

Health Care Expense Account - Sample Expenses



Medical Expenses

Acupuncture
 Addiction Programs and Products
 Adoption (Medical expenses for baby birth)
 Alternative Healer Fees
 Allergy Relief (Oral Medications, Nasal Spray)
 Ambulance
 Antacids and Heartburn Relief
 Arthritis Pain Relieving Creams
 Anti-itch and Hydrocortisone Creams
 Artificial Limbs
 Athlete's Foot Treatment
 Body Scans
 Care for Mentally Handicapped
 Chiropractor
 Cold Medicines (i.e. Syrups, Drops, Tablets)
 Contraceptives
 Co-Payments
 Crutches
 Diabetes (i.e. Insulin, Glucose Monitor)
 Eye Patches
 Fertility Treatment
 Fever & Pain Reducers (i.e. Aspirin, Tylenol)
 First Aid (i.e. Bandages, Gauze, Creams)
 Hearing Aids & Batteries
 Hypnosis (For Treatment of Illness)
 Incontinence Products (i.e. Depends, Serene)
 Joint Support Bandages and Hosiery
 Lab Fees
 Laxatives
 Monitoring Device (Blood Pressure, Cholesterol)
 Motion Sickness Medication
 Physical Exams
 Pregnancy tests
 Prescription Drugs
 Psychiatrist/Psychologist (for mental illness)
 Physical Therapy
 Smoking Cessation Relief (i.e. Patches, Gum)
 Speech Therapy
 Stomach & Digestive Relief
 (i.e. Pepto-Bismol, Imodium, etc.)
 Tooth and Mouth Pain Relief (Orajel, Anbesol)
 Urinary Pain Relief
 Vaccinations
 Vaporizers or Humidifiers
 Wart Removal Medication
 Weight Loss Program Fees (With doctor's note)
 Wheelchair



Dental Expenses

Artificial Teeth
 Co-Payments
 Deductible
 Dental Work
 Dentures
 Orthodontia Expenses
 Preventive Care at Dentist Office
 Bridges, Crowns, Etc.



Vision Expenses

Braille - Books & Magazines
 Contact Lenses
 Contact Lens Solutions
 Eye Exams
 Eye Glasses
 Laser Surgery
 Office Fees
 Guide Dog and its Upkeep or other animal aid

What is NOT Eligible

For Additional Information, Visit www.nbsbenefits.com

Health care expenses that do not qualify as a federal income tax deduction under IRS Code Section 213 do not qualify for payment through your spending account. The following list includes many of the common expenses that generally do not qualify for reimbursement.

*These expenses may be eligible if they are prescribed
by a physician (If medically necessary for a specific condition)*

Personal Hygiene (i.e. deodorant, soap, body powder, shaving cream, sanitary products, etc.)
 Breast Pump (if for convenience)
 Cosmetic Surgery
 Cosmetics (i.e. makeup, lipstick, cotton swabs, cotton balls, baby oil)
 Counseling (i.e. marriage and family counseling)
 Denture care (i.e. denture cleansers and denture adhesive creams)
 Dental care - Routine (i.e. toothpaste, toothbrushes, dental floss, anti-bacterial mouthwashes, fluoride rinses, breath strips, teeth whitening/bleaching, etc.)
 Diapers
 Exercise Equipment
 Hair Care (i.e. hair color, shampoo, conditioner, brushes, hair loss products)
 Health Club or Fitness Program Fees
 Homeopathic Supplements or Herbs
 Household or Domestic Help
 Laser hair removal
 Massage Therapy
 Maternity Clothes
 Nail care & personal grooming (i.e. scissors, nail files)
 Nutritional and dietary supplements (i.e. bars, milkshakes, power drinks, Pedialyte)
 Skin Care (i.e. sun block, moisturizing lotion, lip balm)
 Sleep aids (i.e. oral medications, snoring strips)
 Vitamins
 Weight reduction aids (i.e. Slimfast, appetite suppressants)