## **Allowable Over-the-Counter Expenses**

The following guide has been created to provide guidance on the type of items that are reimbursable. Please check your company's plan documents for specific exclusions. Participation in a Health Savings Account (HSA) would substantially limit the reimbursable expenses listed below for a Limited Heath Care FSA (LFSA). To verify if a certain expense is covered if it is not listed below, please call 800.532.3327.

## Acceptable Over-the-Counter Items

Acid Controllers Acne Medications Allergy & Sinus Antibiotic Products Anti-Diarrheals, Anti-Gas Anti-Itch & Insect Bite Asthma devices and Medication **Smoking Cessation Medication** Insulin Saline Bandages/Band-Aids **Rubbing Alcohol** Thermometers Cold/Hot Packs First Aid Kits Oxygen

Ovulation Indicators Pedialyte Blood Pressure Monitor Cholesterol Test Pregnancy Test Condoms Flu Shots Reading Glasses Menstrual Care Products Cold Sore Remedies Cough, Cold & Flu Digestive Aids Feminine Anti-Fungal/Anti-Itch Contraceptive Pills Gauze and Tape Incontinence Supplies Diabetic Supplies Glucose Meters Sunscreen SPF 15+ Crutches Orthopedic Shoe Inserts Breast Pumps/Lactation Supplies Baby Rash Ointments/Creams Laxatives Motion Sickness Pain Relief Sleep Aids & Sedatives Stomach Remedies Medicated Sunburn Creams

## **Dual Purpose Over-the-Counter Items (Requires Further Documentation)**

Vitamins, Herbs and Supplements Compression Hose Humidifier

## Non-Acceptable Over-the-Counter Items

Aromatherapy Baby bottles and cups Baby oil Baby wipes Cosmetics Dental floss Facial care Fragrances Hair regrowth Oral care Petroleum jelly Shampoo & conditioner Skin care Spa salts Sunscreen/tanning products Teeth Whitening Products Tooth brushes Toiletries (i.e. Deodorants, Fragrances, and Tissues)

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