



# QUALIFYING EXPENSES FOR YOUR TAKE CARE PLAN

## The following health care expenses qualify for reimbursement under your take care plan.\*

Only health care expenses not reimbursed by insurance can be claimed. Prescription (Rx) required beginning 1/1/2011.

Acupuncture (excluding remedies and treatments prescribed by acupuncturist)	Eyeglasses prescribed by your doctor	Psychiatric care
Alcoholism treatment	Eye examination fees	Psychologist and psychiatrist fees
Ambulance	Eye surgery (cataracts, LASIK, etc.)	Radiology
Artificial limbs/teeth	Hearing devices and batteries	Routine physicals and other non-diagnostic services or treatments
Chiropractors	Home health care	Smoking cessation over-the-counter drugs (Rx)
Christian Science practitioner's fees	Hospital bills	Smoking cessation programs
Contact lenses and solutions	Insulin	Surgical fees
Co-payments (doctor, dental, vision, pharmacy)	Laboratory fees	Weight loss over-the-counter drugs (Rx)
Costs for physical or mental illness confinement	Laser eye surgery	Weight loss programs with a doctor's letter of medical necessity
Crutches	Office visits	Wheelchair
Deductibles	Obstetrics and fertility	Vitamins, with doctor's letter of medical necessity
Dental fees (cosmetic procedures not eligible)	Oral surgery	X-rays and MRI
Dentures	Orthodontic fees	
Diagnostic fees	Orthopedic devices	
Dietary supplements and vitamins with doctor's letter of medical necessity	Osteopath fees	
Drug and medical supplies (syringes, needles, etc.)	Over-the-counter drugs that are medically necessary like allergy medications, aspirin or antacids (Rx)	
Endodontist fees	Oxygen	
	Periodontist fees	
	Physician fees (cosmetic procedures not eligible)	
	Podiatrist fees	
	Prescribed medicines	



## Items requiring a physician's letter listing a medical condition making the item necessary.\*

Bedpans and ring cushions	Multivitamins	Therapeutic support gloves
Boost*/Pediasure*	Oxygen	Vitamins
Foot Spa	Reconstructive surgery in connection with birth defect, disease or accident	Weight loss programs and fees pertaining to a specific disease
Herbs	Special supplements	Wigs for hair loss caused by disease
Massagers	Special school for disabled child	
Massages	Special teeth cleaning system	
Minerals		

## Health care expenses that do not qualify for reimbursement under an FSA plan.\*

Cosmetic surgery, procedures and/or medications	Over-the-counter items, drugs or medications that are not prescribed by your physician	for insurance coverage (Payroll-deducted premiums sponsored by your employer are eligible under the Premium Only Plan.)
Dental bleaching	Weight loss programs for general health or appearance	
Hair restoration (procedures, drugs or medications)	Mail order prescriptions from another country	
Health club or gym memberships for general health	Premiums you or your spouse pay	
Marriage and family counseling		

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\*Plan restrictions may apply. Check with your plan administrator.



## Accepted Over-the-Counter (OTC) items.\*

### Antiseptics

Prescription (Rx) required beginning 1/1/2011.

- Antiseptic wash or ointment for cuts or scrapes (Rx)
- Antiseptic mouthwash (Rx)
- Benzocaine swabs (Rx)
- Boric acid powder (Rx)
- First aid wipes (Rx)
- Hydrogen peroxide (Rx)
- Iodine tincture (Rx)
- Rubbing alcohol (Rx)
- Sublimed sulfur powder (Rx)

### Cold, Flu, Asthma and Allergy Medications

Prescription (Rx) required beginning 1/1/2011.

- Allergy medications (Rx)
- Bronchodilator/Expectorant tablets (Rx)
- Bronchial asthma inhalers (Rx)
- Cold relief (liquid, tablets or drops) (Rx)
- Cough relief (liquid, tablets or drops) (Rx)
- Flu relief (liquid, tablets or drops) (Rx)
- Medicated chest rub (Rx)
- Nasal decongestant spray, drops or inhaler (Rx)
- Sinus and allergy nasal spray (Rx)
- Homeopathic sinus medications (Rx)
- Sinus medications (Rx)
- Vapor patch cough suppressant (Rx)

### Diabetes

- Diabetic lancets
- Diabetic needles
- Diabetic supplies

- Diabetic syringes
- Diabetic test strips
- Glucose meters
- Glucose tablets (Rx)

### Ear/Eye Care

Letter of Medical Necessity required from a physician (LOMN). Prescription (Rx) required beginning 1/1/2011.

- Airplane ear protection (LOMN)
- Ear drops for swimmers (Rx)
- Ear water-drying aid (Rx)
- Earwax removal drops (Rx)
- Homeopathic earache tablets (Rx)
- Contact lens solutions

### Health Aids

Prescription (Rx) required beginning 1/1/2011.

- Anti-fungal treatments (Rx)
- Denture adhesives
- Diuretics and water pills (Rx)
- Hemorrhoid relief (Rx)
- Lice control
- Medicated bandages
- Motion sickness tablets (Rx)
- Respiratory stimulant ammonia (Rx)
- Sleeping aids (Rx)

### Pain Relief

Prescription (Rx) required beginning 1/1/2011.

- Arthritis pain reliever (Rx)
- Bunion and blister treatments (Rx)
- Itch relief (Rx)
- Orajel® (Rx)
- Pain relievers, aspirin and non-aspirin (Rx)
- Throat pain medications (Rx)

### Personal Test Kits

- Cholesterol tests
- Colorectal cancer screening tests
- Home drug tests
- Ovulation indicators
- Pregnancy tests

### Skin Care

Prescription (Rx) required beginning 1/1/2011.

- Acne medications (Rx)
- Anti-itch lotion (Rx)
- Bunion and blister treatments (Rx)
- Cold sore and fever blister medications (Rx)
- Corn and callus removal medications (Rx)
- Diaper rash ointment (Rx)
- Eczema cream (Rx)
- Medicated bath products (Rx)

### Stomach Care

Prescription (Rx) required beginning 1/1/2011.

- Acid reducing gum, liquid and tablets (Rx)
- Anti-diarrhea medications (Rx)
- Gas prevention (liquid, tablets or drops) (Rx)
- Ipecac syrup (Rx)
- Laxatives (Rx)
- Pinworm treatment (Rx)
- Prilosec® (Rx)
- Upset stomach medications (Rx)

## Over-the-Counter (OTC) items\* Letter of Medical Necessity required from a physician (LOMN). Prescription (Rx) required beginning 1/1/2011.

- Adhesive or elastic bandages
- Blood pressure meter
- Cold or hot compresses
- Eye drops (Rx)
- Foot spa (LOMN)
- Gauze and tape (LOMN)

- Gloves and masks (LOMN)
- Herbs (Rx)
- Leg or arm braces
- Massagers (LOMN)
- Minerals (Rx)
- Multivitamins (Rx)

- Saline nose drops (Rx)
- Special supplements (Rx)
- Special teeth cleaning system (Rx)
- Thermometers
- Vitamins (Rx)

## OTC not acceptable\*

- Aromatherapy
- Baby bottles and cups
- Baby oil
- Baby wipes
- Breast enhancement system
- Cosmetics
- Cotton swabs

- Dental floss
- Deodorants
- Feminine care
- Hair regrowth
- Low "carb" foods
- Low calorie foods
- Mouthwash

- Oral care
- Petroleum jelly
- Shampoo and conditioner
- Skin care
- Spa salts
- Sun tanning products
- Toothbrushes