

ELIGIBLE EXPENSES

HEALTH CARE

FLEXIBLE SPENDING ACCOUNTS

Please remember that documentation requirements have NOT CHANGED. It is still necessary to provide adequate substantiation of the OTC expense to ensure it meets IRS requirements. Itemized cash register receipts that list the specific name of the item, the date of purchase, and the dollar amount must accompany the claim form.

****For your tax records, always keep copies of all your receipts.****

The following lists are to help you in your purchase of OTC drugs/medications. The "Eligible OTC Expense" list is for items that are primarily medical in nature; the "Ineligible OTC items" list is for items primarily used for personal and/or general health.

Eligible OTC Expenses

- ☑ Analgesics (muscle/joint pain relievers such as Ben-Gay)
- ☑ Antacids
- ☑ Anti-diarrhea medicines
- ☑ Allergy medicines
- ☑ Bug bite medications
- ☑ Calamine lotion
- ☑ Chiropractic Care
- ☑ Cold medicines
- ☑ Contact lens solution & other eye products such as Visine
- ☑ Cough drops, throat lozenges, etc.
- ☑ Diaper rash ointments
- ☑ First-aid creams & ointments
- ☑ Hemorrhoid creams & suppositories
- ☑ Lasik Eye Surgery
- ☑ Laxatives
- ☑ Motion sickness pills
- ☑ Pain relievers including menstrual pain & cramp relief
- ☑ Pedialyte for a sick child
- ☑ Sinus medications, including nasal sprays
- ☑ Sleeping aids
- ☑ Smoking cessation products, including nicotine gum & patches
- ☑ Wart removal treatments
- ☑ Non-medicine Examples: (band-aids, bandages, gauze pads, first aid kits, cold-hot packs for injuries, rubbing alcohol, liquid adhesive for small cuts, reading glasses, carpal tunnel wrist supports, pregnancy kits, condoms, spermicidal foam, thermometers, incontinence supplies, nasal strips)

Ineligible OTC Items

- ✗ Chapstick & lip balms
- ✗ Cosmetics
- ✗ Food replacements
- ✗ Medicated shampoos
- ✗ Medicated soaps
- ✗ Special food
- ✗ Suntan lotion
- ✗ Toiletries
- ✗ Toothpaste and toothbrushes, whether recommended by a dentist or not
- ✗ Vitamins, nutritional supplements & herbs



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