

Over the Counter Medication Expenses That Qualify For Reimbursement Under A Flexible Benefit Plan Medical Care Flexible Spending Account

The IRS announced September 3, 2003 ([Revenue Ruling 2003-102](#)) that over the counter medications for treatment of specific medical conditions may now be paid through your flex account. Among the newly eligible medications are allergy medicines, pain relievers, antacids, cold remedies and flu remedies. All forms of these medications (e.g., tablet, liquid, capsule, drops) are eligible and include generic and store or name brand.

Participants seeking reimbursement for their nonprescription drug purchases through their flex account must submit a receipt of purchase indicating the date of purchase, the amount, and the name of the product. No prescription from your physician is required. Vitamins, dietary supplements and other purchases for your general well-being are not allowed.

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| ▲ Acne Treatment Products | ▲ Rubbing Alcohol |
| ▲ Allergy Medicines (e.g., Claritin, Loratadine) | ▲ Nasal Sinus Sprays and Nasal Strips |
| ▲ Bandages | ▲ Nicotine Gum, Patches, other Smoking Cessation Products |
| ▲ Carpel Tunnel Supports | ▲ Sleeping Aids |
| ▲ Cold Medicines | ▲ Spermicidal foam or gel |
| ▲ Cough Syrup | ▲ Sinus Medications |
| ▲ Condoms | ▲ Suppositories |
| ▲ Cough Drops | ▲ Throat Lozenges |
| ▲ Decongestants | ▲ Thermometers |
| ▲ Diaper Rash Ointments | ▲ Topical antibiotics (e.g., Neosporin, Bacitracin) |
| ▲ Diarrhea Remedy | ▲ Topical Steroids (e.g., Hydrocortisone cream) |
| ▲ First Aid Cream (Bactine, Calamine Lotion, Insect Bite Medication) | ▲ Wart Remover Treatments |
| ▲ First Aid Supplies and Kits | ▲ Yeast Infection Treatments |
| ▲ Fungal Treatments (Athletes Foot, etc.) | ▲ Visine and other Eye Treatments |
| ▲ Hot / Cold Compresses | |
| ▲ Heartburn Medications (antacids) | |
| ▲ Laxatives | |
| ▲ Liquid Adhesive for Small Cuts | |
| ▲ Hemorrhoid Treatment | |
| ▲ Incontinence Supplies | |
| ▲ Menstrual Cycle Products for Pain/Cramp Relief | |
| ▲ Motion Sickness Pills | |
| ▲ Pain Relievers (e.g., acetaminophen, ibuprofen, Tylenol, etc) | |
| ▲ Reading Glasses | |

Note: Some alternative, herbal, nutritional, and mineral supplements may be allowable if prescribed for treatment of a specific medical conditions. Examples may include Glucosamine/Chondroitin for arthritis – St. John's Wort for depression – Hormone therapy and treatment for menopause – Vitamin supplements to treat a specified deficiency.