

**From the desk of  
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# Things to Know about Medical and Dental Expenses and Your Taxes

Qualified medical and dental expenses incurred for your, your spouse, or dependents during the year may be deductible expenses on your tax return.

Medical expenses paid during the tax year qualify for deduction regardless of when the services were provided.

You may include qualified medical expenses you pay for yourself, your spouse and your dependents.

Some exceptions and special rules apply to divorced or separated parents, taxpayers with a multiple support agreement or those with a qualifying relative who is not your child.

You can deduct expenses primarily paid for the diagnosis, cure, mitigation, treatment or prevention of disease, or treatment affecting any structure or function of the body.

Prescription drugs can only be deducted, but none of the funny stuff unless prescribed by a doctor in places such as California, Colorado, and those states which have legalized the funny stuff, and over the counter drugs.

You can also include premiums for medical, dental and some long-term care insurance in your expenses.

Transportation costs for medical care qualify as medical expenses are also deductible.

You can deduct the actual fare for a taxi, bus, train, plane or ambulance as well as tolls and parking fees.

**If you use your car for medical transportation you can deduct actual out-of-pocket expenses such as gas and oil, or you can deduct the standard mileage rate for medical expenses.**

**Distributions from Health Savings Accounts and withdrawals from Flexible Spending Arrangements may be tax free if used to pay qualified medical expenses including prescription medication and insulin.**

**Any reimbursed medical expenses whether paid by insurance or some other source such as an employer benefit program cannot be deducted by you.**

**Your total medical expenses for the year must be reduced by any reimbursement. It makes no difference if you receive the reimbursement or if it is paid directly to the doctor or hospital.**

**To qualify for the medical deduction you must itemize your deductions which include qualifying medical and dental expenses if you itemize on Form 1040, Schedule A.**

**The medical deduction has a limitation which is which needs to exceed 10 per cent of your Adjusted Gross Income unless you were over age 65 during 2016, then the rate is 7.5 percent of your adjusted gross income.**

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