

Medical Expenses Deductible on your Schedule A as an Itemized Deduction

- Abortion
- Acupuncture
- Alcoholism – inpatient treatment at a therapeutic center for alcohol addiction (includes meals and lodging provided by the center).
- Ambulance
- Artificial Limbs and Artificial Teeth
- Birth Control Pills
- Braille books and magazines to the extent the cost exceeds a regular printed edition.
- Breast reconstruction after a mastectomy (Rev. Rul. 2003-57).
- Car – special hand controls, etc. for disabled individuals.
- Chiropractor
- Christian Science Practitioner
- Contact Lens – Including equipment and materials such as a saline and enzyme cleaner.
- Crutches (Rev. Rul. 2003-58)
- Dentists & Dental Treatment
- Drug Addiction – inpatient treatment at a therapeutic center (includes meals and lodging provided by center)
- Drugs – Prescription
- Elastic hosiery
- Equipment, supplies and diagnostic devices even if not prescribed by a physician (Rev. Rul. 2003-58)
- Eyeglasses – includes examination fees
- Fertility Enhancement – in vitro and surgery (PLR 200318017)
- Guide Dog or Other Animal – includes care expenses of the animal.
- Health Club – only if the treatment is prescribed by a physician and the physician issued a statement that the treatment is necessary to alleviate a physical or mental defect or illness of the individual receiving the treatment.
- Health Maintenance Organization (HMO) – treated as insurance premiums.
- Hearing Aids (including batteries)
- Home Care
- Hospital Services
- Insurance Premiums – hospitalization, surgical fees, X-rays, etc. including prescription drugs, replacement of lost or damaged contact lenses membership in “free choice” medical services, Medicare or qualified long-term care
- Laboratory Fees
- Laser Eye Surgery
- Lead-Based Paint Removal – to prevent a child who has or who has had lead poisoning from eating the paint.
- Learning Disability - tuition fees for a special school for a child with severe learning disabilities caused by mental or physical impairments, including nervous systems disorders. Doctors must recommend child attend.
- Legal Fees – necessary to authorize treatment for mental illness.
- Lodging while away from home - \$50 per night for each person. Includes a person accompanying an ill person.
 - Lodging not provided in a hospital or similar institution must meet **all** of the following criteria:
 - Lodging is primarily and essentially for medial care;
 - Medical care is provided by a doctor in a licensed hospital or equivalent;
 - Lodging is not lavish or extravagant; and,
 - There is no significant element of personal pleasure, recreation or vacation in the travel away from home.

- Meals – only for inpatient care.
- Medical Conferences – admission to or transportation to a medical conference if it concerns the chronic illness of you, spouse, or dependent. Must spend a majority of your time at the conference attending sessions. Does not include meals or lodging.
- Medicines – prescribed medicines and drugs (requires a prescription) and insulin.
- Medical Services – for legal medical services provided by physicians, surgeons, specialists, or other medical practitioners.
- Mentally Retarded – the cost of keeping a mentally retarded person in a special home, not the home of a relative, on the recommendation of a psychiatrist to help in the person adjust.
- Nursing Home – cost of medical care in a nursing home, including the cost of meals and lodging in the home if the main reason for being there is to get medical care. If the reason for being there is personal, deduct only the portion for nursing and medical care.
- Nursing Services – services need not be performed by a nurse as long as the services are of a kind of generally performed by a nurse (giving medication, changing dressings, bathing and grooming).
- Operations – legal operations that are necessary (not cosmetic surgery).
- Optometrist
- Oxygen – for oxygen and oxygen equipment to relieve breathing problems caused by a medical condition.
- Psychiatric Care – includes the cost of supporting a mentally ill dependent at a specially equipped medical center; does not include psychoanalysis you must get as a part of your training to be a psychoanalyst.
- Schools and Education, Special – payments to a special impaired or physically disabled person if the main reason for using the school is its resources for relieving the disability. Includes the cost of teaching Braille to the visually impaired, teaching lip reading to the hearing impaired and giving remedial language training to correct a condition caused by a birth defect. You cannot include the cost of sending a problem child to a special school for benefits the child may get from the course study and the disciplinary methods.
- Sterilization – cost of a legal sterilization.
- Stop-Smoking Program – stop-smoking program. You cannot include drugs that do not require a prescription such as a nicotine patch or gum (Rev. Rul. 99-28).
- Telephone – the cost and repair of special telephone equipment that lets a hearing-impaired person communicate over a regular telephone.
- Television – the cost of equipment that displays the audio part of a television program for the hearing-impaired.
- Therapy
- Transplants – surgical, laboratory, and transportation expenses for a donor or possible donor of an organ.
- Transportation Costs – primarily for and essential to medical care, includes bus, taxi, train, plane, ambulance, parking fees, tolls, and automobile expenses at the greater of out-of-pocket expenses for gas and oil **or \$.18 cents per mile for 2018 and \$.20 cents per mile for 2019.**
- Trips – transportation to another city if the trip is primarily for and essential to receiving medical services. Does not include vacations even if recommended by a doctor.
- Weight-Loss Programs – undertaken at a physician's direction to treat an **existing** disease (such as heart disease or obesity). Not deductible if it is to improve your general health and well-being (Rev. Rul. 2002-19 and Rev. Rul. 79-151).
- Wheelchair – used mainly for the relief of sickness or disability and not just to provide transportation to and from work.
- X-Rays
- See IRS Publication 502 for other qualifying medical expenses at www.irs.gov

Non-Deductible Items

1. Controlled substances in violation of state law (e.g. marijuana)
2. Cosmetic surgery (if strictly cosmetic)
3. Dance lessons
4. Diaper service
5. Dietary foods if not prescribed by a physician for an existing condition
6. Exercise program to improve general health
7. Funeral expenses
8. Health club dues unless related to a specific medical condition
9. Maternity clothes
10. Nursing services for a normal healthy baby
11. Vitamins and herbs

Flexible Spending Account Grace Period or Carryover

Flexible Spending Accounts (FSA) are “use it or lose it” accounts meaning that you don’t want to guess higher than your actual medical costs. The forms are required to be turned in by the employer in late November or early December **before** the year incurred. Typically, there is a grace period of 2 ½ months after year end to find medical costs. For example, a medical expense incurred 1/1/19 to 3/15/19 can be reimbursed from 2018 withholdings. This procedure must be adopted by the administrator of the FSA. **FSA’s are limited to \$2,700 for 2019.**

FSA plans have the ability to elect up to a \$500 carryover amount in lieu of a grace period.

Flexible Spending Accounts (FSA) and Health Savings Accounts (HSA) Over-the-Counter Items

FSA’s and HSA’s don’t allow over-the-counter items to be reimbursed.

For HSA’s, insulin and prescriptions (even on an over-the-counter items) are still permitted.