



NEWS

from the Consumer Health Action Network

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It's Tax Time: You May Be Able to Deduct Your Medical Expenses

If your medical expenses are greater than 7.5% of your yearly income you may be able to deduct them from your taxes. You can deduct unreimbursed medical, vision and dental expenses for yourself, your spouse and dependents. If you are self-employed, you may be able to deduct the cost of your health insurance plan.

You can get your taxes prepared for free !!!!!

It's tax time, and VITA (Volunteer Income Tax Assistance) sites around the state are providing free income tax filing for anyone making under \$38,000 a year. **Even if you don't have to file a tax return, you should look into whether you can get some money back.** To find a VITA site near you and schedule an appointment, call 211 Infoline and ask for the closest location.

Congratulations to our raffle winner

Suzanne Cattanach

Suzanne won \$50 in groceries for filling out our Consumer Health Action Network survey about the Governor's Charter Oak Plan

Your surveys have been delivered to legislators and the Governor, We will keep you up to date on plans for Charter Oak and other initiatives to cover the uninsured

Many kinds of medical expenses can be deducted, such as:

treatment for alcoholism and substance abuse ◦ ambulance service ◦ artificial limbs ◦ chiropractor fees ◦ dental expenses ◦ vision correction ◦ obstetrics and gynecological care ◦ purchase and care of a guide dog ◦ hearing aids ◦ hospital expenses ◦ health insurance premiums not paid with pre-tax dollars ◦ laboratory fees ◦ lead-based paint removal ◦ legal fees needed to authorize treatment for mental illness ◦ lodging up to \$50 per day per person that is necessary to receive medical care ◦ fees paid to physicians, surgeons, specialists, dentists, psychologists, and other medical practitioners ◦ prescription drugs and insulin ◦ nursing homes and services ◦ oxygen ◦ special education recommended by a doctor for learning disabilities caused by mental or physical impairment ◦ transportation expenses, plus parking fees and tolls ◦ wheelchair purchase and repair.

You cannot deduct expenses for:

unnecessary cosmetic surgery ◦ dancing lessons ◦ diaper service ◦ funeral services ◦ hair transplants ◦ health club dues ◦ maternity clothes ◦ nonprescription drugs ◦ nutritional supplements ◦ teeth whitening ◦ veterinary fees

The Consumer Health Action Network is a program of the CT Health Policy Project

www.cthealthconsumer.org

For help call us toll-free at 1-888-873-4585