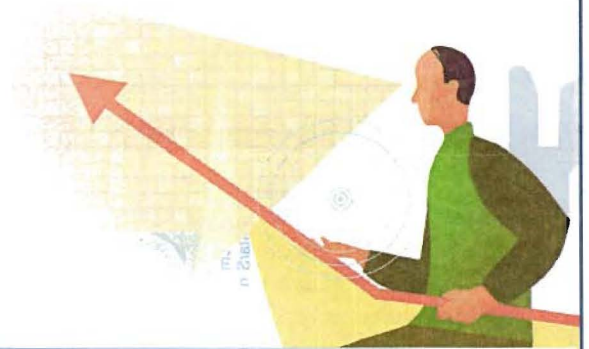


# Reimbursable Over-the-Counter Medications

## Under the Section 125 Plans and Healthcare Reimbursement Accounts (HRAs)

### Reimbursable:

Bandages, gauze pads, first aid kits  
Cold/hot packs for injuries, crutches  
Contact lens solution, cleaners  
Carpal tunnel wrist supports  
Condoms, spermicidal foam  
Insulin  
Nasal strips for snoring  
Orthopedic shoe inserts  
Pregnancy test kits  
Reading glasses  
Thermometers (ear or mouth)



### Reimbursable with a doctor's prescription:

Antacids	Menstrual cycle products for pain and cramp relief
Allergy medication	Motion sickness pills
Anti-diarrhea medication, laxatives	Nicotine gum or patches for stop-smoking purposes
Bug bite medication	Hormone therapy and treatment for menopausal symptoms (hot flashes, night sweats, etc.)
Calamine lotion	Prenatal vitamins during pregnancy
Cough drops, throat lozenges, sinus medication, nasal sinus spray	Rubbing alcohol
Cold medication, pain reliever	Sleeping aids
Diaper rash ointment	St John's wort for depression
First aid creams and ointments, liquid adhesives, topical ointments	Suppositories
Glucosamine/chondroitin for arthritis or other medical conditions	Sunburn cream or ointment
Hemorrhoid creams	Supplements, vitamins, or herbal treatments to treat medical condition
Incontinence supplies	Wart remover treatments
Joint/muscle pain medication	Weight loss drugs to treat a medical condition or obesity
Lactose intolerance pills	
Medicated shampoos and soaps	

### Not Reimbursable:

Chapped lip treatments  
Face creams, moisturizers, suntan lotions, and sunscreen  
Toiletries  
Toothbrushes, toothpaste  
Vitamins and supplements for maintaining general good health

## Health Care Reform – Changes affecting Security Flex 125 plan

### Over-the-counter medicines require a doctor's prescription.

Effective January 1, 2011 no over-the-counter medicines, other than insulin, are eligible for reimbursement without a prescription. Examples of items that will require a prescription are: pain medication, cold medication, allergy medication.

Over-the-counter items that are not medicine are still eligible for reimbursement without a prescription. Examples of items that are still eligible without a prescription are: Bandages, wraps, crutches, contact lens solution.

Over-the-counter items that require a prescription are not able to be purchased with debit cards. These items will require a manual claim to be submitted.

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### Coverage for adult children.

Effective immediately parents can use their flexible spending accounts to pay for medical expenses for their children regardless of tax dependent status. This applies to medical reimbursements for individuals who will not turn age 27 by the end of the calendar year. All dependents (birth child, foster child, adopted child) within the age limit qualify, there are no other requirements (full-time student, income) to qualify. This coverage does not include the spouse or children of the adult children.



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