

# Eligible Over-The-Counter (OTC) Medicines and Drugs

Due to changes under the "Patient Protection and Affordable Care Act," effective January 1, 2011, OTC benefits will be limited to Doctor's Prescriptions only

OTC Medicines and Drugs must be purchased for medical purposes only for you, your spouse and/or dependents. *Claims must be accompanied by a receipt or invoice with the name of the OTC item, medicine or drug as well as the date of purchase and doctor's prescription (some exceptions are noted below). The Doctor's prescription must be submitted with your claim; you will not need the prescription to purchase the item.* As with other eligible expenses, purchase and use of the items must be incurred within the current Plan Year.

## Eligible Items (**bolded items are still eligible expenses without a prescription**)

Acne Medications  
Allergy medications  
Antibiotics  
Anti-diarrhea medications  
Anti-fungal medications  
Anti-itch & insect bite remedies  
Antihistamines  
Aspirin and other pain medications  
Asthma medications  
**Bandages, gauze pads, rubbing alcohol, liquid adhesives**  
**Carpel tunnel wrist supports**  
**Cold/hot packs for injuries**  
Corn/callus removers  
Cough drops  
Decongestants  
**Diabetic testing supplies & equipment**  
**Durable medical equipment; e.g., walkers, wheelchairs, crutches**  
**Eye products (including non-prescription reading glasses and contact lens solution)**  
First aid creams (diaper, fever blister, cold sores, poison ivy, sunburn)  
Heartburn medicines  
Hemorrhoid treatments  
**Insulin**  
Laxatives  
Menstrual cycle products for pain and cramp relief  
Motion sickness treatments  
Muscle or joint pain treatments or medicines  
Nasal sprays  
Nasal strips  
Nicotine gum or patches for smoking cessation purposes  
Sinus medications  
**Thermometers/accu strips**  
Throat lozenges  
Topical creams for pain relief  
Wart removers

Some items, such as vitamins, botanicals/herbs, feminine hygiene products, hormones, minerals and sunscreens would require a medical doctor's prescription to be eligible for reimbursement. Some items, such as cosmetics, toiletries and items used primarily for your general health and well-being are not a permitted expense.

*Items listed are intended to be examples; this list will be updated as more information becomes available.*