



Expenses that qualify for reimbursement from an HRA

Enroll in a TASC Health Reimbursement Arrangement (HRA) to pay for qualifying medical expenses with pretax dollars and reduce your taxable income.

Below is a partial list of reimbursable expenses that may be incurred by you, your spouse, or qualified dependents.

Eligible Medical Expenses

- Acupuncture
- Bandages
- Birth control, contraceptive devices
- Birthing classes/Lamaze (*mother's portion only, not the coach/spouse; birthing instruction only*)
- Blood pressure monitor
- Blood sugar test kits/test strips
- Chiropractic therapy/exams/adjustments
- COBRA healthcare premiums
- **Coinsurance, Copayments, and Deductibles**
- Contact lenses and contact lens solutions
- Counseling or therapy*
- Crutches (*purchased or rented*)
- Dental services
- Diabetic supplies and Insulin
- Eye exams
- Eyeglasses or safety glasses (*prescription only; warranties excluded*)
- **Feminine care products** (*tampons, pads, etc*)
- **Health Insurance premiums (if employer elected)**
- Hearing aids and batteries (*warranties excluded*)
- Incontinence supplies
- Infertility treatments
- Lactation expenses (*breast pumps, etc.*)
- Laser eye surgery; LASIK
- Medical supplies to treat an injury or illness
- Mileage to and from doctor appointments
- **Personal Protection Equipment (PPE)** (*facial masks, hand sanitizer, sanitizing wipes*)**
- Physical exams

*Services must be obtained to diagnose or treat a diagnosed medical condition; additional documentation from your medical practitioner explaining the medical necessity of the expense may be requested.

**PPE expenses must be used for the purpose of preventing the spread of coronavirus.

- Physical therapy (*as medical treatment*)
- Psychiatric care, psychotherapy (*as medical treatment*)
- Sales tax on eligible expenses
- Sleep apnea services/products (*as prescribed*)
- Smoking cessation programs
- Treatment for alcoholism or drug dependency
- Vaccinations & flu shots
- X-ray fees

Eligible OTC Medicines and Drugs

Over-the-counter (OTC) medicines and drugs are reimbursable from an HRA without a prescription.

- Allergy, cough, cold, flu & sinus medications
- Anti-diarrheals, anti-gas medications & digestive aids
- Canker/cold sore relievers & lip care
- Family planning items (contraceptives, pregnancy tests, etc.)
- Foot care (corn/wart medication, antifungal treatments, etc.)
- Hemorrhoid creams & treatments
- Itch relief (calamine lotion, Cortizone cream, etc.)
- Nasal spray
- Oral care (denture cream, pain reliever, teething gel, etc.)
- Pain relievers - internal/external (Tylenol, Advil, Bengay, etc.)
- Skin care (sunscreen w/SPF15+, acne medication, etc.)
- Sleep aids & stimulants (nasal strips, etc.)
- Stomach & nausea remedies (antacids, Dramamine, etc)
- Wound treatments/washes (hydrogen peroxide, Iodine)

For more information regarding eligible medical expenses, please review IRS Publication 502 at [irs.gov](https://www.irs.gov) or ask your employer for a copy of your Summary Plan Description (SPD).