

This document is a helpful tool to identify common qualifying, potentially qualifying & not qualifying expenses relating to your InComm Benefits account(s). More information on these expense types below:

Qualifying Expense

These are expenses that are generally considered to be used or prescribed primarily for medical care. Any use for other than medical care would be rare. It is assumed also that all expenses in this category are legally procured. Services, treatments or items that are not legally procured are not Qualifying Expenses, even if otherwise for medical care. For example, prescription drugs to treat a medical condition are not qualifying expenses if procured internationally in violation of federal law.

Potentially Qualifying Expense

Such expenses are largely “dual-purpose” expenses. “Dual purpose” expenses are expenses that have both a medical purpose & a personal, cosmetic, or general health purpose. These expenses qualify for reimbursement under a health FSA, HRA or a tax-free distribution from an HSA only if there is appropriate proof that the item or service was incurred or obtained primarily for medical care. In other words, it would not have been incurred but for a medical condition. In such cases, a “Letter of Medical Necessity” from a medical practitioner prescribing the item or service to treat a medical condition is required.

Not a Qualifying Expense

These are expenses in one of the following categories:

- Items or services that are generally known to be incurred or obtained in almost all cases for personal, cosmetic, or general health purposes & not primarily for medical care.
- Items or services for which reimbursement is not allowed under statutory or regulatory provisions governing health FSAs, HRAs, or HSAs, even if they might seem to be for medical care (for example, insurance premiums cannot be reimbursed by a health FSA).

Expense	Is this a qualifying expense?	Comments & special rules
Acne treatment		Routine skin care is not a qualifying expense. Products that have both cosmetic & medical purposes (e.g. Retin A) should be accompanied with a Letter of Medical Necessity.
Activity tracker		Only with a Letter of Medical Necessity.
Acupuncture		
Air conditioner		Only with a Letter of Medical Necessity. See also Capital expenses .
Air purifier		Only with a Letter of Medical Necessity. See also Capital expenses .
Alcoholism treatment		
Allergy medicine		
Allergy treatment products other than drugs & medicine (e.g., household improvements to treat allergies)		Only with a Letter of Medical Necessity. Only the cost of an improvement to a product or item typically used in the home (e.g. a HEPA filter added to vacuum cleaner) is reimbursable.
Alternative healers (not licensed by a state as a health care provider)		Only fees for medical care qualify. A Letter of Medical Necessity from a health care practitioner may be required to confirm medical condition if treatment is dual purpose. See also Christian Science practitioners .
Ambulance		
Analgesics (Examples: Advil, Aspirin, Tylenol)		

Expense	Is this a qualifying expense?	Comments & special rules
Anesthesia		Qualifies as medical care if administered in connection with a service or treatment that is also a qualifying medical expense.
Antacids (Examples: Maalox, Prilosec OTC, Zantac)		
Antibiotic ointments (Examples: Neosporin, Polysporin)		
Antihistamines		
Anti-itch creams		
Apps & Programs for phones or computers		Only with a Letter of Medical Necessity.
Arthritis gloves		
Artificial limbs		
Artificial teeth		
Aspirin		
Asthma medicines, treatments, & medicine delivery devices		
Automobile modifications, adaptive		Only with a Letter of Medical Necessity.
Baby monitor		Only with a Letter of Medical Necessity.

Expense	Is this a qualifying expense?	Comments & special rules
Bactine		
Bandages		
Batteries		Only to operate a device that is also a qualifying expense.
Birth-control pills		
Birthing classes		See Lamaze & newborn classes .
Blood-pressure monitoring devices		
Blood storage		Only where blood collected in connection with & necessary to treat a condition, which the IRS has not defined. Also, storage must be “temporary” (i.e. for use in the imminent future).
Blood-sugar test kits & test strips		
Body scans		
Books, health-related		Only with a Letter of Medical Necessity.
Botox		Only with a Letter of Medical Necessity.
Braille books & magazines		Only amounts above the cost of regular printed books qualify.
Breast milk shipping & delivery		

Expense	Is this a qualifying expense?	Comments & special rules
Breast pumps		Expenses for extra bottles for food storage will not qualify, nor will items & devices that do not help with lactation but merely make it more convenient (e.g., special bras).
Breast reconstruction surgery following mastectomy		
Breastfeeding classes		
Breathalyzer		
Calamine lotion		
Calcium supplements		Only with a Letter of Medical Necessity.
Cancer screenings		
Canes		Only with a Letter of Medical Necessity.
Capital expenses		Improvements or special equipment added to a home or other capital expenditures (such as automobile modifications) may qualify with a Letter of Medical Necessity. However, the portion of the expense that permanently improves the property does not qualify.
Car seats		
Carpal tunnel wrist supports		

Expense	Is this a qualifying expense?	Comments & special rules
Chelation therapy		
Childbirth classes		See Lamaze & newborn classes .
Chiropractors		
Cholesterol test kits		
Chondroitin		Only with a Letter of Medical Necessity. See Nutritional supplements .
Christian Science practitioners		Only fees for services for medical care qualify. A Letter of Medical Necessity from a health care practitioner may be required if services are dual purpose.
Circumcision		
Classes, health-related		Only with a Letter of Medical Necessity.
Coinsurance amounts		Only in connection with services/treatments that are also qualifying expenses.
Cold medicine		
Cold/hot packs (sold as medical supplies)		
Cold sore medicine		
Colonoscopies		

Expense	Is this a qualifying expense?	Comments & special rules
Compression hose		If regular hose has a compression component. Need a Letter of Medical Necessity & then only the excess cost over regular hose qualifies. Hose that is solely used for compression purposes qualifies with a Letter of Medical Necessity.
Concierge fees		Fees for priority access &/or preference are NOT qualifying. Fees that relate to actual services (or that can be allocated to actual services) are qualifying.
Condoms		
Constipation medicine		
Contact lenses, cases, materials, & equipment		Note that contact lenses with no correction purpose (e.g. color lenses) & corresponding supplies are not qualifying.
Contraceptives		
Copayments		Only in connection with services/treatments that are qualifying expenses.
Corn & callus remover		
Cosmetics & cosmetic procedures that aren't necessary to correct a deformity from a birth defect, illness or injury.		
Cough suppressants		
Counseling		Only with a Letter of Medical Necessity .

Expense	Is this a qualifying expense?	Comments & special rules
COVID-19 tests		
COVID-19-related personal protective equipment (PPE)		
CPAP (continuous positive airway pressure) devices		
CPR classes		
Crowns, dental (not for purely cosmetic purposes)		
Crutches		
Decongestants		
Deductibles associated with services or treatments that are also qualifying		
Dental items used daily, such as toothpaste & dental floss		See Toothpaste .
Dental services, supplies & procedures (for other than purely cosmetic purposes, such as whitening or that are part of everyday routine such as toothpaste, dental floss & mouthwash)		
Dentures, denture adhesives, & denture cleaners		
Deodorant		Even if prescribed to treat a medical condition.

Expense	Is this a qualifying expense?	Comments & special rules
Dermatologist (for other than purely cosmetic purposes)		
Diabetic socks		Only the excess cost of the sock over a regular sock qualifies.
Diabetic supplies		
Diaper rash ointments & creams		
Diapers or diaper service		Only with a Letter of Medical Necessity.
Diarrhea medicine		
Diet foods		See also Special foods .
Disabled dependent care expenses		Such expenses will qualify if the expenses are for medical care of a dependent who is disabled.
DNA collection & storage		May be eligible where the DNA is collected & temporarily stored as part of the diagnosis, treatment, or prevention of an existing or imminent medical condition. See also Blood storage .
Doula		Only to the extent of the medical care provided. See also Midwife .
Drug addiction treatment		
Drug overdose treatment		
Drug-testing kits for home use		

Expense	Is this a qualifying expense?	Comments & special rules
Durable medical equipment		
Dyslexia treatment		See Language training . See also School & education .
Ear drops & wax removal products		
Ear plugs		Only with a Letter of Medical Necessity.
Eczema treatments		
Egg donor fees		Amounts paid for the egg donor fee, an agency fee, an egg donor's medical & psychological testing, & the legal fees for preparation of the egg donor contract will qualify if such services are for the participant or a covered dependent.
Eggs & embryos, storage fees		See Blood storage .
Electrolysis or hair removal		See Cosmetic procedures .
Exercise equipment or programs		Only with a Letter of Medical Necessity.
Expectorants		
Eye drops		
Eye examinations, eyeglasses, equipment, & materials		

Expense	Is this a qualifying expense?	Comments & special rules
Eyeglass repair kits		
Face creams		See Cosmetics & cosmetic procedures .
Feminine hygiene products (e.g., cleansing products & deodorants)		See Menstrual products .
Fertility monitors		
Fertility treatments		Will qualify to the extent that procedures are performed on the participant or a covered dependent. See also Egg & embryos, storage fees .
Fever-reducing medications		
Fiber supplements		Only with a Letter of Medical Necessity.
First aid cream		
First aid kits		
Fitness programs		Only with a Letter of Medical Necessity.
Flu shots		
Fluoride rinses		Only with a Letter of Medical Necessity.
Foods - Regular Food		Not a qualifying expense even if prescribed for a medical condition. See Special foods .

Expense	Is this a qualifying expense?	Comments & special rules
Genetic testing & counseling		Only with a Letter of Medical Necessity.
Glucosamine		Only with a Letter of Medical Necessity.
Glucose-monitoring equipment		
Hand sanitizer or hand-sanitizing wipes		Only with a Letter of Medical Necessity.
Headache medications		
Health care sharing ministries, payments for		
Health institute fees		Only with a Letter of Medical Necessity.
Hearing aids		
Hemorrhoid creams or ointments, medicated		
Hemp or cannabidiol (CBD) products		Only with a Letter of Medical Necessity.
Herbs		Only with a Letter of Medical Necessity.
Hormone replacement therapy (HRT)		Only with a Letter of Medical Necessity.
Hospital services		

Expense	Is this a qualifying expense?	Comments & special rules
Household help (not nursing services)		
Humidifier		Only with a Letter of Medical Necessity. See also Capital expenses .
Hydrotherapy		Only with a Letter of Medical Necessity.
Hypnosis		Only with a Letter of Medical Necessity.
Immunizations & Vaccines		
Incontinence supplies		
Infant formula		Regular formula doesn't qualify. If a special formula is prescribed to treat a medical condition, only the cost in excess of regular formula qualifies. See Special foods .
Insect-bite creams & ointments (Ex. Benadryl, Cortaid)		
Insect repellent (Ex. Cutter, OFF!)		
Insulin & related equipment		
Insurance premiums		<i>Health FSA:</i> Insurance premiums are not qualifying expenses. <i>HSA:</i> Payments for health insurance premiums or contributions for self-funded health coverage generally aren't qualifying expenses. However, the following

Expense	Is this a qualifying expense? Comments & special rules
	premiums will qualify for reimbursement from an HSA: COBRA coverage, a qualified long-term care insurance contract, any health plan maintained while the individual is receiving unemployment compensation under federal or state law, or, for those age 65 or older (whether or not they are entitled to Medicare), any deductible health insurance (e.g., retiree medical coverage) other than a Medicare supplemental policy. Note that long-term care insurance premium reimbursements in excess of the indexed annual limit will be treated as taxable & may be subject to the additional tax on distributions not used for qualified medical expenses. <i>HRA:</i> The following premiums are qualifying expenses: premiums for traditional health insurance (including dental or vision coverage and COBRA) and qualified long-term care insurance. Note that reimbursing premiums for individual policies raises concerns under COBRA, ERISA, and other laws, and that reimbursing premiums for individual health insurance policies that provide major medical coverage (i.e., coverage that is subject to health care reform's mandates) will generally violate health care reform's annual limit and preventive care mandates (a limited exception applies for individual coverage HRAs (ICHRAs) beginning in 2020). Also, qualified long-term care premium reimbursements are subject to an indexed annual limit. The following insurance premiums are not qualifying expenses: premiums for employer-sponsored group health coverage that could be paid on a pre-tax basis under the employer's cafeteria plan, LTD insurance, fixed indemnity cancer insurance, and hospital indemnity insurance.

Expense	Is this a qualifying expense?	Comments & special rules
Invisalign		
IVF (in vitro fertilization)		See Surrogate expenses .
Laboratory fees		
Lactation consultant		
Lactose intolerance tablets		
Lamaze & birthing classes		Expenses for Lamaze or other methods of childbirth education may qualify to the extent that instruction relates to birth & not childrearing.
Language training (other than regular schooling)		Only with a Letter of Medical Necessity.
Laser eye surgery, Lasik		
Late fees (e.g., for late payment of bills for medical services)		See Sales tax .
Latex gloves		Only with a Letter of Medical Necessity.
Laxatives (Ex. Ex-Lax, Miralax)		
Lead-based paint removal		Only with a Letter of Medical Necessity.
Lens wipes		

Expense	Is this a qualifying expense?	Comments & special rules
Lice treatment		
Lip products, medicated		
Liquid adhesive for small cuts		
Lodging at a hospital or similar institution to receive medical care (for patient)		
Lodging not at a hospital or similar institution (patient & companion)		Up to \$50 per night (each for patient & 1 companion) will qualify if these conditions are met: (1) The lodging is primarily for & essential to medical care; (2) the medical care is provided by a physician in a licensed hospital or medical care facility related to (or equivalent to) a licensed hospital; (3) the lodging isn't lavish or extravagant; & (4) there is no significant element of personal pleasure, recreation, or vacation in the travel.
Lodging of a companion		Will qualify if accompanying a patient for medical reasons & all the conditions described under Lodging not at a hospital or similar institution are also met.
Long-term care services		<i>HSA:</i> Long-term care services will qualify for reimbursement to the extent that the services otherwise qualify as medical care expenses. <i>Health FSA:</i> Qualified long-term care services (defined as certain services that a chronically ill individual requires & that are prescribed by a licensed health care practitioner under a plan of care) cannot be reimbursed on a tax-free basis, even if they otherwise qualify as medical care expenses. (To be chronically ill, an

Expense	Is this a qualifying expense?	Comments & special rules
		individual must be unable to perform two or more daily living activities for at least 90 days without substantial assistance from another individual or have a severe cognitive impairment that requires substantial supervision to protect him or her from threats to health & safety.) Furthermore, a health FSA likely cannot provide taxable reimbursement of such services, & it is unclear whether “nonqualified” long-term care services can be reimbursed to the extent that the services otherwise qualify as medical care expenses. <i>HRA:</i> For HRAs that are health FSAs, the health FSA rules will apply (see above). HRAs that are not health FSAs should be able to reimburse qualified long-term care expenses that otherwise qualify as medical care expenses.
Masks or face shields, reusable or disposable		Only with a Letter of Medical Necessity.
Massage therapy		Only with a Letter of Medical Necessity.
Maternity clothes		
Mattresses		Only with a Letter of Medical Necessity & then only the excess cost qualifies.
Meals at a hospital or similar institution		Meals that are part of the cost of inpatient care at a hospital or similar institution will qualify if a principal reason for the recipient's being there is to receive medical care; the meals must be furnished as a necessary incident to the individual's continuing medical care. Meals that are not part of inpatient care generally won't qualify.

Expense	Is this a qualifying expense?	Comments & special rules
Meals not at a hospital or similar institution		It is unclear whether meals provided at a hospital or similar institution for an outpatient who must remain at the institution for continuing care for some period (e.g., following a medical procedure) would qualify.
Medical alert bracelet or necklace		
Medical conference admission, transportation, meals, etc.		Expenses for admission & transportation to an “essential” medical conference qualify to the extent the conference relates to a chronic disease suffered by a participant or covered dependent. The expenses of meals & lodging while attending the conference don't qualify.
Medical information plan charges		These are expenses paid to a plan to keep medical information so that it can be retrieved from a computer databank for the medical care of you, your spouse, or another individual whose expenses are eligible for tax-free reimbursement.
Medical monitoring & testing devices		
Medical records charges		
Menstrual care products		
Menstrual pain relievers		
Midwife		
Mineral supplements		Only with a Letter of Medical Necessity.

Expense	Is this a qualifying expense?	Comments & special rules
Missed appointment fees		
Motion sickness pills (Ex. Bonine, Dramamine)		
Motion sickness wristbands		
Mouthwash (regular)		
Mouthwash (special)		Only with a Letter of Medical Necessity.
Multivitamins (Example: One-a-Day)		Only with a Letter of Medical Necessity.
Nasal strips or sprays (other than marketed for athletic performance)		
Naturopathic healers		See Alternative healers .
Nicotine gum or patches		
Norplant insertion or removal		
Nursing services for a healthy baby		
Nursing services provided by a nurse or other attendant		Only for services that qualify as medical care. Any portion of the fee allocable to “household services” doesn’t qualify.
Nutritional supplements		Only with a Letter of Medical Necessity.

Expense	Is this a qualifying expense?	Comments & special rules
Nutritionist's professional expenses		Only with a Letter of Medical Necessity.
Obstetrical expenses		
Occlusal guards to prevent teeth grinding		
Occupational therapy		
Omega-3 supplements		Only with a Letter of Medical Necessity.
Online or telephone consultation, medical practitioner's fee		
Operations		
Optometrist		
Orthodontia		
Orthopedic shoe inserts		Only with a Letter of Medical Necessity.
Orthopedic shoes		Only with a Letter of Medical Necessity & then only the excess cost qualifies.
Osteopath fees		
Ovulation monitor		

Expense	Is this a qualifying expense?	Comments & special rules
Oximeter	✓	
Oxygen	✓	
Pain relievers	✓	
Payment processing fees for medical expenses	✓	
Personal trainer fees	?	Only with a Letter of Medical Necessity.
Petroleum jelly	?	Only with a Letter of Medical Necessity.
Physical exams	✓	
Physical therapy	✓	
Pregnancy test kits	✓	
Prenatal vitamins taken during pregnancy	✓	
Prescription drug or other type of discount programs/cards	✗	
Preventive care screenings	✓	
Probiotics	?	Only with a Letter of Medical Necessity.

Expense	Is this a qualifying expense?	Comments & special rules
Prosthesis		
Psychiatric care		
Psychoanalysis		Only with a Letter of Medical Necessity.
Psychologist		Only with a Letter of Medical Necessity.
Radial keratotomy		
Reading glasses		
Rehydration solution		
Rental cars		See Transportation .
Rental fee, for equipment that qualifies as medical care		
Retin-A		Only with a Letter of Medical Necessity. See Cosmetics & cosmetic procedures .
Rogaine		Only with a Letter of Medical Necessity.
Rubbing alcohol		
Safety glasses		

Expense	Is this a qualifying expense?	Comments & special rules
Sales Tax (medical services)		
Schools/Tuition-Regular		Payments made to a residential school or program to treat an individual for behavioral, emotional, or addictive conditions (tuition, meals, & lodging) will qualify if a principal reason for attending the program is to receive medical care. (Ordinary education must be an incidental component.) Whether someone is attending to receive medical care is a question of fact that must be determined for each individual—just because a school or program provides medical care to some individuals does not mean that it provides medical care to all individuals. If a child is at a school because the courses & disciplinary methods have a beneficial effect on the child's attitude, the expenses won't qualify unless the availability of medical care in the school is a principal reason for sending the child there.
Schools/Tuition, special		Payments made for a person with a mental or physical disability to attend a special school (tuition, meals, & lodging) will qualify if a principal reason for attending the school is to overcome or alleviate the disability. (Ordinary education must be an incidental component.) This includes teaching Braille to a person with a visual impairment, teaching lip reading to a person with a hearing disability, & remedial language training to correct a condition caused by a birth defect. If a child is at a school because the courses & disciplinary methods have a beneficial effect on the child's attitude, the expenses won't qualify unless the availability of medical care in the school is a principal reason for sending the child there.

Expense	Is this a qualifying expense?	Comments & special rules
Scooter, electric		Only with a Letter of Medical Necessity.
Screening tests		
Service animal, to assist individual with mental health disabilities		Only with a Letter of Medical Necessity.
Shipping & handling fees		
Sinus medications		
Sleep-deprivation treatment		
Smoking-cessation medications		
Smoking-cessation programs		
Special foods		Only with a Letter of Medical Necessity & only if the food does not substitute for normal nutritional requirements. Food modified for special diets also qualifies (e.g., gluten-free) but only the cost in excess of the unmodified food qualifies.
Speech therapy		
Sperm, storage fees		See Blood storage .
Spermicides		

Expense	Is this a qualifying expense?	Comments & special rules
St. John's Wort		Only with a Letter of Medical Necessity.
Stem cell, harvesting and/or storage of		See Blood storage .
Sterilization procedures		
Student health fee		See Concierge fees .
Sunburn creams & ointments, medicated		
Sunglasses-Prescription		
Sunglasses—non-prescription		Only with a Letter of Medical Necessity.
Sun-protective (SPF) clothing		Only with a Letter of Medical Necessity.
Sunscreen (excluding cosmetics or similar products containing sunscreen)		
Support braces		
Surrogate or gestational carrier expenses for other than participant or covered dependent		Such expenses generally won't qualify, even if they are for medical care of the surrogate/gestational carrier or her unborn child.
Swimming lessons		
Telephone equipment for persons with hearing or speech disabilities		See also Capital expenses .

Expense	Is this a qualifying expense?	Comments & special rules
Television for persons with hearing disabilities		Only with a Letter of Medical Necessity & then only the excess cost qualifies.
Thermometers		
Toothbrushes		Won't qualify, even if a dentist recommends special ones (such as electric or battery-powered) to treat a medical condition like gingivitis. Toothbrushes are items that are used primarily to maintain general health—a person would still use one even without the medical condition. Thus, they are not primarily for medical care.
Toothpaste		Same reasons that apply to toothbrushes.
Transplants		
Transportation (travel) expenses for person to receive medical care		Will qualify if the transportation is primarily for & essential to medical care. Includes car & rental car expenses; bus, taxi, rideshare, train, plane, & ferry fares; & ambulance services. Note that rental car expenses are limited to the portion attributable to the medical appointment or other care. Instead of actual car expenses, a standard mileage rate.
Transportation (travel) expenses of someone other than the person receiving medical care		Will qualify in some cases. Transportation expenses of the following persons will qualify: (1) a parent who must go with a child who needs medical care; (2) a nurse or other person who gives injections, medications, or other treatment required by a patient who is traveling to get medical care & is unable to travel alone; & (3) an individual who travels to visit a mentally ill dependent, if such visits are recommended as part of treatment.

Expense	Is this a qualifying expense?	Comments & special rules
Ultrasound, prenatal		Will qualify if used as a diagnostic tool to determine fetal health & development. Won't qualify if for other purposes (e.g., to obtain prenatal snapshots). See also Genetic testing .
Umbilical cord blood storage		See Blood storage .
Usual & customary charges, excess		
Vaccines		
Varicose veins, treatment of		Only with a Letter of Medical Necessity.
Vasectomy		
Vasectomy reversal		
Veneers		
Veterinary fees		Will qualify if the veterinary fees are incurred for the care of a guide dog or other animal necessary for a person with a medical condition.
Viagra		
Vitamins		Only with a Letter of Medical Necessity.
Walkers		

Expense	Is this a qualifying expense?	Comments & special rules
Wart remover treatments		
Weight-loss programs and/or drugs prescribed to induce weight loss		Only with a Letter of Medical Necessity. Note: mere weight loss is not sufficient.
Wheelchair		
Wigs		Only with a Letter of Medical Necessity.
Wipes & cleansers, for personal (e.g., perineal) use		Only with a Letter of Medical Necessity.
Wound care		
X-ray fees		
Yeast infection medications		