MetLife | Health Flexible Spending Account (FSA)

Kansas Department of Administration State Employee Health Plan

Stretch your paycheck to help cover healthcare expenses

Enjoy pre-tax savings on qualified healthcare expenses with a Health Flexible Spending Account.

Use your tax-advantaged Health Flexible Spending Account (FSA) to pay for qualified health care expenses[1] like doctor visits, prescriptions, and dental and vision care for you, your family, and any dependents. Examples of qualified expenses include the following:

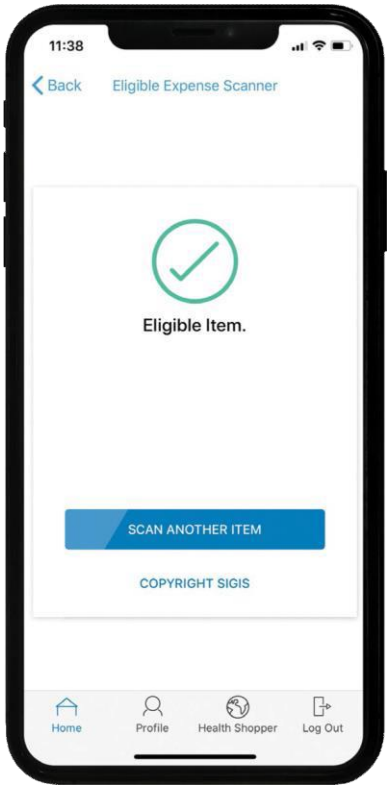
- Acupuncture
- Adoption
- Alcoholism treatment
- Allergy and sinus medicine
- Ambulance
- Anti-gas products
- Athletic brace support
- Adhesive bandages
- Birth control
- Blood pressure monitor
- Body scans
- Braille books and magazines
- Breast pumps and lactation supplies
- Chiropractic care
- Cholesterol test kit
- COVID-19 PPE (hand sanitizers, wipes, and masks for personal use)
- At-home COVID-19 testing kit
- Co-insurance (medical, dental, prescription and vision)
- Contact lenses
- Contraceptives
- Cough, cold and flu medications
- Crutches or canes
- Deductibles for plans (medical, dental, prescription and vision)
- Dental care (non-cosmetic, reconstruction, dentures)
- Diagnostic services
- Drug addiction treatment
- Eye exams
- Eyeglasses (Rx and reading)
- Eye surgery
- Fertility treatments
- First aid kits
- Flu shots
- Guide dogs
- Hearing aids and batteries
- Hospital services
- Immunizations
- Incontinence supplies
- Infertility treatments
- Insulin and diabetic supplies
- Laboratory fees
- Lamaze classes
- Laser eye surgery
- Learning disability treatments
- Mastectomy-related special bras
- Medical equipment and repairs
- Medical supplies
- Medical testing devices
- Menstrual care products
- Nursing services
- Obstetrical expenses
- Office visits
- Operations
- Organ transplants
- Orthopedic supports
- Over-the-counter (OTC) treatments containing medicine: cold treatments, ointments, pain relievers, stomach remedies, etc.
- Over-the-counter (OTC) medications
- Oxygen
- Physical exams
- Physical therapy
- Rx drugs
- Prosthesis
- Psychiatric care
- Respiratory treatments
- Removal of benign cyst, mole or tumor
- Sleep aids
- Smoking cessation
- Speech therapy
- Sunglasses (Rx)
- Sunscreen
- Surgery
- Transportation and travel expenses (essential to receive medical care)
- Vasectomy
- Vision products (OTC)
- Weight loss program (to treat a medical condition)
- Wheelchair and walkers
- X-ray fees

These expenses are typically not treated as qualified expenses.

- Concierge service fees
- Cosmetic surgery
- Deodorant
- Exercise equipment
- Fitness programs
- Funeral expenses
- Hair transplants
- Household help
- Illegal procedures and treatments
- Maternity clothes
- Teeth whitening

There are thousands of qualified expenses you can cover with your Health FSA. Some items may require a Medical Necessity Form or prescription from your doctor.

For a complete list of qualified expenses, go to IRS Publication 502.[1]



Eligible Expense Scanner

Use the eligible expense barcode scanner on the **MetLife HS&SA** mobile app to immediately see if the product is qualified under your Health FSA. It makes using your account easy!

Manage your Health Savings & Spending Accounts on the go! To download, search **MetLife HS&SA** on the Apple or Android app store on your mobile device.

Available on the App Store

GET IT ON Google Play

This app is designed for your Apple device (including iPhone, iPad, and iPod touch) version 6.0 and higher or Android device, version 2.2 or higher.

iPhone, iPad, iPod touch, iOS, and Apple App Store are registered trademarks of Apple Inc. All other trademarks and service marks are the property of their respective owners.

Questions?

Call HealthEquity Member Services at 1-866-346-5800 and say "Speak to a Rep" to connect with a representative for Open Enrollment assistance. Representatives are available 24/7.

[1] Includes a wide range of medical expenses as defined in Section 213(a) of the Internal Revenue Code. See IRS publication 502 available at http://www.irs.gov/pub/irs-pdf/p502.pdf for a list of qualified expenses. In addition, there may be legislation or additional publications that may modify or expand available qualified expenses. Employees should refer to their employer's plan document(s) for the latest list of qualified expenses under their plan.

Like most group benefit programs, health savings and spending account programs offered by MetLife contain certain exclusions, exceptions, waiting periods, reductions of benefits, limitations and terms for keeping them in force. Nothing in these materials is intended to be, nor should be construed as, advice or a recommendation for a particular situation or individual. Participants should consult with their own advisors for such advice. Federal and state laws and regulations are subject to change.

MetLife

MetLife Consumer Services | 200 Park Avenue | New York, NY 10166

© 2026 MetLife Services and Solutions, LLC

L4618355[exp0727][All States and][PR, MP, VI, GU, DC]