

Below is a list of items eligible for reimbursement under your Flexible Spending Account. This list is only to be used as a general guide and does not consist of every possible item eligible under the plan. If you have any questions regarding the eligibility of a specific service or item not listed below, please contact GMR Associates. Items listed below are only eligible if adequate documentation is provided. You may be asked to provide additional information to determine eligibility of a certain service or item.

**Service/Item:**

Acupuncture for treatment of medical condition  
 Alcoholism treatment  
 Ambulance  
 Blood sugar test items  
 Chiropractic care  
 Circumcision  
 Contact lenses, glasses and other vision expenses  
 Contraceptive products and devices  
 Crutches  
 Deductibles on medical and dental insurance plans  
 Dental treatment UNLESS for cosmetic purposes  
 Dentures/denture supplies  
 Drug addiction treatment  
 Eye exams  
 First aid kit  
 Flu shots  
 Hearing aid/batteries  
 Immunizations  
 Infertility treatments  
 Inpatient hospitalization services  
 Laboratory fees  
 Laser eye surgery/Lasik  
 Medic alert devices  
 Medical monitoring testing devices  
 Medical record charges  
 Menstrual pain relievers  
 Mileage reimbursement  
 Nasal strips-NOT for common snoring  
 Nicotine gum or patches  
 Nursing services  
 Obstetrical expenses  
 Occlusal night guard  
 Office visit Co-pays  
 Optometrist services  
 Orthodontia services(Contact Administrator prior to beginning services)  
 Physical examinations  
 Physical therapy  
 Prenatal vitamins if taken during pregnancy  
 Prescription drugs  
 Psychiatric care, Psychoanalysis, Psychotherapy  
 Seeing eye-dog  
 Speech therapy  
 Sterilization procedures (hysterectomy, vasectomy)  
 Sunburn cream and ointments  
 Thermometers  
 Ultrasound  
 Walkers  
 Wheelchair  
 Wigs, if hair loss due to medical condition or treatment  
 X-ray expenses

**Over the Counter Items**

Acne treatments  
 Allergy prevention treatment  
 Antacid medicine  
 Antibiotic ointments and creams  
 Anti-diarrhea medications  
 Anti-infection treatments  
 Anti-itch lotions and creams  
 Arthritis treatments  
 Aspirin  
 Bandages  
 Blood pressure monitor  
 Carpal tunnel wrist supports  
 Chest rubs  
 Cholesterol tests  
 Claratin  
 Cold and flu medications  
 Cold sore treatments  
 Cold/hot packs  
 Colorectal cancer screening tests  
 Constipation treatment  
 Contact lens cleaning solution  
 Cough medicines  
 Dehydration treatment  
 Diabetes monitors  
 Diabetes supplies  
 Diaper rash treatments  
 Diuretics  
 Ear drops  
 Eye drops  
 Fiber supplements  
  
 Headache relief  
 Hemorrhoid treatments  
 Incontinences supplies  
 Joint Pain  
 Lactose intolerance products  
 Laxatives  
 Lice treatments  
  
 Menopause treatments  
 Motion sickness  
 Muscle pain  
 Pain relievers  
 Pregnancy tests  
 Premenstrual syndrome treatment  
 Scar treatment  
 Sinus sprays and medications  
 Sleeping aids  
 Smoking cessation treatments  
 Toothache treatments  
 Wart removal treatments  
 Yeast infection treatments

The general "Rule of Thumb" for over the counter items is anything used to treat a pain, injury, illness or allergy is eligible for reimbursement. Anything for general care or general well being, including but not limited to cosmetic services or items, are not eligible under the plan. If an item that is typically used for the general care or well being was recommended to you by your doctor to be used for treatment of a medical condition, then a doctor's note will be required in order for that item to be *considered* for reimbursement.

Special Note regarding Vitamins & Supplements: These items are only eligible under your FSA if a doctor has prescribed or recommended them. If this is the case, a copy of the recommendation is to be submitted along with the claim. Otherwise, these items are considered "General Well Being" items and therefore NOT eligible.



If you have any questions please contact GMR Associates at:  
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Mail all claims to GMR Associates Inc. at:  
 PO Box 24369  
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 Claims can also be emailed or faxed to the locations above