

Utah Retirement Systems

Health Reimbursement Arrangement (HRA)

Examples of Common Health Expenses

Examples of eligible expenses

Acupuncture	Incontinence supplies
Alcohol & Drug Treatment program	Infertility treatment
Allergy injections & medicines	Instruction, Training, and Equipment for the Deaf
Antacid	Insulin Treatments
Anti-diarrhea medicine & laxatives	Insurance Deductibles and Co-payments
Artificial Eyes and Limbs	Laser Eye Surgery
Back Supports	Motion sickness pills
Band-Aids, bandages & gauze pads	Muscle or joint pain reliever
Birth Control Supplies	Nicotine gum or patches for smoking cessation
Body Scan - Diagnostic or screening tests	Orthodontia (Copy of contract required)
Blood Pressure Monitor	Orthotics
Braces and Splints	Oxygen and Equipment
Calamine lotion & bug bite medication	Pain reliever, Menstrual pain & cramp relief
Carpal tunnel wrist support	Physical, Speech and Occupational Therapy
Chiropractic Care	Prescriptions and non-prescription drugs
Cleaning Teeth	Psychotherapy
Cold, flu medicine, Cough drops & throat lozenges	Radium Therapy
Cold/hot packs for injuries	Reading glasses
Condoms & spermicidal foam	Routine Physical Exams
Contact Lenses, including lens care supplies	Sinus medication, Nasal strips & Nasal sinus sprays
Crowns	Smoking cessation program
Crutches	Sterilization Equipment and Supplies
Dentures & Bridges	Sunburn ointment or cream
Diabetic Supplies	Support Hosiery
Extracting Teeth	Suppositories and creams for hemorrhoids
Eye Exams	Thermometer
Eyeglasses	Transportation to received medical treatment
First aid cream & antibacterial ointment	Wart remover treatment
First aid kits	Wheelchairs
Hearing Aides & Batteries	X-rays

Examples of expenses requiring a Doctor's Note

Arthritis treatment	Remedial reading for a Child Suffering from Dyslexia
Chinese herbs, naturopathic, & dietary supplements	Sleeping aids – to treat insomnia
Depression medication	Special Schools- to treat a specific disability
Exercise programs	Sunglasses
Hormone therapy	Sunscreen
Lactose intolerant pills	Topical creams
Massage Therapy	Treadmill
Medical equipment and qualified home improvements	Vitamins (to treat a medical condition)
Nasal spray for snoring	Weight loss drugs & programs
Orthopedic shoes and inserts (price difference only)	

Examples of non-eligible expenses

Aromatherapy	Medicated shampoo & soap
Botox	Mouthwash
Chapstick	NoDoz
Contact lens service agreement or insurance	Payments for services performed outside the current plan year
Cosmetic procedures & surgery	Prepayments
Cosmetics	Teeth Bleaching
Deodorant	Toiletries
Face cream, suntan lotion & moisturizers	Toothbrush
Facial Tissues	Toothpaste
Funeral Expenses	Vacation
Health Club Dues	Vaseline
Insurance premiums	Vitamins & Supplements
Electrolysis or hair removal	Weight scales
Liposuction	