



Pay for healthcare expenses with tax-free dollars

Enroll in a TASC Health Savings Account (HSA) so you can use pretax dollars to pay for healthcare expenses 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
- 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
- Coinsurance, copayments, and deductibles
- COBRA healthcare premiums
- Contact lenses and contact lens solution
- Counseling or therapy*
- Crutches (*purchased or rented*)
- Dental services
- Diabetic supplies and insulin
- Eye exams
- Eyeglasses or safety glasses (*prescription only*)
- Feminine care products (*tampons, pads, etc*)
- Hearing aids and batteries (*excluding warranties*)
- Infertility treatments
- Lactation expenses (*breast pumps, etc.*)
- Laser eye surgery; LASIK
- Mileage to and from doctor appointments
- Personal Protective Equipment (*PPE; facial masks, hand sanitizer, sanitizing wipes*)**
- Physical exams
- Physical therapy (*as medical treatment*)
- Psychiatric care, psychotherapy (*as medical treatment*)
- Sleep apnea services/products (*as prescribed*)
- Smoking cessation programs
- Treatment for alcoholism or drug dependency
- Vaccinations & flu shots
- X-ray fees

*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.

Eligible OTC Medicines and Drugs

Over-the-counter (OTC) medicines and drugs are reimbursable from an HSA 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/ SPF 15+, acne medication, etc.*)
- Sleep aids & stimulants (*nasal strips, etc.*)
- Stomach & nausea remedies (*antacids, Dramamine, etc*)
- Wound treatments/washes (*hydrogen peroxide, iodine*)

For Individuals Over Age 65

- Medicare Parts A or B
- Medicare HMO premiums (*Medigap insurance premiums do NOT qualify*)
- Health insurance premiums while receiving unemployment
- Employee share of premiums for employer-sponsored health insurance, including retiree health insurance (*if not already taken before taxes*)

For more information regarding eligible HSA expenses, please review IRS Publication 969 at [irs.gov](https://www.irs.gov) or ask your employer for a copy of your Summary Plan Description (SPD).