

## HEALTH CARE EXPENSES

**Need money upfront to pay for health care expenses? It's easy with a flexible spending account!** You can access your plan year election amount even before you have made all contributions! Eligible expenses include medical, prescription, hearing, dental, vision and over-the-counter health care products for you or your qualifying spouse or children. Qualifying expenses are those incurred for treatment of a current or imminent medical condition. Cosmetic related expenses are eligible only for treatment of birth defects, accidents and/or disease. For more information, visit [ASIFlex.com](http://ASIFlex.com) Useful Links to view "Eligible Expenses" and IRS Publication 502-Medical and Dental Expenses.

Acne treatments	Eye exams & prescription eyeglasses	Midwife fees	Hand sanitizing wipes
Acupuncture	External pain relievers	Mileage incurred to seek health care	Sleep aids & sleep apnea treatment
Allergy medicines	Eye drops	Motion sickness aids & wristbands	Smoking cessation programs & medicines
Antacids & acid controllers	Eyeglass lens cleaners	Nasal spray & strips	Speech therapy
Anti-fungal treatments	Face masks for COVID-19	Nicotine gum & patches	Stomach & digestive aids
Anti-itch treatments	Fertility enhancement & treatments*	Nursing services	Substance abuse treatment if physician ordered for alcoholism or drug dependency
Antiparasitic & lice treatments	Fever & pain relievers	OB/GYN services (based on date of birth, does not include prepaid fees)	Sunglasses, prescription
Artificial limbs or teeth	First aid kits, first aid treatments & supplies	Occlusal guards	Sunscreen 15+ SPF & broad spectrum
Aspirin & baby aspirin	Glucosamine supplements	Operations	Sports physicals
Athletic braces & supports	Guide dog; or service animal*	Ophthalmologist fees	Sterilization fees
Baby breathing monitors, thermometers & nasal aspirators	Hand sanitizers for COVID-19	Optometrist fees	Telephone for disability or impairment
Bandages, tape & gauze	Hearing exams, aids/devices & batteries	Oral pain relievers	Therapy for medical conditions
Birth control and contraceptives	Heating pads & hot/cold packs	Orthopedic & surgical supports such as splints, slings, back and neck supports & joint braces	Thermometers
Blood pressure monitors	Hemorrhoidal treatments	Orthotics such as insoles & arch supports	Transplants
Body scans	Home diagnostic kits	Osteopath fees	Travel expenses to seek health care
Braille books & magazines	Home medical equipment	Over-the-counter drugs & medicines	Vaccinations
Breast pumps & accessories	Hospital services	Over-the-counter health care products	Vaporizers
Breast reconstruction	Immunizations	Oxygen & equipment	Vasectomy
Callus & corn removers	Incontinence products, catheters & ostomy supplies	Pain relievers	Vision care
Chest rubs	Infertility treatments*	Physical examinations	Vision correction surgery
Children's cold & allergy medicines	Insulin & diabetic supplies	Physical therapy	Walking aids, canes, crutches & walkers
Chiropractor fees	Laboratory & diagnostic fees	Physician services	Wart removers
Cold sore treatments	Lactation expenses	Pill holders & cutters	Weight loss program for medical condition* (does not include diet foods)
Concierge medical care (amount billed for service, not annual fees)	Language training, e.g. for dyslexia*	Pregnancy & fertility test kits	Wheelchairs
Contact lenses, solutions & cleaners	Laser eye surgery	Prenatal vitamins	Wigs*
Copays, coinsurance & deductibles	Laxatives	Prescription drugs & medicines	X-ray fees
Cough, cold & flu medicines	Learning disability treatments*	Prosthesis	
Dental treatments, fillings, crowns, bridges & implants	Lip balm 15+ SPF & broad spectrum	Psychiatric care fees	
Dentures, adhesives & cleaners	Massage therapy*	Psychoanalysis fees	
Diabetic supplies & test strips, etc.	Medical conferences*	Psychologist fees	
Diagnostic services & devices	Medical monitoring & testing devices	Reading glasses	
Diaper rash cream	Menstrual care products, tampons, pad, cups & liners. etc.	Sales tax, shipping & handling fees for medical supplies	
Durable medical equipment			
Ear drops & wax removers			

\* Some items may require additional documentation such as a letter of medical necessity from your health care provider, or additional information for capital expenditures or specialized items. Visit [ASIFlex.com](http://ASIFlex.com) Useful Links to view Eligible Expenses and IRS Publication 502-Medical and Dental Expenses.

## DEPENDENT CARE EXPENSES

Child or adult day care services while you and your spouse (if married) are working. For more information, visit [ASIFlex.com](http://ASIFlex.com) Useful Links to view Eligible Expenses and IRS Publication 503-Child and Dependent Care Expenses.

Adult, elder or senior day care center	Child day care center	Nursery school
Au pair services	Day camp expenses (not overnight camp)	Registration fees
Babysitting services	Late pick-up fees	Sick child care center
Before- or after-school care	Nanny services	

# Expense Worksheet



Use this worksheet to estimate your expenses and plan only for recurring and predictable expenses, or for planned surgery or treatments you will incur during the plan year.

## Health Care Worksheet

Medical	Amount
Copays, deductibles	\$ _____
Physician visits	\$ _____
Prescription & OTC medicines	\$ _____
Over-the-Counter items	\$ _____
Diabetic supplies	\$ _____
Chiropractic treatments	\$ _____
Hearing exams	\$ _____
Hearing aids & batteries	\$ _____
Mileage	\$ _____
<b>Dental</b>	
Fillings	\$ _____
Crowns	\$ _____
Bridges	\$ _____
Dentures & cleaners	\$ _____
Oral surgery	\$ _____
Orthodontia	\$ _____
Mileage	\$ _____
<b>Vision</b>	
Prescription eyeglasses	\$ _____
Prescription sunglasses	\$ _____
Reading glasses	\$ _____
Contact lenses	\$ _____
Contact cleaners	\$ _____
Laser eye surgery	\$ _____
Mileage	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>

## Dependent Care Worksheet

Month	Amount
Month 1	\$ _____
Month 2	\$ _____
Month 3	\$ _____
Month 4	\$ _____
Month 5	\$ _____
Month 6	\$ _____
Month 7	\$ _____
Month 8	\$ _____
Month 9	\$ _____
Month 10	\$ _____
Month 11	\$ _____
Month 12	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>



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