benefit strategies LLC
SAS 70 Certified

Flexible Spending Account

Eligible Over-the-Counter Expenses

Acceptable Over-the-Counter Items*

(The following expenses will remain eligible after 12/31/2010 without a prescription)

Acne Medications
- Clearasil
- OXY

Antifungal (Foot)
- Lamisil
- Lotrimin

Antiseptics & Cleansers
- Rubbing Alcohol
- Betadine
- Epsom Salt
- Peroxide

Baby Products
- Anbesol Baby Oral Gel
- Baby Orajel
- Enfalyte
- Pedialyte

Denture Products
- Benzodent
- Efferdent
- Plate Weld
- PoliGrip

Diabetes Testing & Aids
- Ascencia
- Diabetic Tussin
- Glucose
- Insulin syringes
- One Touch

Diagnostic Products
- Blood pressure monitors
- Cholesterol testing
- Pregnancy Kits
- Thermometers

Ear Care
- Debrox
- Ear drops
- Ear wax removal

Elastics/Athletic Treatments
- ACE
- Braces
- Elastic bandages
- Hot/Cold therapy

Eye Care
- Contact lens care
- Glasses Maintenance
- Reading glasses
- Visine

First Aid Remedies/Supplies
- Band Aid
- Non-sport tapes
- Solarcaine

Foot Care Treatment
- Corn & callus treatments
- Wart removers
- Therapeutic insoles

Hearing Care
- Batteries
- Hearing Aids

Home Health Care
- Nebulizers
- Orthopedic supports
- Splits & Casts
- Wheel Chairs

Nasal Sprays & inhalers
- Afrin spray
- Ocean nasal spray

Oral Remedies/Treatments
- Anbesol
- Dental repair
- Orajel
- Saliva substitutes

Smoking Deterrents
- Nicoderm
- Nicorette

Dual Use Over-the-Counter Items- Only eligible if accompanied with a doctor's directive*

(The following expenses are only eligible if accompanied with a doctor's prescription or directive after 12/31/2010)

Acid Controllers
- Pepcid AC
- Prilosec
- Zantac

Allergy & Sinus
- Alavert
- Benadryl
- Claritin
- Sudafed

Antibiotic Products
- Bacitracin
- Neosporin
- Triple Antibiotic ointment

Anti-Diarrheal/Anti-Gas
- Gas-X
- Imodium
- Kaopectate
- Phazyme

Anti-itch/Antiparasitic Treatment
- Caladryl
- Hydrocortisone
- Lanacane
- Lice Treatments
- Rid

Cold Sore Remedies
- Abreva
- Herpecin

Cough, Cold & Flu
- Halls
- Robitussin
- Theraflu
- Vicks

Digestive Aids
- Beano
- Lactaid

Feminine Antifungal
- Monistat
- Vagisil

Hemorrhoidal Preparations
- Preparation H
- Tucks

Motion Sickness
- Dramamine
- Sea-band wristband

Pain Relief
- Advil
- Aspirin
- Bayer
- Midol
- Tylenol

Respiratory Treatments
- Vicks Vapor Rub
- Primatene
- Sudacare

Not Acceptable

- Chapstick & lip balms
- Cosmetics
- Deodorants
- Feminine care
- Hair re-growth systems
- Low "carb" or Calorie foods
- Moisturizers
- Oral care
- Petroleum jelly
- Shampoo and conditioner

***Eligible expenses are subject to change as updates and more finalized information becomes available**