

## Examples of Eligible OTC medicines and DME products\*

The following, while not intended to be complete, illustrates items which may be claimed as part of the plan. Please remember that expenses must be medically necessary and may require verification from a health care provider. Cosmetics, toiletries such as toothpaste, vitamins and dietary supplements that merely contribute to overall health do not qualify as eligible expenses.

### Over-the-counter (OTC) Medicine, ok to pay

Acne treatments (**Proactive** acne care, medicated soap/cleanser)  
 Allergy meds (**Claritin, Loratadine, Naphcon, Sinutab**)  
  
 Antacids (**Alka-Seltzer, Maalox, Pepto-Bismol, Tums, Rolaids**)  
 Arthritis treatments (**Glucosamine, Zyflamend, Osteo Bi-Flex**)  
 Athletes foot (**Tinactin**)  
 Cold meds, including sprays, lozenges, syrups (**Nyquil, Pediacare, Robitussin, Vick's Vaporub, Zicam swabs**)  
  
 Ear treatments (ear wax removal, **Auro Dri Swimmer Ear**)  
  
 Eye drops (**Clear Eyes, Visine**)  
 First aid meds (**Aloe Gel, Bactine, first aid cream, Hydrocortisone cream, hydrogen peroxide, iodine, rubbing alcohol**)  
 Hemorrhoid ointments and creams (**Preparation H**)  
**KY jelly** (in conjunction w/ use of diaphragm and spermicides)  
 Laxatives (**Ex-lax, Glycerol suppositories**)  
 Lice shampoo and spray  
 medicated lip balm (**Dermatone**)  
  
 Menopause treatments (**Estroven, Remifemin**)  
**Metamucil, Citrucel**  
 Motion sickness pills  
 Nicotine patches, gum, etc  
 Pain relief (**Advil, Anbesol, Aspercreme, aspirin, Ben Gay, Midol, Tylenol, Uristat, Vanquish, Zostrix HP**)  
**Pedialyte** (fevers)  
 Pre-natal vitamins (if pregnant)  
 RX flavorings  
 Skin ointments (diaper rash creams, **Calamine lotion, Tecnu, Zanol**)  
 Sleep aids (**Snorenz, Sominex**)  
 Spermicidal foam  
 Wart removal (**Compound W**)  
 Yeast infection products (**Monistat 7**)

### Durable Medical Expenses (DME), ok to pay without a doctor's letter

AeroChamber (used to deliver inhaled medications)  
  
**Band Aids** and/or bandages (**NexCare**)  
  
 Blood pressure monitoring kit  
  
 Cold/hot packs (**Therma Care**)  
  
 Condoms / spermicides  
 callus and corn pads  
  
 CPAP machine and filters  
  
 Denture adhesives  
 Diabetic supplies (**Autodisc, Ketostix** in conjunction w/ diabetic supplies)  
  
 Hearing aid batteries  
 Nasal strips  
  
 Occlusal (mouth) Guard  
  
 Orthopedic items (**Ace bandages**, ankle braces, wrist braces, crutches, orthotics etc)  
 Ovulation kits  
 Pregnancy tests  
 Reading glasses  
 Thermometers

\*Stockpiling medications will not be eligible. The quantity purchased must be reasonably able to be consumed during the current plan year.