

# 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.

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**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**

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

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