

A MOM'S GUIDE TO **HSA/FSA** *eligible products*



DID YOU KNOW?

Both HSAs and FSAs allow people with health insurance to set aside money for health care costs referred to by the IRS as qualified medical expenses. These include medical care, prescription drugs, dental and vision care, over-the-counter medications and other health-related items.

THE MONEY IS USE IT OR LOSE IT - SOMETIMES

The balance in an HSA usually rolls over from year to year, so you can save to the account now and use it for medical expenses in the future. However, FSA money can be “use or lose,” meaning you lose any amount you haven’t spent at the end of the year unless your employer has selected a rollover option or opted for a grace period.

Here are useful products for moms and babies that are HSA/FSA eligible.

ELIGIBLE MOM AND BABY GEAR

- The Lilu Massager + Bra
- Breast Pumps
- Nipple Cream
- Breast Milk Storage Bags
- Disposable Nursing Pads
- Digital Thermometers
- Healing Ointment for Baby
- Bandages
- Baby Monitors
- Supportive Belly Wraps
- Baby Sunscreen
- Ear Drops
- Baby Aspirin
- Baby Allergy Medication
- Children's Cold and Congestion Medication
- Ice Packs
- Baby Chest Rub
- Baby Gas Relief Medication
- Teething Gel
- Saline Spray
- Pads and Pantliners
- Body Wash and Shampoo
- First Aid Kits
- Postnatal Vitamins