



OVER-THE-COUNTER-PRODUCTS

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The Patient Protection and Affordable Care Act of 2010 has changed the rules for the purchase of over-the-counter-products (OTC) using your Flexible Spending Account (FSA) or Health Reimbursement Arrangement (HRA) pre-tax funds.

Rules:

1. FSA or HRA funds can not be used to purchase OTC medicine and drugs unless a medicine or drug is prescribed. A “prescription” means a written or electronic order for a medicine or drug that meets the legal requirements of a prescription in the state in which the medical expense is incurred and that is issued by an individual who is legally authorized to issue a prescription in that state.
2. If you have a prescription for an OTC medicine or drug, you may be required to pay out of pocket at point of sale and then submit a manual claim requesting reimbursement. It may be possible to use your prepaid benefits card to pay for OTC items, speak with your pharmacy to verify.
3. You can continue to use your FSA or HRA funds to purchase OTC items that are not considered a medicine or drug (e.g. bandages, splints, contact lens solution, etc.). Your prepaid benefits card can be used for these purchases. ***Please note that insulin remains an eligible expense with or without a prescription.***
4. Remember to consider these new OTC rules when estimating the dollar amount to put in your FSA or HRA account for the next plan year.

The following categories of items **DO NOT NEED** a prescription to be paid from your FSA or HRA:

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| Denture adhesives | Infant electrolytes and dehydration solutions | Smoking deterrents |
| Diagnostic tests and monitors | Infant teething pain supplies | Syringes |
| Elastic bandages and wraps | Insulin and diabetic supplies | Thermometers |
| Eye care and contact lens supplies | Nebulizers | Wheelchairs, walkers and canes |
| Family Planning kits | Orthopedic aids | |
| Fiber laxatives | Ostomy products | |
| First aid supplies | Reading glasses | |
| Hearing aid batteries | | |

The following categories of items **NOW NEED** a prescription with medical condition noted to be paid from your FSA or HRA:

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| Acid Controllers | Cold sore remedies | Respiratory treatments |
| Allergy & Sinus | Cough, Cold & Flu | Sleep aids & Sedatives |
| Antibiotic Products | Digestive aids | Stomach remedies |
| Anti-Diarrheals | Feminine Anti-Fungal/Anti-Itch | |
| Anti-Gas | Hemorrhoidal Preps | |
| Anti-Itch & Insect Bite | Laxatives | |
| Anti-parasitic Treatments | Motion Sickness | |
| Baby rash ointments/creams | Pain relief | |

Please see an A-Z listing of items on www.ThePreferredGroup.com.