### Mid-plan year: Stuff that’s covered that you may not know

**Newsletter**

*Potential newsletter titles:*

10 surprising things you can pay for with your FSA

Top 10 unexpected ways to use your FSA

Take your health to the next level with your FSA

**Think you can’t use FSA funds? Think again!**

Your FSA can pay for hundreds of qualified medical expenses (QMEs).1 Here are 10 ways you can use pre-tax FSA dollars that may surprise you:

1. **Massage therapy** **(or acupuncture)**—with a letter from your doctor.
2. **Acne treatment**—including light therapy devices.
3. **Foot care**—including orthopedic shoe inserts, like toe cushions and arch braces.
4. **Travel essentials**—like protective SPF 15+ sunscreen and motion sickness wristbands.
5. **Menstrual care products**—including menstrual cups in addition to tampons and pads.
6. **Eligible over-the-counter medicines**—no prescription needed.
7. **Breast pump**—plus cleaning wipes, nursing pads.
8. **Heating and cooling pads**—designed to help you manage pain and injury.
9. **Family planning**—including pregnancy tests and fertility kits.
10. **Home medical devices**—like oximeters, blood pressure monitors, CPAP accessories, and more.

Remember to check whether your FSA can pay for medical devices and equipment. (Some expenses may require a note of medical necessity from your doctor for an item to be covered.)

**Find out what qualifies >>** link to [{https://learn.healthequity.com/QME/](https://learn.healthequity.com/QME/)}

**Questions? We’re here for you 24/7.**

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1It is the member’s responsibility to ensure eligibility requirements and confirm the expenses are eligible under their employer’s plan.

HealthEquity does not provide legal, tax, or financial advice.