

HEALTH CARE EXPENSES

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 Useful Links to view “Eligible Expenses” and IRS Publication 502-Medical and Dental Expenses.

Acne treatments	Eye exams & prescription eyeglasses	Midwife fees	Sanitizing wipes for COVID-19
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 Guide dog; or service animal*	Operations	Sports physicals
Athletic braces & supports	Hand sanitizers for COVID-19	Ophthalmologist fees	Surgical fees
Baby monitors, thermometers & nasal aspirators	Hearing exams, aids/devices & batteries	Optometrist fees	Sterilization fees
Bandages, tape & gauze	Heating pads & hot/cold packs	Oral pain relievers	Telephone for disability or impairment
Birth control and contraceptives	Hemorrhoidal treatments	Orthopedic & surgical supports such as splints, slings, back and neck supports & joint braces	Therapy for medical conditions
Blood pressure monitors	Home diagnostic kits	Orthotics such as insoles & arch supports	Thermometers
Body scans	Home medical equipment	Osteopath fees	Transplants
Braille books & magazines	Hospital services	Over-the-counter drugs & medicines	Travel expenses to seek health care
Breast pumps & accessories	Immunizations	Over-the-counter health care products	Vaccinations
Breast reconstruction	Incontinence products, catheters & ostomy supplies	Oxygen & equipment	Vaporizers
Callus & corn removers	Infertility treatments*	Pain relievers	Vasectomy
Chest rubs	Insulin & diabetic supplies	Physical examinations	Vision care
Children's cold & allergy medicines	Laboratory & diagnostic fees	Physical therapy	Vision correction surgery
Chiropractor fees	Lactation expenses	Physician services	Walking aids, canes, crutches & walkers
Cold sore treatments	Language training, e.g. for dyslexia*	Pill holders & cutters	Wart removers
Concierge medical care (amount billed for service, not annual fees)	Laser eye surgery	Pregnancy & fertility test kits	Weight loss program for medical condition* (does not include diet foods)
Contact lenses, solutions & cleaners	Laxatives	Prenatal vitamins	Wheelchairs
Copays, coinsurance & deductibles	Learning disability treatments*	Prescription drugs & medicines	Wigs*
Cough, cold & flu medicines	Lip balm 15+ SPF & broad spectrum	Prosthesis	X-ray fees
Dental treatments, fillings, crowns, bridges & implants	Massage therapy*	Psychiatric care fees	
Dentures, adhesives & cleaners	Medical conferences*	Psychoanalysis fees	
Diabetic supplies & test strips, etc.	Medical monitoring & testing devices	Psychologist fees	
Diagnostic services & devices	Menstrual care products, tampons, pad, cups & liners. etc.	Reading glasses	
Diaper rash cream		Sales tax, shipping & handling fees for medical supplies	
Durable medical equipment			
Ear drops & wax removers			

DEPENDENT CARE EXPENSES

Child or adult day care services while you and your spouse (if married) are working. For more information, visit 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	

* 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 Useful Links to view Eligible Expenses and IRS Publication 502-Medical and Dental Expenses.

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	\$ _____
Dental	
Fillings	\$ _____
Crowns	\$ _____
Bridges	\$ _____
Dentures & cleaners	\$ _____
Oral surgery	\$ _____
Orthodontia	\$ _____
Mileage	\$ _____
Vision	
Prescription eyeglasses	\$ _____
Prescription sunglasses	\$ _____
Reading glasses	\$ _____
Contact lenses	\$ _____
Contact cleaners	\$ _____
Laser eye surgery	\$ _____
Mileage	\$ _____
TOTAL	\$ _____

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	\$ _____
TOTAL	\$ _____



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Eligible Over-the-Counter Health Care Products

No Prescription Required!



General OTC Health Care Products	OTC Drugs and Medicines
<p>Athletic Braces & Supports</p> <p>Baby Monitors, Thermometers, Nasal Aspirators</p> <p>Bandages, Tape, Gauze & Pads</p> <p>Birth Control, Pregnancy & Fertility Kits</p> <p>Breast Pumps & Accessories</p> <p>Blood Pressure Monitors</p> <p>Contact Lens Solutions, Cases & Rewetting Eye Drops</p> <p>Denture Adhesives & Cleansers</p> <p>Diabetic Supplies, Monitors, Test Strips, Insulin</p> <p>Eye Glass & Lens Cleaners, Reading Glasses</p> <p>First Aid Kits, First Aid Treatments & Supplies</p> <p>Glucosamine Supplements, Glucose Tablets</p> <p>Hearing Aid Batteries</p> <p>Home Medical Equipment</p> <p>Heating Pads, Hot & Cold Packs</p> <p>Home Diagnostic Kits, Tests & Devices (includes COVID-19 home testing kits)</p> <p>Incontinence Products, Catheters, Ostomy Supplies</p> <p>Lip Balm SPF 15+ and broad spectrum</p> <p>Medical Monitors & Testing Devices</p> <p>Menstrual Care Products</p> <p>Motion Sickness Aids & Wristbands</p> <p>Orthopedic & Surgical Supports</p> <p>Personal Protective Equipment-Masks, Hand Sanitizers, Sanitizing Wipes for COVID-19 prevention</p> <p>Pill Boxes, Cutters, Sorters & Organizers</p> <p>Prenatal Vitamins</p> <p>Shoe Insoles & Inserts</p> <p>Sunscreen & Lip Balm SPF 15+ and broad spectrum</p> <p>Thermometers, Vaporizers & Inhalers</p> <p>Walking Aids, Canes, Crutches & Wheelchairs</p>	<p>Acne Treatments</p> <p>Allergy Medicine</p> <p>Antacids & Acid Controllers</p> <p>Anti-Fungal Treatments</p> <p>Anti-Itch Treatments</p> <p>Antiparasitic & Lice Treatment</p> <p>Aspirin & Baby Aspirin</p> <p>Callus & Corn Removers</p> <p>Chest Rubs</p> <p>Children's Cold & Allergy Medicines</p> <p>Cold Sore Treatments</p> <p>Cough Drops & Spray</p> <p>Cough, Cold & Flu Medicine</p> <p>Diaper Rash Cream</p> <p>Ear Drops & Wax Removers</p> <p>External Pain Relievers</p> <p>Eye Drops</p> <p>Fever and Pain Relievers</p> <p>Hemorrhoidal Treatments</p> <p>Laxatives</p> <p>Nasal Spray</p> <p>Nicotine Gum & Patches</p> <p>Oral Pain Relievers</p> <p>Pain Relieving Creams & Pads</p> <p>Sleep Aids</p> <p>Stomach & Digestive Aids</p> <p>Topical Skin Treatment</p> <p>Wart Removers</p>