

Use Your FSA for Over-the-Counter Expenses



Great News!

When the CARES Act was signed into law in 2020, popular over-the-counter drugs and medicines became eligible for you to purchase with your FSA funds without a prescription. This legislation gives you more flexibility to save on the cost of health-related products you purchase every day. That's great news for you!

What's Included?

The average American shops for over-the-counter medications 26 times per year. Some of the most common expenses that are now eligible for your FSA funds without a prescription include:

Pain Relief Medications

There are two common types of over-the-counter pain medications: acetaminophen and nonsteroidal anti-inflammatory drugs (NSAIDs), both of which are now among the eligible expenses available from your FSA.

Cold & Flu Products

Over-the-counter medicines you turn to when coping with a severe cough or congestion are now eligible expenses.

Allergy Products

Those who do have allergies can now use FSA funds to purchase over-the-counter antihistamines and decongestants.

Menstrual Products

The CARES Act also included menstrual care products as eligible expenses for FSAs.

Use your Flexible Spending Account to save on these and other eligible expenses. If you have questions about your FSA benefit, contact your Human Resources or Employee Benefits department, or call the Group Dynamic Reimbursement Team at 800-626-3539.