



OVER THE COUNTER ITEMS NOW REIMBURSABLE

In September 2003 the IRS ruled that over the counter drugs and medication used to alleviate or treat personal injury or sickness of the employee or the employee's spouse or dependents may be reimbursable under a Health Flexible Spending Account.

Examples of covered items include:

Allergy Medications	Douches – Medicated
Antacids	Enemas – Medicated
Antibiotic Ointments	Eye Drops
Anti-inflammatory Drugs	Foot Powders – Medicated
Arthritis Cream	Flu Medications
Anti Itch Cream / Lotion / Ointments	Hemorrhoid Creams
Anti-diarrhea Medication	Hormone Creams (progesterone, testosterone)
Anti-gas Medication	Laxative
Aspirin	Nasal Spray
Band-Aids	Pain Relievers
Bandages	Shampoos – Medicated
Cold Sore & Fever Blister Ointment	Smoking Cessation Patches/Gums
Cold & Cough Medications (including cough drops)	Sunburn Ointment
Decongestant	Suppositories
Denture Adhesives	Toothache and Teething Pain Reliever
Diaper Rash Ointment	Weight Loss Drugs

To claim these items a participant should simply:

- ✚ Complete a Personal Choice Account health care reimbursement claim form. These are available at www.personalchoiceaccount.com or by calling our customer number listed below. There is a special section to itemize Over-The-Counter Items.
- ✚ Provide a clear receipt showing the **place of purchase, date of purchase, dollar amount and name of item**. If the name of the item is not clear on the receipt (for instance it only shows the brand and not what type of drug or medication) then you can write in black ink on the receipt to clarify the type of item. Do not highlight the receipt. A simple check mark, circle or asterisk next to the product is preferred.
- ✚ Always keep a copy of your request for your records.
- ✚ Send the claim to:

The Personal Choice Account
PO Box 3199
Portland, OR 97208-3199

Remember that toiletries, cosmetics and hygiene items are among those products that are *not* covered. If you have any question please contact our customer service department at 503-412-5688 or toll free 1-800-334-4340.