Health Reimbursement Arrangement

As part of your employer’s benefit plan, you can get reimbursed for certain healthcare expenses through a health reimbursement arrangement (HRA).

What is an HRA?

An HRA is an allowance provided by your employer for you to use for eligible medical purchases. Your employer decides how much your monthly reimbursement allowance is and designates which expenses are eligible for reimbursement.

Eligible Expenses

You will get a [debit card](https://myameriflex.crunch.help/participants/use-your-card-and-start-spending) linked to your HRA that can be used for expenses such as:

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You may also make purchases out of pocket and file a request for reimbursement.

Account Management and Customer Support

You can manage your account online at myameriflex.com or by downloading the Ameriflex mobile app. Both provide easy access to your account balance, transaction history, status of reimbursements, order replacement cards, and more.

For account-related questions, contact the Ameriflex Participant Services team at 888.868.3539, Monday - Friday: 7:00 AM to 8:00 PM CST and Saturday: 9:00 AM to 1:00 PM CST.