

OVER-THE-COUNTER (OTC) EXPENSE WORKSHEET

Health Care Flexible Spending Account

The Health Care Flexible Spending Account allows an employee to set aside pre-tax dollars for medical and dental expenses including some over-the-counter (OTC) items or drugs. **Reimbursable OTC items or drugs are those which are used to alleviate or treat personal injuries or sickness.** Amounts paid by an employee for OTC items or drugs that are merely beneficial to the general health of the employee, spouse or dependent are not reimbursable under the Health Care Flexible Spending Account.

Remember: Effective January 1, 2020, all eligible OTC drugs or medicines are now reimbursable without a prescription.

EXAMPLES OF REIMBURSABLE OTC ITEMS OR DRUGS

- Antiseptics, Wound Cleaners
- Baby Electrolytes
- Bandage Wraps and Band-Aids
- Chapstick – SPF 15 or higher; medicated requires
- Contact Lens Solution and Supplies
- Cough, cold and flu medicines
- Denture Adhesives, Repair, and Cleansers
- Diabetic Insulin and Supplies
- Diagnostic Equipment
- Feminine Hygiene Products
- First Aid Creams and Ointments
- Glucosamine (or Chondroitin)
- Hearing Aid/Medical Batteries
- Incontinence Products
- Orthopedic inserts
- Reading Glasses and Maintenance Accessories
- Smoking-Cessation Medications
- Sunscreen – With an SPF of 15 or higher

EXAMPLES OF REIMBURSABLE OTC ITEMS OR DRUGS THAT REQUIRE A DOCTOR'S NOTE OF MEDICAL CONDITION

(INCLUDING SPECIFIC DIAGNOSIS, EXACTLY WHAT IS BEING PRESCRIBED AND FOR HOW LONG; NOTE THAT WE MAY ASK FOR AN UPDATED NOTE ON A YEARLY BASIS)

- Dietary supplements
- Ear Plugs
- Fiber supplements
- Herbal medicines
- Hormone therapy
- Omega 3 supplements
- Weight-loss drugs

EXAMPLES OF NON-REIMBURSABLE OTC ITEMS OR DRUGS

- Aromatherapy
- Baby bottles, cups, wipes, oil
- Cosmetics
- Deodorants
- Diet drinks or food
- Face creams, moisturizers
- Medicated shampoos (for dry scalp or dandruff)
- Multi or one-a-day vitamins
- Shaving creams or lotions
- Suntan lotion
- Teeth whitening products
- Toiletries (incl. soaps or shampoos)
- Toothbrushes, toothpaste, mouthwash, floss