

Over The Counter Expense List

Health Care Spending Account

<u>Reimbursable</u>	<u>May Be Reimbursable</u>	<u>Not Reimbursable</u>
Allergy medicines Antacids Anti-diarrhea Any formerly prescription drugs now available OTC (for a list go to www.chpa-info.org) Bandages Band-Aids Ben Gay, Tiger Balm (and similar products for muscle pain) Birth control pills (contraceptives) Blood pressure monitors Bug bite medication Calamine lotion Carpal tunnel wrist supports Cold medicine Cold/Hot packs for injuries Contact lens solution Contraceptives Cough drops Crutches Diabetic supplies Diaper rash ointments Eye drops First aid creams First aid kits Gauze Hearing aid batteries Incontinence supplies Laxatives Liquid adhesive for small cuts Motion sickness pills Nicotine gum Nicotine patches Night guards to prevent teeth grinding Ointments or creams for sunburn (not just normal skin moisturizers) Pain relievers Pedialyte for ill child's dehydration Pregnancy test kits Reading glasses Rubbing alcohol Sinus medications (including sprays and strips) Sleeping aids to treat occasional insomnia Suppositories and creams for hemorrhoids Thermometers Throat lozenges Wart removal treatments - - -	* Ear plugs * Glucosamine/Chondroitin * Herbal medicines * Household products to treat allergies * Nasal sprays for snoring * Pills for lactose intolerant * Prenatal vitamins * St. Johns Wort * Sun Screen * Vitamins ** Orthopedic shoes and inserts *** Feminine hygiene **** Acne treatments ***** Weight-loss drugs Hormone therapy and treatments for menopause to treat symptoms such as hot flashes, and night sweats, etc..	***** Medicated shampoos ***** Medicated soaps Chapstick Dental floss Deodorants Eye and facial makeup preparations Face cream Fingernail polishes Hair colors Lipsticks Mouth wash Permanent waves Shampoos Skin Moisturizers Suntan lotion Teeth whitening products Toothbrushes (electric or otherwise even with dentist recommendation) Toothpaste Vitamins for general health (One-a-day vitamins)

* Note: Only reimbursable if used to treat a specific medical condition even if a doctor prescribes for general health.

** Note: Orthopedic shoes - you can only be reimbursed for the extra cost over buying non-orthopedic shoes.

*** Most likely for general health and/or toiletries or cosmetics, but there could be exceptions.

**** Most skin care and acne treatment is not reimbursable because it constitutes a cosmetic procedure "directed at improving the patient's appearance and does not meaningfully promote the proper function of the body or prevent or treat illness or disease".

***** Note: Weight loss items to treat a specific disease (including obesity). Items that replace normal food consumption generally are not reimbursable (i.e., special diet drinks). Cost of special foods cannot be reimbursed to the extent that they satisfy ordinary nutritional requirements (only excess cost).

***** Note: If a medical practitioner diagnoses the person as having a specific scalp infection (not just dry scalp or dandruff), and prescribes a special treatment to be applied for a limited period of time, that may be reimbursable if the plan is so designed).

To file a claim for over the counter items, you must complete a claim form and provide an itemized receipt indicating the date of purchase, item name and cost.