

## Get the most out of your account with this list of eligible expenses

This is not a complete list but rather represents common eligible expenses. The Internal Revenue Service (IRS) publishes information on FSAs, HSAs, and eligible expenses at [irs.gov](https://www.irs.gov). If you have questions about an expense please contact us at 210-659-8100. It is important to note that the IRS decides which expenses are eligible and can change this list at any time.

### Easy to Reimburse!

The following commonly incurred expenses are considered eligible by the IRS:

- ▶ Acne Treatments
- ▶ Anti-Itch Creams/Antibiotic Ointments
- ▶ Eye Drops
- ▶ Acupuncture/Acupressure
- ▶ Allergy Medications
- ▶ Ambulance
- ▶ Antacids/Acid Controllers
- ▶ Artificial Limbs/Teeth
- ▶ Arch Supports
- ▶ Asthma Treatments
- ▶ Baby Rash Ointments
- ▶ Bandages
- ▶ Birthing Classes
- ▶ Birth Control Drugs/Devices
- ▶ Blood Pressure Monitors
- ▶ Blood Sugar Test Kits
- ▶ Braces/Supports
- ▶ Breast Pumps
- ▶ Cane (Walking)
- ▶ Cast Covers
- ▶ Catheters
- ▶ Chiropractor
- ▶ Co-Pays
- ▶ Cold/Hot Packs
- ▶ Condoms
- ▶ Contact Lenses
- ▶ Contact Lense Solution
- ▶ Counseling
- ▶ Crowns, dental
- ▶ Crutches
- ▶ Dental treatments including X-rays, cleanings, fillings, braces, and tooth removals
- ▶ Dentures including adhesives and cleaners
- ▶ Diabetic Supplies
- ▶ Drug Prescriptions
- ▶ Elastic Wraps
- ▶ Eyeglasses and Vision Screening
- ▶ Emergency Contraceptive Pill
- ▶ Fertility Treatments
- ▶ First Aid Kits
- ▶ Flavoring for Medication
- ▶ Flu Shots
- ▶ Gauze Pads
- ▶ Hemorrhoid Treatments
- ▶ Hearing Aids including batteries
- ▶ Health Screenings
- ▶ Hospital Services
- ▶ Immunizations
- ▶ Incontinence Supplies
- ▶ Insulin
- ▶ Lab Fees
- ▶ Lactose Intolerance Supplies
- ▶ Lice Treatments
- ▶ Lasik
- ▶ Menstrual Products\*
- ▶ Midwives
- ▶ Motion Sickness Medications
- ▶ Neti Pots
- ▶ Occupational Therapy
- ▶ Orthodontia
- ▶ Ostomy Products
- ▶ Pain Relievers
- ▶ Prescription Drugs
- ▶ Physical Therapy
- ▶ Pregnancy Tests
- ▶ Physical Therapy
- ▶ Psychiatric Care
- ▶ Reading Glasses
- ▶ Sleep Aids
- ▶ Speech Therapy
- ▶ Stomach Remedies
- ▶ Stop-Smoking Programs
- ▶ Sunscreen
- ▶ Surgery (excludes cosmetic)
- ▶ Sterilization Procedures/Reversal
- ▶ Thermometers
- ▶ Throat Lozenges
- ▶ Walkers
- ▶ Wheelchairs

\*Menstrual care products are defined as tampon, pad, liner, cup, sponge, or similar product used by individuals with respect to menstruation.

Note: A Health Savings Account (HSA) also allows for reimbursement of Long Term Care, Medicare Premiums, and COBRA Premiums

# Letter of Medical Necessity Required

Below is a list of commonly questioned expenses that may qualify for reimbursement with a Letter of Medical Necessity (LOMN) from a physician:

A LOMN must meet specific criteria. View our form at [proficientbenefits.com](http://proficientbenefits.com) > then click on Forms and Resources or contact us by phone for more information.

- ▶ Air Purifier
- ▶ Baby Formula
- ▶ Companion Animals including guide dogs
- ▶ Egg Donor Fees
- ▶ Egg Storage Fees
- ▶ Genetic Testing
- ▶ Hormone Replacement Therapy
- ▶ Humidifier
- ▶ In-Vitro Fertilization
- ▶ Massage Therapy
- ▶ Multivitamins
- ▶ Nutritionist
- ▶ Orthopedic Shoes
- ▶ Reflexology
- ▶ Safety Glasses
- ▶ Weight-Loss Programs/Surgery/Medication