

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