



## FSA ELIGIBLE EXPENSES

### What Can Flex Be Used For?

A Flex plan provides you with a stake in your own healthcare. In medical reimbursement plans, you decide how much of your salary you would like to set aside for un-reimbursed expenses such as:

#### Medical, Dental, and Vision Expenses:

- Deductibles
- Coinsurance
- Office Visit Co-Payments
- Prescriptions Drug Co-Payments
- Physical Examinations
- Chiropractic Care
- Birth Control Pills
- Routine Gynecological Exams
- Dentures
- Orthodontia
- Fillings
- Preventative Care such as cleanings
- Expenses that exceed a maximum benefit under an insurance health plan
- Eye Examinations
- Eyeglasses and Contact Lenses

All Over the Counter (OTC) medicines and drugs must be accompanied by a prescription and a reimbursement request (claim form) to be reimbursed under your FSA, HSA, or HRA. These OTC medicines and drugs can no longer be purchased using the Allied Flex Debit Card. Below are some examples of these items:

#### OTC Items That Require a Prescription:

The following items are examples, and this is not a complete list and may be subject to change:

- Acid Controllars
- Allergy & Sinus
- Antibiotic Products
- Anti-Diarrheals-Anti-Gas
- Stomach Remedies
- Sleep Aids & Sedatives
- Baby Rash Ointments/Creams
- Cold Sore Remedies
- Cough, Cold & Flu
- Digestive Aids
- Laxatives
- Motion Sickness
- Hemorrhoidal Treatments
- Pain Relief
- Respiratory Treatments
- Feminine Anti-Fungal/Anti-Itch
- Anti-Itch & Insect Bites Ointment

#### OTC drugs and items that do NOT require a doctor's prescription (the following examples, including insulin and diabetic supplies, can be paid from your account without a prescription):

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