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
- Bandages
- Birth control, contraceptive devices
- Birthing classes/Lamaze – only the mother’s portion, 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
- Crutches (purchased or rented)
- Dental services
- Diabetic supplies and Insulin
- Flu shots
- Hearing aids and batteries (warranties excluded)
- Incontinence supplies
- Infertility treatments
- Lactation expenses (breast pumps, etc.)
- Medical supplies to treat an injury or illness
- Mileage to and from doctor appointments
- Optometrist’s or ophthalmologist’s fees
- Physical exams
- Physical therapy (as medical treatment)
- Sales tax on eligible expenses
- Sleep apnea services/products (as prescribed)
- Smoking cessation programs
- Treatment for alcoholism or drug dependency
- Vaccinations
- X-ray fees

Eligible OTC Medicines and Drugs
As of January 1, 2020, over-the-counter (OTC) medicines and drugs are reimbursable via FSA, HRA, and HSA.
- 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.)
- Feminine care products (tampons, pads, etc)
- Foot care (corn/wart medication, antifungal treatments, etc.)
- Hemorrhoid creams & treatments
- Hydrogen peroxide & rubbing alcohol
- 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/SPF15+, 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 compensation
- 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 or ask your employer for a copy of your Summary Plan Description ( SPD).