

Due to Health Care Reform Legislation, over-the-counter drugs and medicines **purchased on or after January 1, 2011** will require a valid prescription to be eligible for reimbursement.

## Which over-the-counter (OTC) expenses are eligible for reimbursement?

The following is a partial list of eligible/potentially eligible/ineligible over-the-counter expenses. It is possible that future changes in the IRS rules will affect the eligible, potentially eligible, and/or ineligible expense categories. If you have any questions about an item's eligibility, please contact SelectAccount® customer service at (651) 662-5065 or toll free at 1-800-859-2144.

### Eligible medical OTC supplies

Band-aids/bandages	Denture adhesive	Orthopedic Inserts
Breast pumps	Diabetic supplies	Oxygen equipment
Chondroitin	Ear wax removal kits	Pregnancy test kits
Cold/hot packs	Elastic wraps	Prenatal vitamins
Contact lens solutions/cleaners	Eye drops (non-medicated)	Reading glasses
Contraceptives (i.e. condoms)	First aid kits	Sunscreen
Corn and callus removers (non-medicated)	Glucosamine	(must be broad spectrum and at least SPF 15)
Cotton balls (sterile)	Heating pad	Thermometers
Crutches	Incontinence supplies	Wrist/joint supports

### Prescription Required - medical OTC Drugs and Medicines (purchases prior to January 1, 2011 do not require a valid prescription in order to be eligible for reimbursement)

Anti-Arthritics	Corn and callus removers (medicated)	Nasal sinus sprays
Acne Treatment	Decongestants	Nicotine patches, gum, lozenges
Acid Controllers	Diaper rash treatment	Orajel pain relief
Allergy medicine	Digestive aids	Oral wound treatments (cold sores)
Antibiotics	Expectorants	Pain relievers
Analgesics	Feminine Anti-fungal / Anti-itch	Psoriasis treatment
Anti-diarrhea medicine	Fiber laxatives	Respiratory Treatments
Anti-gas	Head lice treatment	Rubbing alcohol
Antihistamines	Hemorrhoid treatments	Sinus medication
Anti-inflammatory	Insect bite/sting medicine	Skin irritation treatment
Aspirin	Lactose intolerance pills	Sleep aids and Sedatives
Burn treatments	Laxitives	Stomach Remedies
Calamine lotion	Medicated lip balm/cream	Sunburn treatments
Cold and flu medicine	Menstrual pain relievers	Throat lozenges
Cough drops	Motion sickness medicine	Wart remover products
Cold Sore Remedies	Muscle/joint pain relievers	Yeast infection medication

### Potentially eligible medical expense (requires Letter of Medical Necessity from health care provider)

Dietary supplements	Holistic remedies/medicines	Probiotics
Ear plugs	Hormone therapy	St. John's Wort
Exercise equipment	Medical grade face mask	Support stockings (e.g., Jobst stockings)
Fluoride rinses	Nasal sprays/strips for snoring	Vitamins and minerals
Hair growth/removal products	Orthopedic shoes	Weight loss treatments
Hand sanitizer - antibacterial	Petroleum jelly	

### Ineligible medical expenses

Antiperspirant	Dust masks	Orajel toothpaste
Blemish concealer	Ensure	Shampoo
Chapsticks/lip balm	Face creams	Shaving cream
Cosmetics	Feminine hygiene products	Soap
Dental floss	Hand/skin lotion	Special foods
Denture care cleaning products	Make-up	Swabs
Deodorant	Moisturizers	Teeth whitening products
Drugs purchased outside the United States	Mouthwash	Toothpaste/toothbrushes

### **Eligible over-the-counter expenses**

Medical expenses that can be reimbursed through your spending account include services and supplies incurred by you or your eligible dependents for the diagnosis, treatment or prevention of disease or for the amounts you pay for transportation to get medical care.

In general, deductions allowed for medical expenses on your federal income tax according to Internal Revenue Code Section 213 (d) may be reimbursed through your spending account. You cannot deduct medical expenses on your federal income tax that have been reimbursed through your spending account.

### **Potentially eligible over-the-counter expenses**

In order to determine eligibility for potentially eligible items, SelectAccount requires a Letter of Medical Necessity from your health care provider. You can obtain a Letter of Medical Necessity to have your health care provider complete at [www.selectaccount.com](http://www.selectaccount.com).

### **Valid Prescription**

A valid prescription means a signed written order, or an oral order reduced to writing, given by a practitioner licensed to prescribe drugs to patients in the course of the practitioner's practice, issued for an individual patient and containing the following: the date of issue, name and address of the patient, name and quantity of the drug prescribed, directions for use, and the name and address of the prescriber.

### **Ineligible medical expenses**

Items that are toiletries or cosmetics or that are likely to be primarily for general health and well being.

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Mill Life, Inc. d.b.a. SelectAccount

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These lists are intended to serve as a quick reference and are provided with the understanding that SelectAccount is not engaged in rendering tax advice. For more detailed information, as to what is reimbursable under your personal spending account, please refer to IRS Code Section 213(d). IRS Publication 502, "Medical and Dental Expenses," Catalog Number 15002Q also details what expenses can be deducted as medical expenses on the Form 1040 Schedule A. If you have any questions about whether or not an item is eligible, please contact SelectAccount<sup>®</sup> customer service at (651) 662-5065 or toll free at 1-800-859-2144. If tax advice is required, seek the services of a competent professional.