



# YOUR A-Z FSA LIST

Do you have money remaining in your flexible spending account (FSA)? You can use your health FSA on so many eligible expenses that the list practically runs from A to Z. Check out this list of ideas or visit [https://learn.hellofurther.com/Individuals/Spending\\_Your\\_Account/Eligible\\_Expenses](https://learn.hellofurther.com/Individuals/Spending_Your_Account/Eligible_Expenses) and be sure to spend down your FSA dollars before the end of 2022.

Source: Further by HealthEquity



**A**  
Arm sling



**G**  
Glasses



**M**  
Medicated body or face wash



**S**  
Sunscreen (broad spectrum 15 SPF+)



**Y**  
Yeast infection medication



**B**  
Batteries for medical devices



**H**  
Heating pads



**N**  
Nicotine gum, patches, etc.



**T**  
Thermometers



**Z**  
Get some Z's knowing your FSA dollars are well-spent!



**C**  
Childbirth



**I**  
Incontinence supplies



**O**  
Orthodontia



**U**  
Ultrasound



**D**  
Deductible (medical/dental)



**J**  
Joint health medication



**P**  
Personal Protective Equipment



**V**  
Vitamins



**E**  
Eye drops



**K**  
Knee brace



**Q**  
QR code to the FSA/HSA store



**W**  
Walking aids



**F**  
Feminine hygiene products



**L**  
Light therapy



**R**  
Rental car to/from medical visits



**X**  
X-rays

## TIP:

You can easily purchase FSA-eligible items at the Amazon FSA Store. ELCA Health Plan members with an FSA can use the Further by HealthEquity debit card or submit a claim to Further for reimbursement.

**Further**  
Phone 800.859.2144  
hellofurther.com

### About Portico Benefit Services

Portico provides health, retirement and other benefits that enhance the well-being of those who serve ELCA-affiliated congregations and organizations.

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**The eligibility for any benefit will be governed by the terms of the applicable plan, program or policy. Portico Benefit Services (and its designee or the insurer or claims administrator, as applicable) shall have the power, including, without limitation, discretionary power to make all determinations that the plan(s) require for its administration, and to construe and interpret the plan(s) for purposes of determining eligibility and benefits.**

**Portico provides information relating to the Amazon FSA Store because it may be of interest to users. Portico does not endorse any commercial products that may be advertised or available on this site.**