

Over-the-Counter Medical Expense Reimbursement Through Healthcare FSAs

The below list is not intended to be all-inclusive, but is rather a general guideline of the most common expenses under an FSA and is based on IRS guidance. If you have further questions, please contact the Benefits office.

I. Reimbursable Expenses relating to Medical Care

Medical Care Eligible for Reimbursement
Cold medicines, such as tablets, syrups, drops and lozenges
Analgesics, such as Fever and Pain Reducers like Aspirin, Tylenol, Ibuprofen
Antacids and Heartburn Relief, such as Alka-Seltzer, Mylanta, and Milk of Magnesia
Stomach & Digestive Relief, such as Pepto-Bismol, Imodium, Colace, Lactaid
Laxatives
Eye care, such as contacts, saline solution, and lubricant eye drops
Motion Sickness, such as Dramamine, patches, bracelets
First Aid, such as heat wraps, compresses, bandages, tape, gauze dressing, adhesive pads, band aids, and pain relieving creams
Joint Support Bandages and Hosiery, such as knee supports, elbow supports
Arthritis Pain Relieving Creams
Antibiotic ointments
Anti-itch and hydrocortisone creams
Allergy Relief, such as oral medications, nasal sprays, and patches
Athlete's Foot treatment, such as nail and foot anti-fungal creams
Wart removal medication
Diabetes, such as glucose monitor and related equipment
Blood pressure monitor and related equipment
Cholesterol test equipment
Vaporizers and humidifiers
Urinary Pain Relief
Family Planning such as birth control pill, condoms, and pregnancy tests
Smoking Cessation Relief, such as patches, gum
Feminine care relating to treatment of vaginal infections
Tooth & Mouth Pain Relief, such as Orajel, Anbesol
Shampoo treatments relating to treatment of psoriasis, lice
Eye patches
Sleep aids
Incontinence Products, such as Depends and Serenity Pads

II. Not Reimbursable Expenses relating primarily to Good Health

Merely Beneficial to Good Health	Exceptions (These are considered eligible for reimbursement as they relate primarily to medical care.)
Not Eligible for Reimbursement	
Personal Hygiene, such as deodorant, soap, body powder, shaving cream and razors, feminine care and sanitary products	
Cosmetics, such as makeup, lipstick, Q-tips, cotton balls, baby oil	
Skin care, such as sun block, skin and body moisturizing lotion, lip balm, acne	
Hair care, such as hair color, shampoo, conditioner, brushes, and hair loss products like Rogaine	
Routine dental care, such as toothpaste, toothbrushes, dental floss, mouthwashes (including anti-bacterial mouthwash and fluoride rinses), breath strips, teeth whitening	
Denture adhesive creams	
Nail care & personal grooming, such as scissors, nail files	
Vitamins	Vitamins prescribed at the direction of a doctor. A physician statement is required.
Nutritional and Dietary Supplements	Supplements prescribed at the direction of a doctor. A physician statement is required.
Weight Loss Programs	Must be at the direction of a doctor and prescribed to treat a specific medical condition (heart disease, obesity, etc). A physician statement is required.
Diet Foods	