ABS Advanced Benefit Strategies
Your Flexible Benefits Specialists

Health Care FSA Eligible Expenses

- Health Care FSA funds can reimburse medical, dental, and vision expenses for you, your spouse, and eligible dependents listed in your Plan Documents.
- This list is not comprehensive; additional unlisted expenses may also be eligible. Items marked with an asterisk (*) are "potentially eligible" and require a Letter of Medical Necessity (LMN) from your provider for reimbursement. The IRS does not allow reimbursement for expenses that are not prescribed by a physician for a specific condition.
- This list may change due to IRS regulations and rulings. It reflects our understanding of IRC Section 213(d) and is not legal advice.

Sample List of Eligible Expenses

BABY/CHILD TO AGE 13
- Lactation Consultant*
- Lead-Based Paint Removal
- Special Formula*
- Special School/Teacher for Disability or Learning Disability

DENTAL
- Dental X-Rays
- Dentures and Bridges
- Exams and Teeth Cleaning
- Extractions and Fillings
- Orthodontia
- Periodontal Services

EYES
- Eye Exams
- Eyeglasses and Contact Lenses
- Laser & Other Eye Surgeries
- Prescription Sunglasses

HEARING
- Hearing Aids and Batteries
- Hearing Exams

LAB EXAMS/TESTS
- Blood Tests and Metabolism Tests
- Body Scans
- Cardiograms
- X-Rays

MEDICATIONS
- Insulin
- Prescription Drugs
- OTC Medications (examples below)

MEDICAL EQUIPMENT/SUPPLIES
- Air Purification Equipment*
- Arches and Orthotic Inserts
- Contraceptive Devices
- Crutches, Walkers, Wheel Chairs
- Exercise Equipment*
- Hospital Beds & Mattresses*
- Medic Alert Bracelet or Necklace
- Nebulizers
- Orthopedic Shoes*
- Oxygen*
- Post-Mastectomy Clothing
- Prosthetics
- Syringes
- Wigs*

MEDICAL PROCEDURES/SERVICES
- Acupuncture
- Ambulance
- Fertility Enhancement and Treatment
- Hair Loss Treatment*
- Hospital Services
- Immunization
- In Vitro Fertilization
- Physical Examination (not employment-related)
- Reconstructive Surgery
- Service Animals
- Sterilization/Sterilization Reversal*
- Transplants (including organ donor)
- Transportation

OBSTETRICS
- Breast Pumps and Lactation Supplies
- Doulas*
- Lamaze Classes
- OB/GYN Exams
- OB/GYN Prepaid Maternity Fees (reimbursable after birth)
- Pre- and Postnatal Treatments

PRACTITIONERS
- Allergist
- Chiropractor
- Christian Science Practitioner
- Dermatologist
- Homeopath
- Naturopath*
- Optometrist
- Osteopath
- Physician
- Psychiatrist or Psychologist

THERAPY
- Alcohol and Drug Addiction
- Counseling (not marital or career)
- Exercise Programs*
- Hypnosis
- Massage*
- Occupational
- Physical
- Smoking Cessation Programs*
- Speech
- Weight Loss Programs*

Sample List of eligible Over-the-Counter Medicines and Drugs

- Acid controllers
- Acne medications
- Allergy & sinus
- Antibiotic products
- Antifungal (Foot)
- Antiseptics & wound cleansers
- Anti-diarrhea & gas
- Anti-itch & insect bite
- Baby rash ointments & creams
- Cold sore remedies
- Contraceptives
- Cough, cold & flu
- Digestive aids
- Ear care
- Eye care
- Feminine menstrual care products
- First aid equipment
- Foot care treatment
- Hemorrhoid preps
- Homeopathic remedies
- Incontinence products
- Laxatives
- Medicated nasal sprays/drops, & inhalers
- Medicated respiratory treatments & vapor products
- Motion sickness
- Pain relief (includes aspirin)
- Skin treatments
- Sleep aids & sedatives
- Smoking deterrents
- Stomach remedies
- Non medicated vapor products

For a complete up-to-date list of FSA Eligible Products & Services visit our website at www.abs125.com & click on View Our Eligibility Lists.