



 [diabetesdaily.com](http://www.diabetesdaily.com)

[http://www.diabetesdaily.com/voices/2012/04/taxes-maximize-your-diabetes-medical-expense-deductions/?](http://www.diabetesdaily.com/voices/2012/04/taxes-maximize-your-diabetes-medical-expense-deductions/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+DiabetesDaily+%28Diabetes+Daily+Voices%29)

[utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+DiabetesDaily+%28Diabetes+Daily+Voices%29](http://www.diabetesdaily.com/voices/2012/04/taxes-maximize-your-diabetes-medical-expense-deductions/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+DiabetesDaily+%28Diabetes+Daily+Voices%29)

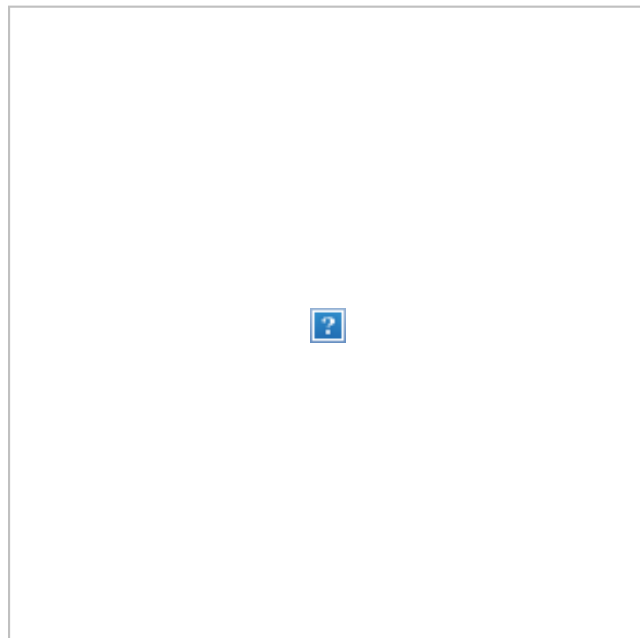
## Taxes: Maximize Your Diabetes Medical Expense Deductions

David Edelman

Finishing up your taxes? Diabetes can be extraordinarily expensive, so don't miss any of these opportunities to let it lower your tax bill. You can get a [complete list at the IRS](#).



- **Medical Travel.** The IRS allows you to deduct medical-related travel, including trips to your doctor, hospital or other service providers. The deduction rate was \$.19 per mile for travel between January 1, 2011 and June 30, 2011. For the rest of the year, it was increased to \$.235 per mile.
- **Insurance Premiums.** If you pay for insurance premiums with after-tax dollars, you can deduct the full amount. See the IRS link above for additional details and limitations.
- **Medical Treatments Not Covered by Insurance.** This includes meters and strips, eyeglasses, contact lenses, hearing aids, false teeth, seeing a psychologist, drug treatment, and much more. Almost anything medically necessary falls under this category.
- **Weight Loss Programs.** If your doctor prescribes a medically necessary weight-loss program, then that program is deductible. Although you cannot deduct a gym membership, specific weight-loss programs at a gym may be deductible.
- **Attending Medical Conferences.** You can deduct the cost of attending a medical conference if you spend a majority of the team getting medical information. Travel and admission are covered for you, your spouse, and your dependents, but lodging and meals are not.
- **Caring for a Guide Dog.** If you have a guide dog for sensing low blood sugars, all of the food, care, training, and veterinary bills are deductible. (As if you needed more reason to have a blood sugar sensing dog!)
- **Modifying Your House.** Did you remodel your house to accommodate a disability? Those modifications are most likely deductible.
- **Laser Vision Surgery.** Surgery to correct vision issues can be deducted.



- **Other Medically Prescribed Treatments.** If your doctor prescribes a treatment, such as adding a humidifier to your house, then the device, installation costs, and the cost of running it are at least partially deductible.

As you can see, this is a big list. For me, the key takeaway is that you can deduct anything that your doctor prescribes. So when if you are doing a program to improve your diabetes health, then ask your doctor to prescribe and make it easy for you to deduct.

Are there are other medical deductions that you're using?