

GENERAL INFORMATION

Eligible health care expenses for which you submit a claim must be incurred while you are a participant, in the plan calendar year, and must not be reimbursed by any insurance, other reimbursement accounts, or an HMO. You may not claim a medical expense deduction on your income tax return for which you were reimbursed from your Health Care Flexible Spending Account. The maximum annual contribution is \$2,500 per employee. If both you and your spouse are benefit-eligible employees at Mayo Clinic, each of you may contribute up to \$2,500. You may be reimbursed for health care expenses incurred by you on behalf of yourself, your spouse, or your dependents. Your “dependents” are persons who qualify as dependents on your federal tax return. The term “dependent” does not include any individual who is not a US citizen or national, unless the individual is a resident of the US or a country contiguous to the United States.

Fraud Warning

- **A person who files a claim with intent to defraud or helps commit a fraud against an insurer is guilty of a crime.**

Examples of **eligible** health care expenses are:

- Acupuncture treatment
- Braille books
- Christian Science Practitioner charges
- Chiropractic charges
- Contact lenses* (includes materials and equipment needed to maintain lenses: cleaner, saline, etc.)
- Convalescent home medical treatment
- Dental treatment and deductibles*
- Eye examinations, prescription eyeglasses*
- Hearing aids and batteries
- Hospital and physician charges
- Kidney donor’s expenses
- Laser eye surgery for vision correction (LASIK)
- Medical care plan deductibles and co-pays
- Nursing charges for medical services
- Over-the-counter pharmaceuticals that are accompanied by a prescription from a licensed physician OR over-the-counter insulin
- Orthodontia (see special requirements on claim filing)
- Prescription drugs and deductibles
- Special costs for physically and mentally handicapped children

Examples of **ineligible** health care expenses are:

- Cosmetic surgery
- Clip-on or non-prescription sunglasses
- Custodial care
- Dental services for bleaching of teeth
- Dietary supplements, toiletries and cosmetics
- Drugs for cosmetic purposes (Retin-A, Rogaine, Propecia, etc.)
- Electrolysis
- Fitness programs and/or health club dues
- Hair transplant
- Over-the-counter pharmaceuticals not accompanied by a prescription from a licensed physician, with the exception of over-the-counter insulin
- Vitamins and herbal supplements

Special Requirements for Claim Filing for Orthodontia:

If you are using this account for orthodontia, an itemized statement and/or copy of your contract outlining the treatment plan must accompany your claim for each year you participate. If you choose, you may file the entire amount of your orthodontic claim, regardless of the length of treatment. You may also file claims as you incur the expense, however, remember an itemized statement must accompany each request. The maximum annual contribution is \$2,500 per employee. If both you and your spouse are benefit-eligible employees at Mayo Clinic, each of you may contribute up to \$2,500. When using your Health Care FSA to reimburse for orthodontia treatment, you may file the entire amount of your orthodontic claim, regardless of the length of treatment.

Claim Filing Deadline:

March 31 of the following year is the deadline to submit claims for expenses incurred in the calendar year in which pretax contributions were made. Any funds remaining in your Health-Care Flexible Spending Account after the deadline are forfeited.

* Eligible expenses must first be filed for benefits under any other medical, dental, HMO plans or reimbursement accounts. The Mayo Reimbursement Account or Dental Assistance Plan must be exhausted before you use your pretax Health Care Flexible Spending Account for eligible dental and vision expenses. Dental Assistance Plan members can use their Health Care Flexible Spending Account for vision services before their Dental Assistance Plan is exhausted; due to the fact that the Dental Assistance plan does not reimburse for vision.

For a complete description of the Health Care Flexible Spending Account, refer to the Summary Plan Description. Go to the Mayo Intranet, then go to “For You,” “Human Resources” and click on “Benefits.”