

# Flexible Spending Accepted Over-the-Counter Items

## Accepted Over-the-Counter Items\*

### Antiseptics

Antiseptic wash or ointment for cuts or scrapes  
Benzocaine swabs  
Boric acid powder  
First aid wipes  
Hydrogen peroxide  
Iodine tincture  
Rubbing alcohol  
Sublimed sulfur powder

### Asthma Medications

Bronchodilator/Expectorant tablets  
Bronchial asthma inhalers

### Cold, Flu, & Allergy Medications

Allergy medications  
Cold relief syrup  
Cold relief tablets  
Cough drops  
Cough syrup  
Flu relief tablets or liquid  
Medicated chest rub  
Nasal decongestant inhaler  
Nasal decongestant spray or drops  
Nasal strips to improve congestion  
Sinus & allergy homeopathic nasal spray  
Sinus medications  
Vapor patch cough suppressant

### Diabetes

Diabetic lancets  
Diabetic supplies  
Diabetic test strips  
Glucose meters

### Ear/Eye Care

Airplane ear protection  
Ear drops for swimmers  
Ear water-drying aid  
Ear wax removal drops  
Homeopathic earache tablets  
Contact lens solutions

### Health Aids

Antifungal treatments  
Denture adhesives  
Diuretics and water pills  
Hemorrhoid relief

Incontinence supplies  
Lice control  
Medicated bandages  
Motion sickness tablets  
Respiratory stimulant ammonia  
Sleeping Aids

### Pain Relief

Arthritis pain reliever  
Bunion and blister treatments  
Itch relief  
Orajel  
Pain relievers, aspirin, and non aspirin  
Throat pain medications

### Personal Test Kits

Cholesterol tests  
Colorectal cancer screening tests  
Home drug tests  
Ovulation indicators  
Pregnancy tests

### Skin Care

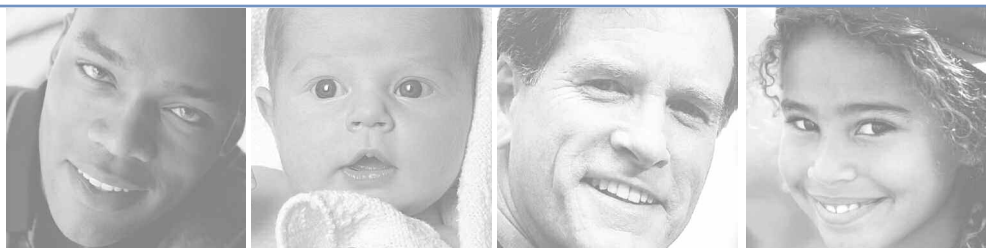
Acne medications  
Anti-itch lotion  
Bunion and blister treatments  
Cold sore and fever blister medications  
Corn and callus removal medications  
Diaper rash ointment  
Eczema cream  
Medicated bath products  
Wart removal medications

### Stomach Care

Acid reducers  
Antacid gum  
Antacid liquid  
Antacid tablets  
Anti-diarrhea medications  
Gas prevention food enzyme dietary supplement  
Gas relief drops for infants and children  
Ipecac syrup  
Laxatives  
Pinworm treatment  
Prilosec  
Upset stomach medications



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# Flexible Spending Accepted Over-the-Counter Items

## Not Acceptable\*

Aromatherapy  
Baby bottles  
Baby oil  
Baby wipes  
Breast enhancement system  
Cosmetics  
Cotton swabs  
Dental floss  
Deodorants  
Facial care  
Feminine care  
Fragrances  
Hair regrowth  
Low "carb" foods  
Low calorie foods  
Oral care  
Petroleum jelly  
Shampoo and conditioner  
Skin care  
Spa salts  
Sun tanning products  
Tooth brushes

## Dual Use — Requires doctor letter

Adhesive or elastic bandages  
Blood pressure meter  
Cold or hot compresses  
Eye drops  
Foot spa  
Gauze and tape  
Gloves and masks  
Herbs  
Leg or arm braces  
Massagers  
Minerals  
Multivitamins  
Saline nose drops  
Special supplements  
Special teeth cleaning system  
Thermometers  
Vitamins

\*Plan restrictions may apply. Check with plan administrator.

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151 East Decatur Street • Decatur, Illinois 62521 • 217.423.7788 [www.consociatedansig.com](http://www.consociatedansig.com)

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