

Changes to Over the Counter Expenses that affect FSAs and HRAs

Effective January 1, 2011 OTC drugs, medicines, and biologicals will need a doctor's prescription to be defined by the IRS as a qualified medical expense (QME) eligible for HSAs, HRAs, and FSAs reimbursement. QME is defined as expenses for the diagnosis, cure, mitigation, treatment, or prevention of disease, or for the purpose of affecting any structure or function of the body.

The following are examples that *will require a doctor's prescription* in order to be an IRS eligible QME:

Acid controllers	Digestive aids
Allergy and sinus	Feminine anti-fungal and anti-itch
Antibiotic products	Hemorrhoid preps
Anti-diarrheal	Laxatives
Anti-gas	Motion sickness
Anti-itch and insect bite	Pain relief
Anti-parasitic treatments	Respiratory treatments
Baby rash ointments and creams	Sleep aids and sedatives
Cold sore remedies	Stomach remedies

Bandages, home health-aids and other OTC items may still be eligible QMEs. The following are examples of some of the items that remain available without a physician's prescription:

Artificial teeth	Elastic bandages and wraps
Band-Aids [®]	First aid supplies
Birth control	Hearing aids and batteries
Braces and supports	Insulin and diabetic supplies
Braille books and magazines	Ostomy products
Catheters	Oxygen and oxygen-equipment
Contact lens supplies and solutions	Pregnancy test kits
Denture adhesives	Reading glasses
Diagnostic tests and monitors	Wheelchairs, walkers and canes

FOR VERIFICATION OF ELIGIBLE ITEMS PLEASE VISIT THE FSA STORE LINK ON OUR WEBSITE.