



## Spend-Down Overview

This FAQ should be used to identify the types of expenses that can be used for spend-down calculations.

Expenses for medical care for you, your spouse, or your children who are under 21 years old, including a child who does not live with you, but whose medical bills you help pay are all eligible in calculating spend-down values. Past unpaid medical bills for yourself or any of the people named above may also be used.

**The following items can be used if an itemized receipt is submitted from the store where the item was purchased:**

- Ensure
- Vitamins/minerals
- Antacids
- Aspirin, Ibuprofen, acetaminophen
- Cough & cold remedies
- Decongestants
- Emetics – drugs use to control or stimulate vomiting
- Antihistamines
- Nasal drops & sprays
- Ocular/ophthalmic lubricants such as artificial tears
- Anti-diarrhea products
- Anti-vertigo tablets
- Smoking cessation products including Nicorette gum
- Dermatological products such as Bacitracin and Neomycin
- Hydrocortisone cream, lotion, ointment
- Contraceptive products to include condoms
- Laxatives
- Canes & walkers but not more than once a year – no cane refills
- Insulin & insulin supplies to include alcohol pads, needles, needle disposal box, etc.
- Chiropractor services



- Hearing aid batteries
- Medical bills paid by a public program of the State or County such as EPIC (Elderly Pharmaceutical Insurance Program) – but you cannot use a bill that Medicare or private insurance will pay in full, or a bill that was previously paid by Medicaid

**Bills for supplies/services which may require a doctor's order include:**

- Blood pressure cuff
- Pregnancy detector kits
- Adult diapers, such as Depends
- Podiatry
- Acupuncture – allowed only in a substance abuse program

**Allowable medical bills:**

- Transportation expenses to obtain necessary medical services (in most cases)
- Medical bills or payments made to therapists, nurses, personal care attendants & home health aids (as ordered by a doctor)
- Payments made for surgical supplies, medical equipment, prosthetic devices, hearing aids, & eyeglasses (as ordered by doctor)

**Bills that cannot be utilized to meet a spenddown:**

- Filters for any equipment such as air conditioners or humidifiers
- Exercise equipment or weight loss & fitness programs
- Special clothing used for a weight loss program, such as a swimming suit, or jogging outfit
- Cell phones, Lifeline
- Toothpaste
- Feminine hygiene products
- Herbal remedies
- Batteries, generators, or service contracts for medical equipment
  - Hearing aid batteries are an allowable expense