

# Worried About Health Care Reform?



## Well, Don't Be!! Here's Why.....

### Flexible Spending Accounts are still a valuable benefit.

Although Health Care Reform has some new requirements, over-the-counter (OTC) items can still be purchased using your FSA funds. And, you will continue to save BIG on your out-of-pocket expenses when you spend money on things like:

- ✓ Dentist Visits (braces / cleanings / xrays)
- ✓ Doctor Co-pays (pediatrician / obstetrician / primary care / specialists)
- ✓ Vision Care (contact lenses / glasses / eye exams)

### Here's what has changed:

Beginning January 1, 2011, you will need a prescription from a doctor in order to use your FSA funds to buy over-the-counter medicines and drugs. And remember, you can continue to buy many of the most commonly used over-the-counter items just as you always have without a prescription. Please refer to the lists below.

#### OTC Medicine & Drug Item Categories (Rx /S Required - under new law)

- Acid Controllers
- Digestive Aids
- Allergy & Sinus Products
- Anti-Fungal Products
- Antibiotic Products
- Hemorrhoid Relief Products
- Anti-Gas & Diarrhea
- Laxatives
- Anti-Itch & Insect Products
- Pain Relief
- Anti-Parasitic Treatments
- Respiratory Treatments
- Baby Rash
- Cough, Cold & Flu Products
- Stomach Remedies

#### Commonly Used OTC Items (NO Rx Required – no changes)

- Bandages
- Blood Pressure Equipment
- Carpal Tunnel Wrist Supports
- Cholesterol Tests
- Colorectal Cancer Screen Tests
- Conception Aids
- Contact Lens Supplies
- Contraceptive Products
- Crutches & Mobility Aids
- Dentures & Supplies
- Diabetic Supplies – INCLUDING Insulin
- Ear Wax Kits
- Eye Drops & Lubricants
- Hot & Cold Packs
- Incontinence Supplies
- Knee Supports
- Nasal Strips
- Orthotic Supplies
- Pregnancy Tests
- Reading Glasses
- Thermometers