



OVER-THE-COUNTER MEDICATION GUIDELINE

(Not a comprehensive list)

<i>OTC Medications used primarily for treatment of medical conditions and eligible for reimbursement through Flex or HRA Plans. No health care provider recommendation needed, reimbursable with a receipt only.</i>	
Type of Medication	Example: (Store brand or generic names apply)
Allergy & Sinus	4-Way (Saline Mist), Benadryl, Sudafed, Actifed, Claritin, Claritin-D, Chlor-Trimeton, Allerest, Breathe Right, Primatine Mist, Ayr
Asthma	Primatene Mist
Baby Care	Baby's Bliss, Balmax, Desitin, Vaseline, A&D Ointment
Contact Lenses	ReNu, Bausch & Lomb, Boston, Opti-Free, Allergan
Cough & Cold	Mucinex, Coricidin HBP, Chloraseptic, Vicks, Robitussin, Afrin, Aleve Cold, Advil Cold, Durtion, Dristan, Neo-Synephrine, Nyquil, Tylenol Cold & Flu, Alka Seltzer (Children's Advil Cold) Actidil, Actifed, , Benadryl, Claritin, Chlor-Trimeton, Contac, Dimetape, Drixoral
Diabetes Care	One Touch Ultra, BD, Accu-Chek Active, Accu-Chek Instant Plus, Dex 4
Digestion	Gas-X, Maalox, Mylanta, Tums, Rolaid, Peppid AC, Prilosec OTC, Tagamet HB, Zantac 75, Imodium A-D, Fleet, Perdiem
Eye & Ear Care	Visine, Clear Eyes, Ocu-Hist, ReNu, Opti-Free, Aosept, Eye Scrub
Family Planning	Trojan condoms, VGF Film, Delfen Foam, Accu-Clear, Answer, Baby Start
Feminine Care	Gynecort, Gyne-Lotrimin, Cool Wipes, Monistat 1, 3 & 7
First Aid	Band-Aids, Berts Bees, Boo Boo Buddy, Neosporin, Well Patch
Foot Care	Dr. Scholl's, Lamisil, Lotramin AF, Zeasorb, Curad Mediplast, Tinactin
Health Monitors & Devices	Omron (BP Monitor), Philips HeartStart, RESPeRATE, Home Access (HIV-1 Express Test), BD Digital Thermometer, Braun
Incontinence	Myself (Pelvic Muscle Trainer)
Laxatives / Antidiarrhea	Ex-Lax, Pepto-Bismol, Imodium AD, Kaopectate
Lotions / Creams (anti-itch, for athletes feet, poison ivy, bug bites)	Bactine, Cortaid, Hydrocortisone, Calamine Lotion, Benadryl Crème, Lanacort, Lamisil AT, Micatin
Medical Equipment	Philips HeartStart, HoMedics (Heating Pad), Good Health, EZY Dose
Motion & Nausea	Alka-Seltzer Morning Relief, Draminine, Bonine, Little Tummys, Emetrol, Marezine, Meclizine, On the Go, Thermotabs, Relief Band
Oral Care	Abreva, Anbesol, Anbesol-Baby, Butler G-U-M, Campho-phenique, Den Tek, Herpetrol, Orajel, Super Lysine, Swabplus, UlcerEase
Pain & Fever	Aleve, Advil, Bayer, ThermaCare, Ibuprofen, Aspirin
Skin Care	Alba Botanica, Alba Hawaiian, Almay, Aveeno, Burt's Bees, Complex Cu3, derma e
Sleep & Snoring	Alka-Seltzer PM, Bayer Extra Strength, Excedrin PM, Legatrin PM
Stop Smoking	Commit Lozenges, Endit (Inhaler), Habitrol (Patch), NicoBloc, Nicorette, NicoDerm CQ,
Supports & Braces	Futuro (ankle support, dress socks, panty hose, therapeutic support, etc.) Smart Glove (wrist support)

NON-REIMBURSABLE OVER-THE-COUNTER (OTC) ITEMS

- Chapstick
- Cosmetics
- Cotton Balls
- Deodorants
- Face Creams, moisturizers, eye creams and wrinkle reducers
- Feminine Hygiene Products (tampons and maxi pads, etc.)
- Food Items (i.e. Slim Fast)
- Hair Removal treatment and waxes
- Mouth washes, antiseptics and oral anesthetics
- Shaving Cream and Razors
- Soap
- Teeth Whitening kits and powders
- Toothpaste
- Vitamins and other supplements to improve overall health

DUAL PURPOSE OTC MEDICATIONS

Eligible when recommended for the treatment of a medical condition by a Health Care Professional and require a 3rd party receipt and note with the diagnosis of the medical condition.

- Anti-baldness / hair loss / hair replacement / such as Rogaine, but only if to replace hair loss due to a medical condition (e.g. cancer treatment) and not for balding due to age.
- Fiber supplements such as Benefiber and Metamucil
- Glucosamine / Chondroitin for arthritis or other medical condition (not reimbursable if taken for overall joint health)
- Herbal supplements used to treat a specific disease such as St. John's Wort for depression
- Hormone Therapy Drugs
- Medicated shampoos' to treat a specific medical condition like psoriasis and only the amount in excess of the cost of normal shampoo.
- No Doz (and other sleep prevention drugs)
- Nose strips for proper breathing or other medical conditions
- Pedialyte for child's dehydration
- Retin-A and other acne medicines (not reimbursable if used for cosmetic purposes such as wrinkle reduction)
- Sleep-Aids
- Snoring cessation aids and medications such as Breathe Right Spray, Snorezz
- Sunscreen and Sunblock
- Vitamins are not an eligible expense, unless prescribed by a physician to treat a specific medical condition. (i.e. Iron to treat, not prevent, anemia; Calcium Supplements to treat, not prevent, Osteoporosis). A doctor's note detailing the specific medical condition will be required for reimbursement.
- Weight loss / dietary supplements must be for a specific medical condition such as obesity