

**FLEX PLAN MEDICAL CARE REIMBURSEMENT EXPENSES**

**A copy of a current prescription must accompany each and every claim you submit for reimbursement of over-the-counter (OTC) items. Claims that do not have the prescription attached will be denied.**

**ACCEPTED OVER-THE-COUNTER (OTC) ITEMS\***

**ANTISEPTICS**

Prescription (RX) required

- Antiseptic wash or ointment for cuts or scrapes (RX)
- Antiseptic mouthwash (RX)
- Benzocaine swabs (RX)
- Boric acid powder (RX)
- First aid wipes (RX)
- Hydrogen peroxide (RX)
- Iodine tincture (RX)
- Rubbing alcohol (RX)
- Sublimed sulfur powder (RX)

**COLD, FLU, ASTHMA & ALLERGY MEDICATIONS**

Prescription (RX) required

- Allergy medications (RX)
- Bronchodilator/Expectorant tablets (RX)
- Bronchial asthma inhalers (RX)
- Cold relief (liquid, tablets, drops) (RX)
- Cough relief (liquid, tablets, drops) (RX)
- Flu relief (liquid, tablets, drops) (RX)
- Medicated chest rub (RX)
- Nasal decongestant (spray, drops, inhaler) (RX)
- Nasal strips to improve congestion (RX)
- Sinus and allergy nasal spray (RX)
- Homeopathic sinus medications (RX)
- Vapor patch cough suppressant (RX)

**DIABETES**

- Diabetic lancets
- Diabetic needles
- Diabetic supplies
- Diabetic syringes

Diabetic test strips

- Glucose meters
- Glucose tablets (RX)

**EAR/EYE CARE**

Letter of Medical Necessity required from physician (LOMN)

Prescription (RX) required

- Airplane ear protection (LOMN)
- Ear drops for swimmers (RX)
- Ear water-drying aid (RX)
- Earwax removal drops (RX)
- Homeopathic earache tablets (RX)
- Contact lens cleaning solutions

**HEALTH AIDS**

Prescription (RX) required

- Anti-fungal treatments (RX)
- Denture adhesives
- Diuretics & water pills (RX)
- Hemorrhoid relief (RX)
- Lice control (RX)
- Medicated bandages
- Motion sickness tablets (RX)
- Respiratory stimulant ammonia (RX)
- Sleeping aids (RX)

**PAIN RELIEF**

Prescription (RX) required

- Arthritis pain reliever (RX)
- Bunion and blister treatments (RX)
- Itch relief (RX)
- Orajel® (RX)
- Pain relievers, aspirin & non-aspirin (RX)
- Throat pain medications (RX)

**PERSONAL TEST KITS**

- Cholesterol tests
- Colorectal cancer screening tests
- Home drug tests
- Ovulation indicators
- Pregnancy tests

**SKIN CARE**

Prescription (RX) required

- Acne medications (RX)
- Anti-itch lotion (RX)
- Bunion & blister treatments (RX)
- Cold sore & fever blister medications (RX)
- Corn & callus removal medications (RX)
- Diaper rash ointment (RX)
- Eczema cream (RX)
- Medicated bath products (RX)
- Wart removal medications (RX)

**STOMACH CARE**

Prescription (RX) required

- Acid reducing gum, liquid, tablets (RX)
- Anti-diarrhea medications (RX)
- Gas prevention tablets & drops (RX)
- Ipecac Syrup (RX)
- Laxatives (RX)
- Pinworm treatment (RX)
- Prilosec® (RX)
- Upset stomach medications (RX)

**OVER-THE-COUNTER ITEMS\* Letter of Medical Necessity required from a physician (LOMN). Prescription (RX) required.**

- Adhesive or elastic bandages
- Blood pressure meter
- Cold or hot compresses
- Eye drops (RX)
- Foot spa (LOMN)
- Gauze & tape

- Gloves and masks
- Herbs (LOMN)
- Leg or arm braces
- Massagers (LOMN)
- Minerals (LOMN)
- Multivitamins (LOMN)

- Saline nose drops (RX)
- Special supplements (LOMN)
- Special teeth cleaning system (LOMN)
- Thermometers
- Vitamins (LOMN)

**OVER-THE-COUNTER NOT ACCEPTABLE\***

- Aromatherapy
- Baby bottles & cups
- Baby oil or wipes
- Breast enhancement system
- Cosmetics
- Cotton swabs

- Dental floss
- Deodorants
- Feminine care
- Hair regrowth
- Low "carb" or low calorie foods
- Mouthwash or oral care

- Petroleum jelly
- Shampoo & conditioner
- Skin care
- Spa salts
- Sun tanning products
- Toothbrushes

**ONLY HEALTH CARE EXPENSES NOT REIMBURSED BY INSURANCE CAN BE CLAIMED**

**THE FOLLOWING HEALTH CARE EXPENSES QUALIFY FOR REIMBURSEMENT UNDER YOUR FLEX PLAN\***

RX = Prescription required

LOMN = Letter of Medical Necessity required from a physician

Acupuncture (excluding remedies & treatments prescribed by acupuncturist)	Drugs, medical supplies, syringes, needles, etc.	Periodontist fees
Alcoholism & drug treatment	Endodontist fees	Physician fees (cosmetic services not eligible)
Ambulance	Eyeglasses prescribed by your physician	Podiatrist fees
Artificial limbs/teeth	Eye examination fees	Prescribed medicines
Bedpans & ring cushions	Eye surgery (cataracts, LASIK, laser, etc.)	Psychiatric care
Breast pumps & nursing supplies	Hearing devices & batteries	Psychologist & psychiatrist fees
Chiropractors	Home health care	Radiology
Christian Science practitioner's fees	Hospital bills	Reconstructive surgery in connection with birth defects, disease, or accident
Contact lenses and solutions	Insulin	Routine physicals & other non-diagnostic services or treatments
Co-payments (doctor, dental, vision, pharmacy)	Laboratory fees	Smoking cessation patches & gums (RX)
Costs for physical or mental illness confinement	Office visits	Smoking cessation programs
Crutches	Obstetrics & fertility	Surgical fees
Deductibles	Oral surgery	Weight loss over-the-counter drugs (RX)
Dental fees (cosmetic procedures not eligible)	Orthodontist fees (subject to service received)	Weight loss programs (LOMN)
Dentures	Orthopedic devices	Wheelchair, walkers, shower chairs
Diagnostic fees	Osteopath fees	X-rays and MRI
Dietary supplements & vitamins (LOMN)	Over-the-counter drugs (RX)	
	Oxygen	

**ITEMS REQUIRING A LETTER OF MEDICAL NECESSITY (LOMN) MAKING THE ITEM NECESSARY\***

Arches & orthopedic shoes	Pill boxes	Weight loss programs & fees pertaining to a specific disease
Boost®/Pediasure®	Special school for disabled child	Wigs for hair loss caused by disease
Humidifiers & vaporizers	Therapeutic support gloves	

**HEALTH CARE EXPENSES THAT DO NOT QUALIFY FOR REIMBURSEMENT UNDER A FLEX PLAN\***

Cosmetic surgery, procedures and/or medications	Mail order prescriptions from another country	Premiums you pay for insurance coverage. (Payroll-deducted premiums sponsored by your employer are eligible under the Premium Only Plan.)
Dental bleaching	Over-the-counter item, drugs, or medications that are not prescribed by your physician	
Hair restoration procedures or drugs	Weight loss programs for general health or appearance	
Health club/gym members for general health		
Marriage counseling		

\*Plan restrictions may apply. Check with your plan administrator.