

**ALL expenses “paid for the diagnosis, cure, mitigation, treatment, or prevention of disease, or for the purpose of affecting any structure or function of the body and for transportation primarily for and essential to medical care” are eligible under the GetMOR Plan! [as allowed under IRS Code]**

## What Does That Mean?

You can use your GetMOR Plan dollars to purchase any medical or health care related items for you or your dependents as long as they are for the diagnosis, cure, treatment or prevention of any specific disease or medical condition.

## What Types of Expenses Are Eligible?

It depends on your specific situation and why you are purchasing the item. Anything from the usual medical bills, dental, vision and/or prescriptions to acupuncture and alternative medicines ARE eligible. Ask yourself if the item is necessary and primarily for the diagnosis, cure, treatment or prevention of any specific disease or medical condition. Items for your general health are NOT allowable.

### Examples of Eligible Expenses

- ✓ Office visit copays
- ✓ Prescriptions
- ✓ Over the counter items
- ✓ Dental and vision care
- ✓ Chiropractic
- ✓ Preventative care<sup>1</sup>
- ✓ Wellness<sup>1</sup>

### Examples of NON-Eligible Expenses

- ✗ Shampoo
- ✗ Deodorant
- ✗ Teeth whitening/Veneers
- ✗ Cleaning supplies
- ✗ Diapers
- ✗ Long-term Care Services
- ✗ Makeup

<sup>1</sup> Specific medical condition must be provided

## Why Isn't a List Provided?

A complete list of ALL “eligible expenses” is not possible because what is allowable for one person may not be allowable for another. For example...

**Health club dues** ARE an eligible expense IF you are going to prevent obesity, high cholesterol, etc. However, if you are going simply for social aspects or because it makes you feel better in general then health club dues are NOT eligible. Similarly, vitamins and herbs ARE an eligible expense IF they are to prevent some specific medical condition such as heart disease or softening of the bones.

Certain recreational activities such as martial arts, Wii Fit, etc may require a doctor's note stating the specific activity is required.

## What If I'm Not Sure?

Call toll free **(888) 900-4MOR(4667)** for clarification on eligibility of your specific expense.