

PERSONAL CHOICE ACCOUNT

Flexible Benefits Administration

This is not an exhaustive list of over the counter products. Generic brand items are also eligible. Submission must include a clear receipt showing the name of the product. If the purpose or name is not clear, please write it on the receipt. Documents must include the place of purchase, date of purchase and purchase price in addition to the product name. Quantities must be reasonably used by the participant and their family members within the plan year. PCA is not endorsing any particular product. The presence of an expense on this list is not a guarantee of reimbursement to the member. This list is not legally binding.

	Generally Yes	Generally No	Brand Name Examples	Special Notes
Acne Treatment	x		Proactive, Stridex, Clearasil, Phisoderm, Neutrogena	To treat acne specifically. Not for cosmetic purposes.
Allergy Medications	x		Zyrtec, Benadryl, Alavery, Claratin, Tavist, Ocean, Sudafed, Mucinex	
Analgesics	x		ActivOn, Tiger Balm, Icy Hot, BenGay, Capzasin	
Antacids	x		Prilosec, Alka-Seltzer, Roloids, Tums, Pepto-Bismol, Maalox	
Antihistamine	x		Cordicidin, Zyrtec, Benadryl, Claritin, Actifed, Alavert	
Antibiotic Ointments	x		Neosporin, Cuticura, Bactine	
Anti-diarrhea Medication	x		Immodium, Kaopectate, Pepto Bismol	
Anti-fungal	x		Lamisil, Tinactin, Desenex	
Anti-inflammatory Drugs	x		Advil, Topricin, Aleve	
Anti-Itch Cream/Ointment/Lotion	x		Cortizone, Benadryl, Cortaid, Gold Bond, Aveeno, Calamine	
Arthritis Cream	x		ThermaCare, Capzasin, Aspercreme, Zostrix	

	Generally Yes	Generally No	Brand Name Examples	Special Notes
Aspirin	x		Bayer, Excedrin, Ecotrin	
Bandages	x		Band-Aid, Curad, Johnson & Johnson, Nexcare	Includes adhesive, gauze, ACE, liquid bandages
Birth Control	x		Gynol, Ortho, Trojan, Durex	Includes condoms, spermicides, birth control pills, contraceptive sponges
Burn Cream/Ointments	x		Water Jel, Solarcaine, LMX	Also includes Aloe Vera for the purposes of treating a burn
Cold Pack / Hot Pack	x		Be Kool, ACE, Bed Buddy, Cryo-Max	To treat a medical condition
Cold and Cough Medications	x		Mucinex, Sudafed, Tylenol, Vicks, Zicam	
Cold Sore Ointment/Medication	x		Abreva, Carmex, Zilactin	
Compression Stockings	x			To treat a medical condition
Condoms	x		See Birth Control	
Contact Lens Solutions/Supplies	x		Bausch & Lomb, Boston, Opti-Free	Also includes contact lens case
Contraceptives	x		See Birth Control	
Cosmetics (make-up)		x		
Cough Drops	x		Fisherman's Friend, Ricola, Halls	
Cough Syrups	x		Robitussin, Vicks, Tylenol	
Crutches	x			Includes purchase or rental
Decongestants	x		Sudafed, Dristan, Vicks, Little Noses, Mucinex, Ornex	
Dehydration	x		Pedialyte	
Dental Floss		x		

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Denture Adhesive	x		Fixodent, Effergrip, Poligrip	Does not include denture cleaners
Deodorant		x		
Diabetic Supplies	x		One Touch, Accu-Chek, Ascensia, Free Style, Precision	Includes glucose monitoring devices, test strips, insulin, syringes, Sharps container, lancets, glucose tablets
Diaper Rash Ointments	x		Desitin, A + D, Bourdreaux's	
Diapers		x		Not for infants or children. For adults see Incontinence
Diet Foods		x		Includes shakes, drinks, bars, snacks, etc
Dietary Substitutes				Some Limits - <u>Contact PCA</u> Will require a Letter of Medical Necessity
Dietary Supplements				Some Limits - <u>Contact PCA</u> Will require a Letter of Medical Necessity
Douches - Medicated Only	x		Massengil, Summers Eve	To treat a medical condition
Enemas	x		Fleet, Docusol	To treat a medical condition
Ear Care	x		Swim Ear, Similasan, Murine	To treat a medical condition
Eye Drops	x		Similasan, Visine, Clear Eyes	
Feminine Hygiene		x		Includes tampons, pads, etc
Fiber	x		Citrucel, Metamucil, Benefiber	To treat a medical condition
First Aid Kit	x			Limited to reasonable quantity. <u>Contact PCA</u>

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Fluoride				Some Limits - Contact PCA
Food / Drink		x		
Foot Powder - Medicated Only	x		Gold Bond, Timactin, Desenex	To treat a medical condition. Not simply for deodorizing.
Foot Care (bunions, corn, callous)			Dr. Scholl's, 2nd Skin	
Hair Removal		x		
Hearing Aids / Batteries	x			
Heating Pad	x			
Hemorrhoid Creams	x		Tucks, Fleet, Preparation H	
Humidifier				Some Limits - Contact PCA Will require a Letter of Medical Necessity
Incontinence Supplies	x		Depend, Tena, Prevail, Poise	To treat a medical condition. Not for infants or children.
Insect Bite Creams/Ointments	x		Sting Eze, After Bite, Burt's Bees	Does not include insect repellent
Insulin	x			
Lactose Intolerance Supplements	x		DairyCare, Lactaid, Lactrase	
Laxative	x		ex-lax, MiraLAX, Alophen, Perdiem Also see Fiber	To treat a medical condition
Menstrual Pain Relief	x		Midol, Pamprin	
Migraine Relief	x		Excedrin, Advil, Motrin	
Motion Sickness	x		Dramamine, Bonine	
Nasal Spray	x		Ocean, Afrin, 4-Way	

	Generally Yes	Generally No	Brand Name Examples	Special Notes
Nasal Strips	x		Breathe Right	Only for the relief of nasal congestion, not for the purpose of alleviating snoring
Occlusal Guards	x			To prevent teeth grinding. Not sports guards/mouth guards
Orthotics	x			
Ovulation Monitor	x		Clearblue Easy, Answer, First Response, Fertile Focus	
Pain Relievers	x		Advil, Aleve, Tylenol, Motrin	Includes ibuprofen, acetaminophen, aspirin
Peroxide	x			
Pregnancy Test	x		First Response, e.p.t, Fact Plus	
Reading Glasses	x			
Rogaine		x		
Rubbing Alcohol	x			
Shampoo - Medicated	x		Sebulex, Selsun Blue, Zincon	To treat a medical condition, such as psoriasis or dandruff
Sinus Medication	x		See Antihistamine, Allergy Medications, Nasal Spray and Nasal Strips	
Smoking Cessation	x		NicoDerm, Nicorette, Commit	Includes gums, patches, lozenges
Soaps		x		
Supplements			Glucosamine, Folic Acid, Flax Seed, Fish Oil	Some Limits - <u>Contact PCA</u>
Suppositories	x		Fleet, Dulcolax	

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Tampons/Feminine Hygiene		x		
Teeth Whitening/Bleaching		x		
Thermometer	x			
Toiletries		x		Examples include tissues, q-tips, soap, shampoo, etc.
Toothache/Teething Pain Reliever	x		Orajel, Anbesol, Hylands	
Tooth Brush / Tooth Paste		x		
Vitamins				Generally Not - <u>Contact PCA</u>
Wart Remover Treatment	x		Compound W, Wartner, Wart-Off, Transversal	
Weight Loss Drugs	x		Alli, Dexatrim, Hydroxycut	To treat a medical condition. Some limits - <u>Contact PCA</u> . Does not include weight loss foods, shakes or equipment