



# 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 Health Care FSA (LHSA). To verify if a certain expense is covered if it is not listed below, please call 800.532.3327.

## Acceptable Over-the-Counter Items

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|-------------------------------|--------------------------------|---------------------------------|
| Acid Controllers              | Ovulation Indicators           | Gauze and Tape Incontinence     |
| Acne Medications              | Pedialyte                      | Supplies Diabetic Supplies      |
| Allergy & Sinus               | Blood Pressure Monitor         | Glucose Meters                  |
| Antibiotic Products           | Cholesterol Test               | Sunscreen SPF 15+               |
| Anti-Diarrheals, Anti-Gas     | Pregnancy Test                 | Crutches                        |
| Anti-Itch & Insect Bite       | Condoms                        | Orthopedic Shoe Inserts         |
| Asthma devices and Medication | Flu Shots                      | Breast Pumps/Lactation Supplies |
| Smoking Cessation Medication  | Reading Glasses                | Baby Rash Ointments/Creams      |
| Insulin                       | Menstrual Care Products        | Laxatives                       |
| Saline                        | Baby Rash Ointments/Creams     | Motion Sickness                 |
| Bandages/Band-Aids            | Cold Sore Remedies             | Pain Relief                     |
| Rubbing Alcohol               | Cough, Cold & Flu              | Sleep Aids & Sedatives          |
| Thermometers                  | Digestive Aids                 | Stomach Remedies                |
| Cold/Hot Packs                | Feminine Anti-Fungal/Anti-Itch | Medicated Sunburn Creams        |
| First Aid Kits                | Contraceptive Pills            |                                 |
| Oxygen                        |                                |                                 |

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

- Vitamins, Herbs and Supplements
- Compression Hose
- Humidifier

## Non-Acceptable Over-the-Counter Items

<ul style="list-style-type: none"> <li>Aromatherapy</li> <li>Baby bottles and cups</li> <li>Baby oil</li> <li>Baby wipes</li> <li>Cosmetics</li> <li>Dental floss</li> <li>Facial care</li> </ul>	<ul style="list-style-type: none"> <li>Fragrances</li> <li>Hair regrowth</li> <li>Oral care</li> <li>Petroleum jelly</li> <li>Shampoo &amp; conditioner</li> <li>Skin care</li> </ul>	<ul style="list-style-type: none"> <li>Spa salts</li> <li>Sunscreen/tanning products</li> <li>Teeth Whitening Products</li> <li>Tooth brushes</li> <li>Toiletries (i.e. Deodorants, Fragrances, and Tissues)</li> </ul>
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