

NEW ELIGIBLE ITEMS

Save on items that you already buy like over-the-counter drugs and medicines and menstrual care products!

by Benefit Resource

1 MENSTRUAL CARE PRODUCTS

This is a brand-new category of eligible items, and includes items such as pads, tampons, menstrual cups, sponges, and panty liners.

2 PAIN RELIEVERS

Headache? Backache? Joint pain? Migraine? These – and more – are never fun to deal with. Consider purchasing some pain relievers to make the recovery process literally less painful. Examples include aspirin, Excedrin, Tylenol, Advil and Motrin.

3 COLD & FLU MEDICATIONS

Treat symptoms such as coughing, sneezing, fever, sore throat, runny nose, and more. Visit the FSA Store to find the right OTC drugs and medicines that can soothe whatever your ailments are.

4 ACNE MEDICINES*

Look into over-the-counter acne treatments like Neutrogena On-The-Spot Acne Treatment to stop the problem at its source.

5 GASTROINTESTINAL AIDS

If you're a fan of spicy food, that doesn't mean it's a fan of you. You can help reduce heartburn, acid reflux and indigestion by taking an antacid to settle your stomach. Other helpful gastrointestinal aids you can purchase include anti-diarrhea medicines, non-fiber laxatives, and nausea medications.

6 ALLERGY & SINUS MEDICINES

Allergy season tends to be at its peak in the Spring and Summer. That doesn't mean you can't enjoy the nice weather! Get some fresh air by purchasing nasal spray and antihistamines like Benadryl, Claritin and Sudafed with your pre-tax dollars.

7 SLEEPING AIDS*

Non-herbal sleeping aids such as Unisom SleepTabs are eligible expenses that can help make it easier to get a good night's rest.

8 FIRST AID CREAMS

Pair a soothing first aid cream with other first aid supplies such as band-aids to help prevent infection, relieve pain, and provide temporary relief to minor cuts, burns, and scrapes.



*These products may be considered dual-purpose items and may require a Letter of Medical Necessity (LMN) to accompany claims for reimbursement.