

# SURPRISING FSA ELIGIBLE EXPENSES



A Healthcare Flexible Spending Account (FSA) allows you to set aside pre-tax money to pay for eligible healthcare expenses, including copays, deductibles, dental, vision, and prescription costs. If your spouse or family are enrolled in your benefits plan, their expenses can be covered with FSA dollars too.

In 2025, the maximum contribution allowed is \$3,200. One advantage of FSAs is that you may spend the full amount of your election as soon as the year starts—even before all the money has been deducted from your paychecks.

In addition typical healthcare expenses, there are some surprising FSA eligible purchases you may want to consider. A full list of FSA eligible items may be found on [FSAstore.com](https://www.fsastore.com)

## Over-the-Counter Items:

- Sunscreen
- Pregnancy test kits
- Blood pressure monitors

## Hi-tech Health items

- Massage guns or wireless muscle simulators
- Light therapy masks for skin health
- Wearable health tracker devices (including Oura Rings)

## Mom & Baby Supplies

- Baby skin care
- Breast pumps & milk storage
- Postpartum belly wraps

## Women's Health Items

- Tampons, menstrual cups and feminine products
- Menopause support products like hot flash relief devices

## Other Personal Care

- Insoles & Orthotics
- Migraine Relief masks
- Ultrasonic toothbrushes
- First aid kits
- Powered ear wax removal kit