

Non-Prescription Over-the-Counter (OTC) Medications and Supplies

Many non-prescription over-the-counter medications and supplies are eligible for reimbursement by your Health Care Reimbursement Account (Medical FSA). In order to be eligible the OTC medications and supplies must be used primarily for medical care.

Listed below is a representative list of those expenses that are broken down into three separate categories:

- Eligible expenses that are used primarily for medical care.
- Ineligible expenses that are intended to promote general good health but are not treating specific medical conditions.
- Items that are eligible because of a letter or prescription from an attending physician stating the OTC medication or supply is to treat a specific medical condition. The letter or prescription must indicate the specific medical condition being treated and indicate that the OTC drug, medication, or supply will treat or alleviate the condition.

This list is a guide only and is not intended to be exhaustive. There may also be restrictions regarding OTC medications and supplies in your plan. Check with your benefit plan. We will make every effort to keep this list up to date but we make no warranties as to its' accuracy or suitability for any purpose.

Eligible Expenses

Antiseptics

Antiseptic wash or ointment for cuts, scrapes, or burns
Benzocaine swabs
Boric Acid powder
First aid wipes
Hydrogen Peroxide
Iodine tincture
Rubbing Alcohol
Sublimed Sulfur powder

Asthma Medications

Bronchodilator/Expectorant tablets
Bronchial asthma inhalers

Cold, Flu, and Allergy Medications

Allergy medications
Cold relief syrup
Cold relief tablets
Cough drops
Cough syrup
Flu relief tablets or liquid
Medicated chest rub
Nasal decongestant inhaler
Nasal decongestant spray or drops
Nasal strips to improve congestion
Sinus and allergy homeopathic nasal spray
Sinus medications
Vapor catch cough suppressant

Diabetes Testing Supplies

Lancets
Test strips
Meters
Other Diabetic Supplies

Ear and Eye Care

Airplane ear protection
Ear drops for swimmers
Ear water-drying aid
Ear wax removal drops
Homeopathic earache tablets
Contact lens solutions

General Health Aids

Antifungal treatments
Band-aids, gauze
Denture adhesives
Diuretics and water pills
Hemorrhoid relief
Incontinence supplies
Lice control
Medicated bandages
Motion sickness tablets
Respiratory stimulant ammonia
Sleeping aids
Smoking cessation programs

Home Test Kits

Cholesterol tests
Colorectal cancer screening tests
Home drug tests
Ovulation indicators
Pregnancy tests

Pain Relief

Arthritis pain reliever
Bunion and blister treatments
Itch relief
Pain relievers, aspirin and non-aspirin
Thermacare, vanquish
Throat pain treatments
Toothache medications

Skin Care

Acne medications
Anti-itch lotion
Bunion and blister treatments
Cold sore and fever blister medications
Corn and callus removal medications
Diaper rash ointment
Eczema cream
Medicated bath products
Wart removal medications

Stomach Care

Acid reflux medications
Antacid medications (gums, tablets, liquids, etc.)
Anti-diarrhea medications
Gas prevention medications
Gas relief treatments for infants and children
Laxatives
Worms and Intestinal parasite treatments
Upset stomach medications

Eligible With Doctor's Order To Treat A Specific Medical Condition/Diagnosis

Blood pressure meter
Cold or hot compresses
Eye drops
Foot spa
Gloves and masks
*Herbs
**Leg or arm braces, tape, elastic bandages, etc.
Massagers
*Minerals
Saline nose drops
Special supplements
Thermometers
*Vitamins/Multivitamins
Weight loss programs and *supplements

* Herbs, minerals, vitamins, and dietary supplements that are merely beneficial for general health are not reimbursable.

** These items are eligible for reimbursement when used to treat or alleviate a specific medical condition or diagnosis. When used strictly as a precaution or only to promote health and wellbeing they are not reimbursable.

Ineligible

Aromatherapy
Baby bottles and cups
Baby oil
Baby wipes
Breast enhancement systems
Cosmetics
Cotton Swabs
Dental floss
Deodorants
Facial care
Feminine care
Fragrances
Hair regrowth aids
Hair removal
Low carb foods
Low calorie foods
Oral care
Petroleum jelly
Shampoo and conditioner
Skin care
Snoring aids
Spa salts
Special teeth cleaning/whitening systems
Stimulants to stay awake
Sun tanning products
Tooth brushes