



# Allowable Over-the-Counter Expenses

The following guide has been created to provide guidance on the type of items that are reimbursable. Please check your company's plan documents for specific exclusions. To verify if a certain expense is covered if it is not listed below, please call 800.532.3327.

## Acceptable Over-the-Counter Items

Insulin  
Saline  
Bandages/Band-Aids  
Rubbing Alcohol  
Thermometers  
Cold/Hot Packs  
First Aid Kits  
Oxygen

Ovulation Indicators  
Pedialyte  
Blood Pressure Monitor  
Cholesterol Test  
Pregnancy Test  
Condoms  
Flu Shots  
Reading Glasses

Gauze and Tape  
Incontinence Supplies  
Diabetic Supplies  
Glucose Meters  
Sunscreen SPF 30+  
Crutches  
Orthopedic Shoe Inserts  
Breast Pumps/Lactation Supplies

## Dual Purpose Over-the-Counter Items (Requires Further Documentation)

Acid Controllers  
Acne Medications  
Allergy & Sinus  
Antibiotic Products  
Anti-Diarrheals, Anti-Gas  
Anti-Itch & Insect Bite  
Asthma devices and Medication  
Ear Wax Removal  
Smoking Cessation Medication

Antiparasitic Treatments  
Baby Rash Ointments/Creams  
Cold Sore Remedies  
Cough, Cold & Flu  
Digestive Aids  
Feminine Anti-Fungal/Anti-Itch  
Contraceptive Pills  
Humidifier

Laxatives  
Motion Sickness  
Pain Relief  
Sleep Aids & Sedatives  
Stomach Remedies  
Vitamins and Supplements  
Compression Hose  
Medicated Sunburn Creams

## Non-Acceptable Over-the-Counter Items

Aromatherapy  
Baby bottles and cups  
Baby oil  
Baby wipes  
Cosmetics  
Dental floss  
Facial care

Feminine care  
Fragrances  
Hair regrowth  
Oral care  
Petroleum jelly  
Shampoo & conditioner  
Skin care

Spa salts  
Sunscreen/tanning products  
Teeth Whitening Products  
Tooth brushes  
Toiletries (i.e. Deodorants, Fragrances, and Tissues)