

## Eligible Product/Service List

Note: In March of 2020, legislation was passed that made two changes to eligible expenses for FSA and HSA accounts. 1) removal of the prescription (letter of medical necessity) requirement for over-the-counter (OTC) Drugs and Medicine (those products with **an active drug ingredient**)\* and 2) the inclusion of menstrual care products on the eligible expense list. \* this means that items such as vitamins and supplements, typically used for general health maintenance still require a statement from a physician indicating that they needed to treat a medical condition. Pre-natal vitamins and glucosamine are allowed without a prescription/letter of medical necessity.

**ACCEPTED – NO RX REQUIRED.** *This is not an exhaustive list. As a general rule only OTC products with an active drug ingredient are eligible without a Rx or letter of medical necessity.*

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| <p><i>Acid Controllers</i></p> <p><i>Acne Medications</i></p> <p><i>Allergy&amp;Sinus Medications</i></p> <p><i>Antibiotic products</i></p> <p><i>Anti-Diarrheal products</i></p> <p><i>Anti-fungal (foot)</i></p> <p><i>Anti-itch &amp; Insect bite remedies</i></p> <p><i>Antiparasitic Treatments (e.g. lice treatment)</i></p> <p><i>Antiseptics &amp; wound cleaners</i></p> <p><i>Baby Electrolytes/dehydration treatment</i></p> <p><i>Baby rash ointments and creams</i></p> <p><i>Baby teething pain relief gels</i></p> <p><i>Cold Sore remedies (medicated)</i></p> <p><i>Compression Socks</i></p> <p><i>Contraceptives</i></p> <p><i>Cough, Cold and Flu medications</i></p> <p><i>Denture pain relief treatments</i></p> <p><i>Denture care products (adhesives, cleaners)</i></p> <p><i>Denture repair products/services</i></p> <p><i>Diabetes care</i></p> <p><i>Diagnostic products (test kits, thermometers)</i></p> <p><i>Ear care (medicated ear drops)</i></p> <p><i>Eye drops</i></p> <p><i>Feminine antifungal (e.g. Monistat)</i></p> <p><i>Fiber Laxatives (does not include fiber bars and drinks to promote digestion and</i></p> | <p><i>Health support (bandages, braces etc for medical reasons)</i></p> <p><i>Hearing aid batteries</i></p> <p><i>Hot/Cold packs</i></p> <p><i>Homeopathic Remedies</i></p> <p><i>Incontinence supplies (including juvenile and adult diapers)</i></p> <p><i>Laxatives</i></p> <p><i>Lip Balms (when used to prevent cancer)</i></p> <p><i>Motion Sickness treatments</i></p> <p><i>Medicated Nasal sprays</i></p> <p><i>Menstrual Care products</i></p> <p><i>Mouth Guards (not sports related)</i></p> <p><i>Nasal Moisturizers and Washes</i></p> <p><i>Nasal Strips/Snore Relief</i></p> <p><i>Prenatal Vitamins</i></p> <p><i>Reading Glasses</i></p> <p><i>Rogaine</i></p> <p><i>Sleep Aids</i></p> <p><i>Smoking Cessation products</i></p> <p><i>Sunscreen</i></p> <p><i>TENS</i></p> <p><i>Wart remover/treatment</i></p> |
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| <i>regularity)</i><br><i>First Aid Creams (medicated)</i><br><i>Foot Care treatments</i><br><i>Hemorrhoid creams/treatments</i>   |  |
| <p><b>Dual Purpose:</b> requires Rx or letter of medical necessity. This is not an exhaustive list. As a general rule, OTC items that are medicated will not require additional support from a health care professional. OTC treatments and products/services that have more than one use will require a letter of medical necessity.</p>   |  |
| <p><i>Allergy Pillows, Mattress, etc</i><br/> <i>Antibacterial hand sanitizer</i><br/> <i>Baby Diapers (when used for juvenile incontinence)</i><br/> <i>Baby Formula (only specialty)</i><br/> <i>Cold/Flu dietary supplements (when primary purpose is to boost or support immune system they are not medically necessary)</i><br/> <i>Diabetes Nutritionals</i><br/> <i>Diabetic Personal Care items</i><br/> <i>Ear Plugs</i><br/> <i>Exercise equipment</i><br/> <i>Face/Respiratory mask</i><br/> <i>Dietary supplements (used to treat disease)</i><br/> <i>Massage</i><br/> <i>Medicated soaps</i><br/> <i>Nutritional support</i><br/> <i>Probiotics</i><br/> <i>Therapeutic hand/body lotions</i><br/> <i>Therapeutic shampoo/scalp treatment</i><br/> <i>Vitamins and Minerals</i><br/> <i>Weight loss/control supplements</i></p> |  |

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| <p><b>Ineligible product/services.</b><br/> <i>Baby toiletries (oil, lotion, powder)</i><br/> <i>Beauty Shampoo/ conditioner</i><br/> <i>Cosmetics</i><br/> <i>Deodorant</i><br/> <i>Facial cleaner</i><br/> <i>Feminine Cleansing products</i><br/> <i>Foot grooming tools/equipment</i><br/> <i>Food</i><br/> <i>Hand/body soap and lotion</i><br/> <i>Hair removal products</i><br/> <i>Oral Care products including toothpaste, toothbrush, mouthwash</i><br/> <i>Shaving products</i><br/> <i>Skin care products</i><br/> <i>Sports drinks</i><br/> <i>Sugar/salt substitutes</i><br/> <i>Tanning lotion</i></p> |
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