The following healthcare expenses qualify for reimbursement under a Flexible Spending Account (FSA) plan.*

Only healthcare expenses not reimbursed by insurance can be claimed.

Items requiring a physician's letter listing a medical condition making the item necessary.*

- Bedpans and ring cushions
- Boost*/Pediasure®
- Foot Spa
- Herbs
- Massagers
- Massages
- Minerals
- Multivitamins
- Oxygen
- Reconstructive surgery in connection with birth defect, disease, or accident.
- Special supplements
- Special school for disabled child
- Special teeth cleaning system
- Therapeutic support gloves
- Vitamins
- Weight loss programs and fees pertaining to a specific disease
- Wigs for hair loss caused by disease

Healthcare expenses that do not qualify for reimbursement under an FSA plan.*

- Cosmetic surgery, procedures, and/or medications
- Dental bleaching
- Hair restoration (procedures, drugs, or medications)
- Health club or gym memberships for general health
- Marriage and family counseling
- Over-the-counter items, drugs, or medications that are not medically necessary or are not prescribed by your physician
- Weight loss programs for general health or appearance
- Mail order prescriptions from another country
- Premiums you or your spouse pay for insurance coverage (Payroll-deducted premiums sponsored by your employer are eligible under the Premium Only Plan.)

*Plan restrictions may apply. Check with your plan administrator.
## Accepted Over-The-Counter (OTC) Items*

### Antiseptics
- Antiseptic wash or ointment for cuts or scrapes
- Antiseptic mouthwash
- Benzocaine swabs
- Boric acid powder
- First aid wipes
- Hydrogen peroxide
- Iodine tincture
- Rubbing alcohol
- Sublimed sulfur powder

### Asthma Medications
- Bronchodilator/Expectorant tablets
- Bronchial asthma inhalers

### Cold, Flu, and Allergy Medications
- Allergy medications
- Cold relief (liquid, tablets, or drops)
- Cough relief (liquid, tablets, or drops)
- Flu relief (liquid, tablets, or drops)
- Homeopathic sinus medications
- Medicated chest rub
- Nasal decongestant (drops, inhaler, spray, or strips)
- Sinus & allergy nasal spray
- Sinus medications
- Vapor patch cough suppressant

### Diabetes
- Diabetic lancets
- Diabetic needles
- Diabetic supplies
- Diabetic syringes
- Diabetic test strips
- Glucose meters
- Glucose tablets

### Ear/Eye Care
- Airplane ear protection
- Ear drops for swimmers
- Ear water-drying aid
- Earwax removal drops
- Homeopathic earache tablets
- Contact lens solutions

### Health Aids
- Anti-fungal treatments
- Denture adhesives
- Diuretics and water pills
- Hemorrhoid relief
- Lice control
- Medicated bandages
- Motion sickness tablets
- Respiratory stimulant ammonia
- Sleeping aids

### Pain Relief
- Arthritis pain reliever
- Bunion and blister treatments
- Itch relief
- OralJel*
- Pain relievers, aspirin and non-aspirin
- Throat pain medications

### Personal Test Kits
- Cholesterol tests
- Colorectal cancer screening tests
- Home drug tests
- Ovulation indicators
- Pregnancy tests

### Skin Care
- Acne medications
- Anti-itch lotion
- Bunion and blister treatments
- Cold sore and fever blister medications
- Corn and callus removal medications
- Diaper rash ointment
- Eczema cream
- Medicated bath products
- Wart removal medications

### Stomach Care
- Acid reducers
- Antacid gum
- Antacid liquid
- Antacid tablets
- Anti-diarrhea medications
- Gas prevention (liquid, tablets, or drops)
- Ipecac syrup
- Laxatives
- Pinworm treatment
- Prilosec®
- Upset stomach medications

### OTC items - requires doctor letter*

- Adhesive or elastic bandages
- Blood pressure meter
- Cold or hot compresses
- Eye drops
- Foot spa
- Gauze and tape
- Gloves and masks
- Herbs
- Incontinence supplies
- Leg or arm braces
- Massages
- Massagers
- Minerals
- Multivitamins
- Saline nose drops
- Special supplements
- Special teeth cleaning system
- Thermometers
- Vitamins

### OTC items - not acceptable*

- Aromatherapy
- Baby bottles and cups
- Baby oil
- Baby wipes
- Blistex®/Chapstick®
- Breast enhancement system
- Cosmetics
- Cotton swabs
- Dental floss
- Deodorants
- Facial care
- Feminine care fragrances or facial care products
- Feminine hygiene products
- Hair regrowth
- Insoles
- Low “carb” foods
- Low calorie foods
- Mouthwash
- Oral care
- Petroleum jelly
- Shampoo and conditioner
- Skin care
- Spa salts
- Sun clips
- Sun tanning products
- Toothbrushes

*Plan restrictions may apply. Check with your plan administrator.

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