
- › Glucose kits, monitors and testers
- › Heart rate monitors
- › Medic-alert bracelet
- › Nebulizers/Vaporizers
- › Prosthesis
- › Syringes

Medical Procedures

- › Acupuncture
- › Breast reconstruction surgery (following mastectomy due to disease)
- › Operations (non-cosmetic)
- › Organ donor's medical expenses
- › Surgical fees

Miscellaneous

- › Ambulance service
- › Co-insurance and co-pays
- › Deductible eligible expenses
- › Hospital services
- › Insulin
- › Transportation expenses incurred for the rendering of medical services

Routine or Preventative Care

- › Flu shots
- › Immunizations/Vaccinations
- › Physical exams

Specialists

- › Chiropractor
- › Dermatologist
- › Osteopath
- › Psychiatrist/Psychologist

Therapy

- › Alcoholism treatments
- › Drug dependency treatments
- › Physical therapy
- › Smoking cessation programs
- › Speech therapy

Vision

- › Artificial eyes
- › Contact lenses & cleaning solutions
- › Eye examinations
- › Eye surgery
- › Eyeglasses
- › Laser eye surgery/LASIK
- › Prescription sunglasses
- › Seeing eye dog and its upkeep

Over-the-Counter

- > Allergy medicine
- > Antacids/acid reducers
- > Anti-itch creams
- > Antihistamines
- > Bandages
- > Cold and Flu medicine
- > Cough suppressants
- > Cold sore/fever blister ointments
- > Callous and corn removers
- > Crutches
- > Cushions, pads, arch supports
- > Eye drops
- > First-Aid kits
- > Gauze and gauze pads
- > Heating pads
- > Hot/cold packs
- > Hydrogen Peroxide
- > Incontinence supplies for adults
- > Laxatives
- > Medical tape
- > Menstrual care products
- > Pain relievers
- > Pedialyte for child's dehydration
- > Rubbing alcohol
- > Sunscreen (SPF 15+)
- > Supports and braces
- > Thermometers
- > Toothache/teething gels

Ineligible Health Care Expenses

- > Christian Science practitioner*
- > Compression hosiery* (for treatment of varicose veins)
- > Cosmetic Surgery/Procedures
- > Dancing/Exercise/Fitness Programs*
- > Diaper Service
- > Doula*
- > Electrolysis
- > Exercise Equipment/Personal Trainers
- > Fiber supplements*
- > Glucosamine/Chondrotin*
- > Hair Loss Medication
- > Hair Transplant
- > Handicap automobile modifications*
- > Health Club Dues*
- > Herbal supplements*
- > Humidifier*
- > Insurance Premiums and Interest
- > Lactation consultant*
- > Language training for disabled child*
- > Laser hair removal
- > Lead-based paint removal*
- > Long-Term Care Premiums
- > Marriage Counseling
- > Massage*
- > Maternity Clothes
- > Mentally handicapped or disabled person's cost for special home*
- > Nutritionist*
- > Orthopedic shoes* (to the extent the cost exceeds that of normal shoes)
- > Prenatal vitamins*
- > Psychoanalysis*
- > Special food/beverage* (cost difference from regular food purchase)
- > Special formula*
- > Stem cell harvesting*
- > Swimming Lessons
- > Teeth Bleaching or Whitening
- > Vitamins or nutritional supplements*
- > Weight-loss program*
- > Wig*

For more information call (888) 762-6088,
or visit www.sentinelgroup.com.

Expenses marked with an asterik () are "potentially eligible expenses" that require a Note of Medical Necessity from your health care provider to qualify for reimbursement.

Note: This list is not meant to be all-inclusive. For a full list please refer to IRS Code Section 213(d).

