

Over-the-Counter Flex Plan Eligible Expenses

ALLERGY & SINUS

Antihistamines
Decongestants
Nasal strips or sprays*

COLD & COUGH

Cold medicine
Cough suppressants
Decongestants
Throat lozenges

PAIN RELIEF

Aspirin
Diaper rash ointment and cream
Hemorrhoid relief
Infant teething relief
Non-aspirin pain relief
Toothache relief

STOMACH REMEDIES

Antacids
Diarrhea medicine
Fiber Supplements*Laxatives Motion
sickness remedies

FIRST AID

Calamine lotion
First aid cream
First aid kits
Gauze pads
Insect bite cream and ointment
Liquid adhesive for small cuts
Rubbing alcohol*
Sunburn cream and ointment

MISCELLANEOUS

Acne treatments
Glucosamine*
Mouthwash*
Nicotine gum or patches
Prenatal vitamins
Retin-A*
Rogaine*
St. John's Wort*
Shampoos and soaps*
Thermometers
Wart removal treatments

* These items are dual purpose, can be used for both a medical expense purpose and a personal, cosmetic or general health purpose. They are reimbursable if there is appropriate substantiation that they are being used primarily for medical care. They should be subject to a higher level of scrutiny (medical practitioner's diagnosis of the medical condition and recommendation of the product).

- Over-the-counter *medications* are eligible expenses in the flex plan. To be considered eligible, the item must be used to treat a specific medical condition (such as relief of cold symptoms or relief of pain).
- Over-the-counter *dietary supplements* (vitamins and minerals) that are merely for general health are not eligible. Personal use items (such as toothpaste, shaving cream/lotion) are not eligible.
- This list is not intended to be all-inclusive. Items may be added or subtracted as new information becomes available. Because the IRS does not publish a list of over-the-counter items specifically authorized for reimbursement in flex plans, this list does not constitute legal or tax advice.