



OTC Drugs and Medicines Eligible with a Doctor's Prescription

In March 2010, President Obama signed the Patient Protection and Affordable Care Act and the Health Care and Education Reconciliation Act of 2010 (collectively "the Act"). The Act included a number of modifications to employee benefit programs.

One provision that affected your participants beginning January 1, 2011 was the requirement for over-the-counter (OTC) drugs, medicines and biologicals to be accompanied by a physician's prescription in order to be reimbursed under health flexible spending accounts (FSAs), health reimbursement arrangement (HRAs) and health savings accounts (HSAs). Below is a summary of this change and how it impacted plans.

CHANGES TO OVER-THE-COUNTER ELIGIBILITY FOR REIMBURSEMENT

Under the Act, OTC drugs, medicines and biologicals continue to be eligible for reimbursement as long as the request is accompanied by a doctor's prescription. This means items such as cough medicines, pain relievers, acid controllers, and diaper rash ointment now require a doctor's prescription to be submitted along with the reimbursement request. Insulin and select OTC items, such as band-aids, continue to be eligible without a prescription.

Since this change applied to all expenses incurred on or after January 1, 2011 it affected all plans and participants at the same time, regardless of the plan year.

OTC drug expenses incurred on or after January 1, 2011 require a doctor's prescription in order to be reimbursed under a health FSA, HRA or HSA. Expenses incurred prior to January 1, 2011 do not.

- ❖ For example, for a calendar year plan with a final claims deadline date of March 31, 2011, an OTC drug purchased on December 31, 2010, could be submitted before a plan's final claims deadline date of March 31, 2011, and still be reimbursed without a prescription.

Though the specific list of items affected has not been completely assessed, the following categories of items require a doctor's prescription:

- Acid Controllers
- Allergy & Sinus Medications
- Antibiotic Products
- Antidiarrheals
- Anti-Gas
- Anti-Itch & Insect Bite
- Anti-parasitic Treatments



- Baby Rash Ointments/Cream
- Cold Sore Remedies
- Cough, Cold & Flu Medications
- Digestive Aids
- Feminine Anti-Fungal/Anti-Itch Medications
- Hemorrhoidal Preps
- Laxatives
- Motion Sickness Medications
- Pain Relief
- Respiratory Treatments
- Sleep Aids & Sedatives
- Stomach Remedies

The following are examples of some of the items that will remain available without a doctor's prescription:

- Band Aids
- Birth Control
- Braces & Supports
- Catheters
- Contact Lens Supplies & Solutions
- Denture Adhesives
- Diagnostic Tests & Monitors
- Elastic Bandages & Wraps
- First Aid Supplies
- Insulin & Diabetic Supplies
- Ostomy Products
- Reading Glasses
- Wheelchairs, Walkers, Canes

