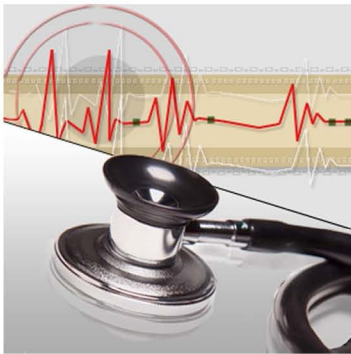


Health Care Expense Account

Sample Expenses



Medical Expenses

Acupuncture
 Addiction Programs and Products
 Adoption (Medical expenses for baby birth)
 Alternative Healer Fees
 Ambulance
 Arthritis Pain Relieving Creams
 Artificial Limbs
 Body Scans
 Care for Mentally Handicapped
 Chiropractor
 Contraceptives
 Co-Payments
 Crutches
 Diabetes (i.e. Insulin, Glucose Monitor)
 Eye Patches
 Fertility Treatment
 First Aid (i.e. Bandages, Gauze, Creams)
 Hearing Aids & Batteries
 Hypnosis (for treatment of illness)
 Incontinence Products (i.e. Depends, Serene)
 Joint Support Bandages and Hosiery
 Lab Fees
 Monitoring Device (Blood Pressure, Cholesterol)
 Physical Exams
 Pregnancy tests
 Prescription Drugs
 Psychiatrist/Psychologist (for mental illness)
 Physical Therapy
 Smoking Cessation Relief (i.e. Patches, Gum)
 Speech Therapy
 Urinary Pain Relief
 Vaccinations
 Vaporizers or Humidifiers
 Wart Removal Medication
 Weight Loss Program Fees (with doctor's note)
 Wheelchair



Dental Expenses

Artificial Teeth
 Co-Payments
 Deductible
 Dental Work
 Dentures
 Orthodontia Expenses
 Preventive Care at Dentist Office
 Bridges, Crowns, Etc.



Vision Expenses

Braille - Books & Magazines
 Contact Lenses
 Contact Lens Solutions
 Eye Exams
 Eye Glasses
 Laser Surgery
 Office Fees
 Guide Dog and its upkeep or other animal aid

For Additional Information, visit www.nbsbenefits.com

Health care expenses that do not qualify as a federal income tax deduction under IRS code Section 213 do not qualify for payment through your spending account. The following list includes many of the common expenses that generally do not qualify for reimbursement.

*These expenses may be eligible if they are prescribed by a physician
 (If medically necessary for a specific condition)*

Personal Hygiene (i.e. deodorant, soap, body powder, shaving cream, sanitary products, etc.)	Motion Sickness Medication
Allergy Relief (Oral Medications, Nasal Spray)	Nutritional and dietary supplements (i.e. bars, milkshakes, power drinks, Pedialyte)
Antacids and Heartburn relief	Skin Care (i.e. sun block, moisturizing lotion, lip balm)
Anti-itch and Hydrocortisone Creams	Sleep aids (i.e. oral medications, snoring strips)
Athlete's Foot Treatment	Stomach & Digestive Relief (i.e. Pepto-Bismol, Imodium, etc)
Cold Medicines (i.e. Syrups, Drops, Tablets)	Tooth and mouth pain relief (Orajel, Anbesol)
Cosmetic Surgery	Vitamins
Cosmetics (i.e. makeup, lipstick, cotton swabs, cotton balls, baby oil)	Weight reduction aids (i.e. Slimfast, appetite suppressants)
Counseling (i.e. marriage and family counseling)	
Dental care - Routine (i.e. toothpaste, toothbrushes, dental floss, anti-bacterial mouthwashes, fluoride rinses, breath strips, teeth whitening/bleaching, etc.)	
Exercise Equipment	
Fever & Pain Reducers (i.e. Aspirin, Tylenol)	
Hair Care (i.e. hair color, shampoo, conditioner, brushes, hair loss products)	
Health Club or Fitness Program Fees	
Homeopathic Supplements or Herbs	
Household or Domestic Help	
Laser hair removal	
Laxatives	
Massage Therapy	