



# CARES Act

## What It Means for You

The CARES Act permanently reinstates over-the-counter products, and *adds* menstrual care products for the first time, as eligible expenses for your FSA, or HRA funds **WITHOUT A PRESCRIPTION!**

Eligible items for purchase without a prescription now include, but are not limited to:

- Pain relief medications, e.g., acetaminophen, ibuprofen, naproxen sodium
- Cold & flu medications
- Allergy medications
- Acne treatments
- Eye drops
- Stomach & digestive aids
- Pads
- Tampons
- Menstrual sponges
- Sleep aids
- Children's pain relievers, allergy medicines, and digestive aids
- And more



**NOT** eligible for debit card purchase!

Please note, purchase of these items is **not** available with your benefits debit card currently.

Upon purchase, please submit a claim for reimbursement.