

# Over-the-Counter Health Care Products Drugs and Medicines Eligible Without an Rx

## OTC Drugs and Medicines Now Eligible Without a Prescription!

The CARES Act permanently reinstates coverage of over-the-counter drugs and medicines **without a prescription!** In addition, qualifying expenses also now include menstrual care products.

### When is this effective?

The change is effective for expenses incurred on or after January 1, 2020.

### What types of drugs and medicines are eligible without a prescription?

Thousands of products are now eligible without a prescription. Examples include allergy medicines, antacids, cold, cough and flu medicine, pain and fever relievers, sleep aids, stomach and digestive aids, etc. Other products remain eligible as in the past such as contact lens solutions, birth control items, blood pressure monitors, diabetic supplies, first aid kits, sunscreen, thermometers, vaporizers, walking aids, etc. See next page.

### Can I change my health care FSA election?

Although you cannot change your election now, you can still submit claims for any expenses you incurred January 1, 2020 or later. At your next open enrollment, you can make a new election taking these eligible expenses into consideration.

### How can I submit claims?

You can submit claims via mobile app, online or by completing a claim form and faxing toll-free.

### What type of documentation should I submit with my claim?

Just provide a copy of the merchant itemized receipt that shows:

- ◆ Merchant name
- ◆ Date of purchase
- ◆ Itemized description of each product purchased
- ◆ Dollar amount paid for each item

### Can I use my ASIFlex or other employer debit card to purchase OTC products?

Yes. However, please keep in mind that this may not be available immediately. Merchants will need to update their systems which will take a few weeks or more. In the meantime, simply save the merchant itemized receipt and submit a claim to be reimbursed.

### Which merchants will accept health plan debit cards?

It is anticipated that the same merchants who accept cards now for general OTC health care products will accept the card for OTC drugs and medicines.

---

**IMPORTANT NOTICE** - Due to current health care warnings across the nation, mailed claims received by ASIFlex will remain unopened for three days. You can avoid delays by submitting claims electronically.

## **Manage your account online!**

Register your account at ASIFlex.com to see your account statement and balance, submit claims, and read secure messages.

## **Call to action!**

Update your personal account setting to be sure you are signed up to receive email and text alerts, and sign up for direct deposit reimbursements.

## **Get the ASIFlex app!**

- Submit claims.
- Submit documentation.
- Access your balance and account statement.

Search ASIFlex Self Service and download the app today.



## **ASIFlex Customer Service**

ASIFlex.com

asi@asiflex.com

P: 800.659.3035

F: 877.879.9038

P.O. Box 6044

Columbia, MO 65205-6044



**Examples of Over-the-Counter Health Care Products, Drugs and Medicines**  
**Eligible Without a Prescription**

| General OTC Health Care Products  | OTC Drugs and Medicines   |
|---|---|
| <p style="text-align: center;">Athletic Braces &amp; Supports</p> <p>Baby Monitors, Thermometers, Nasal Aspirators</p> <p style="text-align: center;">Bandages, Tape, Gauze &amp; Pads</p> <p style="text-align: center;">Birth Control, Pregnancy &amp; Fertility Kits</p> <p style="text-align: center;">Breast Pumps &amp; Accessories</p> <p style="text-align: center;">Blood Pressure Monitors</p> <p>Contact Lens Solutions, Cases &amp; Rewetting Eye Drops</p> <p style="text-align: center;">Denture Adhesives &amp; Cleansers</p> <p>Diabetic Supplies, Monitors, Test Strips, Insulin</p> <p style="text-align: center;">Eye Glass &amp; Lens Cleaners, Reading Glasses</p> <p style="text-align: center;">First Aid Kits, First Aid Treatments &amp; Supplies</p> <p style="text-align: center;">Glucosamine Supplements, Glucose Tablets</p> <p style="text-align: center;">Hearing Aid Batteries</p> <p style="text-align: center;">Home Medical Equipment</p> <p style="text-align: center;">Heating Pads, Hot &amp; Cold Packs</p> <p style="text-align: center;">Home Diagnostic Kits, Tests &amp; Devices</p> <p>Incontinence Products, Catheters, Ostomy Supplies</p> <p style="text-align: center;">Lip Balm SPF 15+ and broad spectrum</p> <p style="text-align: center;">Medical Monitors &amp; Testing Devices</p> <p style="text-align: center;">Menstrual Care Products</p> <p style="text-align: center;">Motion Sickness Aids &amp; Wristbands</p> <p style="text-align: center;">Orthopedic &amp; Surgical Supports</p> <p style="text-align: center;">Pill Boxes, Cutters, Sorters &amp; Organizers</p> <p style="text-align: center;">Prenatal Vitamins</p> <p style="text-align: center;">Shoe Insoles &amp; Inserts</p> <p>Sunscreen &amp; Lip Balm SPF 15+ and broad spectrum</p> <p style="text-align: center;">Thermometers, Vaporizers &amp; Inhalers</p> <p style="text-align: center;">Walking Aids, Canes, Crutches &amp; Wheelchairs</p> | <p style="text-align: center;">Acne Treatments</p> <p style="text-align: center;">Allergy Medicine</p> <p style="text-align: center;">Antacids &amp; Acid Controllers</p> <p style="text-align: center;">Anti-Fungal Treatments</p> <p style="text-align: center;">Anti-Itch Treatments</p> <p style="text-align: center;">Antiparasitic &amp; Lice Treatment</p> <p style="text-align: center;">Aspirin &amp; Baby Aspirin</p> <p style="text-align: center;">Callus &amp; Corn Removers</p> <p style="text-align: center;">Chest Rubs</p> <p>Children's Cold &amp; Allergy Medicines</p> <p style="text-align: center;">Cold Sore Treatments</p> <p style="text-align: center;">Cough Drops &amp; Spray</p> <p style="text-align: center;">Cough, Cold &amp; Flu Medicine</p> <p style="text-align: center;">Diaper Rash Cream</p> <p style="text-align: center;">Ear Drops &amp; Wax Removers</p> <p style="text-align: center;">External Pain Relievers</p> <p style="text-align: center;">Eye Drops</p> <p style="text-align: center;">Fever and Pain Relievers</p> <p style="text-align: center;">Hemorrhoidal Treatments</p> <p style="text-align: center;">Laxatives</p> <p style="text-align: center;">Nasal Spray</p> <p style="text-align: center;">Nicotine Gum &amp; Patches</p> <p style="text-align: center;">Oral Pain Relievers</p> <p style="text-align: center;">Pain Relieving Creams &amp; Pads</p> <p style="text-align: center;">Sleep Aids</p> <p style="text-align: center;">Stomach &amp; Digestive Aids</p> <p style="text-align: center;">Topical Skin Treatment</p> <p style="text-align: center;">Wart Removers</p> |