

# Reimbursable Items under HRA

Updated 1/1/2021 by Bement & Company

## ALLOWED?

Toothpaste, medicated (difference in cost only)	YES
Vitamins	YES
Weight loss drugs	YES
Alternative dietary supplements	YES
Alternative healers	YES
Breast reconstruction surgery (following mastectomy)	YES
Car modifications	YES
Compression or anti-embolism socks, stockings or hose	YES
Cord blood storage	YES
Cosmetic procedures for birth defects or injury	YES
Dental veneers	YES
Dermatology products	YES
Dietary supplements	YES
Dietitian / nutrition services	YES
Doctor supervised weight loss program	YES
Doula or birthing coach	YES
Dyslexia treatment	YES
Exercise equipment	YES
Fitness programs	YES
Health club dues	YES
Herbal or homeopathic medicines	YES
Home modifications	YES
Humidifier, air filter and supplies	YES
Magnetic therapy	YES
Massage therapy	YES
Modified equipment (extra cost only)	YES
Nutritional supplements	YES
Orthopedic shoes and inserts	YES
Special equipment	YES
Special foods	YES
Special school (for mental and physical disabilities)	YES
Swimming lessons (for therapy)	YES
Transgender treatments/surgery	YES
Tuition or educational classes	YES
Acne medicines and treatments	YES
Acupuncture	YES
Adoption (associated medical expenses)	YES
Alcoholism treatment	YES
Allergy and sinus medicine and products	YES
Ambulance and emergency health services	YES
Anesthesia for dental treatments	YES
Anesthesia for medical treatments	YES
Anesthesia for vision treatments	YES

Antacid	YES
Antibiotic ointment	YES
Artificial limb	YES
Aspirin or other pain reliever	YES
Asthma medicines or treatments (over-the-counter)	YES
Bandages and related items	YES
Birth control (over-the-counter)	YES
Blood pressure monitor	YES
Body scans	YES
Braille books and magazines (extra cost only)	YES
Breast Pumps & Accessories	YES
Breastfeeding classes	YES
Canker and cold sore treatments (over-the-counter)	YES
Childbirth classes (charges for mother only)	YES
Chiropractic care	YES
Cholesterol test kits and supplies	YES
Christian Science practitioners	YES
COBRA premiums	YES
Cold and flu medicine	YES
Concierge medical fees (for services received)	YES
Contact lenses and solutions	YES
Contraceptives	YES
Corn and callus remover	YES
Corneal keratotomy	YES
Cough drops and sore throat lozenges	YES
Cough syrup	YES
Dental and oral pain products (over-the-counter)	YES
Dental care (non-cosmetic)	YES
Dental insurance premiums	YES
Dental surgery	YES
Dentures, bridges, etc.	YES
Dermatologist	YES
Diabetic monitors and supplies	YES
Diaper rash creams (over-the-counter)	YES
Doctor visits (medical)	YES
Drug addiction treatment	YES
Drugs and medicines (over-the-counter)	YES
Ear drops and wax removal (over-the-counter)	YES
Eye drops and treatments	YES
Eye examinations	YES
Eye related equipment/materials	YES
Eye surgery or treatment	YES
Eyeglasses (prescription)	YES
Feminine hygiene products	YES
Fertility monitor	YES

Fertility treatment	YES
First aid kits	YES
Flu shots	YES
Fluoride treatments	YES
Guide dog (dog, training, care)	YES
Health insurance premiums	YES
Hearing aids and batteries	YES
Hospital services and fees	YES
Immunizations	YES
In vitro fertilization	YES
Incontinence supplies	YES
Infertility treatment	YES
Insulin, testing materials and supplies	YES
Laboratory fees	YES
Lactose intolerance medication	YES
Lamaze classes (charges for mother only)	YES
Laser / Lasik eye surgery	YES
Laxatives	YES
Learning disability treatments	YES
Lice treatment (over-the-counter)	YES
Listening therapy	YES
Lodging for dental or vision care	YES
Lodging for medical care	YES
Long-term care premiums	YES
Mastectomy-related special bras	YES
Medicaid/CHIP insurance premiums	YES
Medical abortion	YES
Medical diagnostic services	YES
Medical equipment and repairs	YES
Medical monitoring and testing devices	YES
Medical operations	YES
Medical records charges	YES
Medical X-ray fees	YES
Medicare Part A, Part B insurance premiums	YES
Medicare supplement insurance premiums	YES
Mental health counseling	YES
Midwife	YES
Monitors and test kits	YES
Motion sickness medication	YES
Multiplan insurance premiums	YES
Nasal sprays	YES
Nasal strips	YES
Norplant insertion or removal	YES
Nursing services (wages and taxes)	YES
OB/GYN fees	YES
Occlusal guards to prevent teeth grinding	YES
Occupational therapy (for medical / disability)	YES

Optometrist or ophthalmologist fees	YES
Organ transplants (recipient and donor)	YES
Ortho keratotomy	YES
Orthodontia (braces and retainers)	YES
Orthopedic and surgical supports	YES
Orthotics	YES
Ovulation monitor	YES
Oxygen	YES
Physical exams	YES
Physical therapy	YES
Physical therapy supplies	YES
Pregnancy tests	YES
Prescription drugs	YES
Prescription insurance premiums	YES
Psychiatric / therapy	YES
Radial keratotomy	YES
Reading glasses	YES
Short term medical insurance premiums	YES
Sleep aids and sedatives (over-the-counter)	YES
Smoking cessation (programs/counseling)	YES
Smoking cessation drugs, gum or patches	YES
Speech therapy	YES
Spermicidal	YES
Splints, supports, and braces	YES
Sterilization	YES
Sunglasses (prescription)	YES
Sunscreen and creams with SPF 15+	YES
Surgery (non-cosmetic)	YES
Take-home urinary tract infection test	YES
Transportation and parking (to dental or vision care)	YES
Transportation and parking (to eligible medical care)	YES
TRICARE insurance premiums	YES
Tubal ligation	YES
Urological products	YES
Vaccinations	YES
Varicose vein removal surgery (for medical care)	YES
Vasectomy	YES
Vision care	YES
Vision insurance premiums	YES
Vision operations	YES
Vision products	YES
Walking aids (canes, walkers, crutches)	YES
Wart removal treatments	YES
Wheelchair and repairs	YES
Wound care	YES

Adoption fees	NO
Cancer insurance premiums	NO
Child or newborn care instruction	NO
Concierge medical fees (for future services)	NO
Cord blood storage (for unidentified future use)	NO
Cosmetic procedures or surgery	NO
Counseling (marriage)	NO
CPR classes	NO
Dental products for general health	NO
Diapers and diaper services	NO
Drugs (imported)	NO
Electrolysis	NO
Face lifts	NO
Funeral expenses	NO
Hair regrowth products	NO
Hair removal	NO
Hair transplant	NO
Hair treatments	NO
Hand lotion	NO
Health Savings Account (HSA) contributions	NO
Hospital insurance premiums	NO
Household help	NO
Lactation items and devices (for convenience)	NO
Late payment fees	NO
Long-term care services	NO
Maternity clothes	NO
Medical literature, books, pamphlets or audio	NO
Physician retainer fee	NO
Prescription drugs for cosmetic purposes	NO
Sunscreen with SPF <15 or suntan lotion	NO
Teeth bleaching or whitening	NO
Toothpaste, toothbrush, floss, etc.	NO
UV protection clothing	NO
Vitamins (for general health)	NO
Weight loss foods	NO
Weight loss program (for general health)	NO



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