

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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