



# 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

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	Cold Sore Remedies	Motion Sickness
Bandages/Band-Aids	Cough, Cold & Flu	Pain Relief
Rubbing Alcohol	Digestive Aids	Sleep Aids & Sedatives
Thermometers	Feminine Anti-Fungal/Anti-Itch	Stomach Remedies
Cold/Hot Packs	Contraceptive Pills	Medicated Sunburn Creams
First Aid Kits		
Oxygen		

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

Vitamins, Herbs and Supplements  
 Compression Hose  
 Humidifier

## Non-Acceptable Over-the-Counter Items

Aromatherapy	Fragrances	Spa salts
Baby bottles and cups	Hair regrowth	Sunscreen/tanning products
Baby oil	Oral care	Teeth Whitening Products
Baby wipes	Petroleum jelly	Tooth brushes
Cosmetics	Shampoo & conditioner	Toiletries (i.e. Deodorants, Fragrances, and Tissues)
Dental floss	Skin care	
Facial care		