

## Over-the-Counter Medicine and Health Care Supplies

Effective January 1, 2011, over-the-counter medicine is no longer eligible under the Health Care Reimbursement Account unless you receive a prescription\* from an authorized health care provider. Health care supplies will continue to be eligible without a prescription.

Keep in mind that if you want to use any money remaining in your 2010 Health Care Reimbursement Account during the 2011 “grace period” of January 1 through March 15, 2011 to pay for over-the-counter medicine, you will need a prescription from your doctor.

The chart below will clarify the difference between over-the-counter medicine and health care supplies.

	Over-the-Counter Medicine	Health Care Supplies
Common Examples	<ul style="list-style-type: none"> <li>▪ Acne Products</li> <li>▪ Allergy Medicine</li> <li>▪ Antibiotic Ointment</li> <li>▪ Anti-Fungal Cream</li> <li>▪ Aspirin</li> <li>▪ Cough &amp; Cold Medicine</li> <li>▪ Digestive Aids</li> <li>▪ Laxatives</li> <li>▪ Medicated Soaps and Lotions</li> <li>▪ Sleep Aids &amp; Sedatives</li> <li>▪ Vitamins &amp; Supplements</li> </ul>	<ul style="list-style-type: none"> <li>▪ Bandages</li> <li>▪ Blood Pressure Monitors</li> <li>▪ Braces &amp; Supports</li> <li>▪ Contact Lenses—including Cases &amp; Enzyme Cleaners</li> <li>▪ Crutches &amp; Walkers</li> <li>▪ Denture Adhesives</li> <li>▪ Insulin &amp; Diabetic Supplies</li> <li>▪ Reading Glasses</li> <li>▪ Thermometers</li> </ul>
Eligible Under Your Health Care Reimbursement Account?	With a prescription only*	Yes, without a prescription
Documentation Needed	<ul style="list-style-type: none"> <li>▪ Itemized Receipt <b>and</b></li> <li>▪ Prescription* from your health care provider that includes:               <ul style="list-style-type: none"> <li>— Patient name</li> <li>— Date</li> <li>— Provider name and address</li> <li>— Name of particular product prescribed</li> <li>— Dosage</li> <li>— Provider’s signature</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Itemized Receipt if not a dual purpose item; dual purpose items require an Itemized Receipt and a Statement of Medical Necessity</li> </ul>

*\*For these purposes, a prescription means a written or electronic order for a medicine that meets the legal requirements of a prescription in the state in which the expense is incurred and is issued by legally authorized individuals in that state.*