



December 5, 2003

Over-The-Counter (OTC) Drug List Guideline
(This is not a comprehensive list)

OTC Drugs Used Primarily for Medical Care. These are reimbursable with only a third party receipt. No recommendation from a health care provider is required.

Type of Drug	Examples (common brands, not a comprehensive list)
Allergy Prevention & Treatment	Benadryl, Sudafed, Actifed, Claritin, Chlor-Trimeton
Antacids and Acid Reducers	Gas-X, Maalox, Mylanta, Tums, Roloids, Pepsid AC, Prilosec OTC, Tagamet HB, Zantac 75
Antihistamines	Actidil, Actifed, Allerest, Benadryl, Claritin, Chlor-Trimeton, Contac, Dimetabe, Drixoral
Antidiarrhea and Laxatives	Ex-Lax, Pepto-Bismol, Imodium A.D., Kaopectate
Anti-fungal	Lamisil AT, Lotramin AF, Micatin
Anti-itch Lotions and Creams (e.g. for athletes foot, bug bites, poison ivy)	Bactine, Cortaid, Hydrocortisone, Calamine Lotion, Benadryl Cream, Lanacort, Lamisil AT, Micatin
Asthma	Primatene Mist
Cold Sore/Fever Blister	Abreva Cream, Blistex, Carmex
Condoms and other contraceptive devices	Trojans, VGF Film, Delfen Contraceptive Foam
Contact Lens Solution	Bausch & Lomb, Boston, Opti-free, Allergan, Renu
Cough Suppressants	Robitussin, Vicks 44, Chloraseptic
Decongestant/Nasal Decongestant/ Cold Remedies	Advil Cold and Sinus, Afrin, Aleve Cold, Children's Advil Cold, Duration, Dristan, Neo-Synephrine, Nyquil, Tylenol Cold and Flu, Allerest, Alka Seltzer
Diaper Rash Ointment	Desitin, Balmax
Eye Drops for Allergy/Cold relief	Ocu-Hist, Clear Eyes, Visine



First Aid Supplies	Ace Bandages, Band-aids, Bandage Tape, Thermometers, Medical Gloves, Rubbing Alcohol
Internal Analgesic/Anti-inflammatory	Advil, Aleve, Motrin, Bayer, Excedrin, Tylenol, Nuprin
Incontinence Supplies	Depends
Liniments	BenGay, Tiger Balm, Flexall, Absorbine Junior
Medical Monitoring	Services and bracelets for medical information
Medical Products and Devices	Blood Pressure Monitor, Glucose Tester, HIV Test, Cholesterol Test, Diabetic Supplies, Crutches, Ovulation Kits, Pregnancy test Kits
Menstrual Cycle Medications	Midol, Pamprin, Premysyn PM
Migraine	Advil Migraine, Excedrin Migraine, Motrin Migraine
Motion Sickness Medicine	Dramamine, Marizine
Pediculicide (Head Lice)	Nix
Poison Ivy Protection	Ivy Block
Smoking Cessation Aids	Nicotine Gum, Nicorette, Nicoderm CQ, Nicotrol
Toothache and teething pain relievers	Orajel
Wart Removal Medication	Tinamed, Compound W



Dual Purpose OTC Drugs. These require a 3rd party receipt and a note from a Health Care Provider listing the diagnosis of the medical condition and the recommendation of the OTC drug.

- Anti-baldness/hair loss/ hair replacement/ such as Rogaine, but only if to replace hair loss due to a medical condition (e.g. cancer treatment) and not for balding due to age.
- Fiber supplements such as Benefiber and Metamucil
- Glucosamine/Chondrotin for arthritis or other medical condition (not reimbursable if taken for overall joint health)
- Herbal supplements used to treat a specific disease such as St. John's Wort for depression
- Hormone Therapy Drugs
- Medicated shampoos' to treat a specific medical condition like psoriasis and only the amount in excess of the cost of normal shampoo.
- No Doz (and other sleep prevention drugs)
- Nose strips for proper breathing or other medical conditions
- Pedialyte for a child's dehydration
- Retin-A and other acne medicines (not reimbursable if used for cosmetic purposes such as wrinkle reduction)
- Sleep-Aids
- Snoring cessation aids and medications such as Breathe Right Spray, Snorezz
- Sunscreen and Sunblock
- Vitamins are not an eligible expense, unless prescribed by a physician to treat a specific medical condition. (i.e. Iron to treat, not prevent, anemia; Calcium Supplements to treat, not prevent, Osteoporosis). A doctor's note detailing the specific medical condition will be required for reimbursement.
- Weight loss/dietary supplements must be for a specific medical condition such as obesity



OTC Items Not Reimbursable. These OTC Drugs or other products are not considered medical care and are not reimbursable through the plan.

- Chapstick
- Cosmetics
- Cotton Balls
- Deodorants
- Face creams, moisturizers, eye creams, and wrinkle reducers
- Feminine Hygiene Products such as tampons and maxi pads
- Food Items (i.e. Slim Fast)
- Hair removal treatments and waxes
- Mouth washes, antiseptics and oral anesthetics
- Shaving Cream and Razors
- Soap
- Teeth Whitening kits, and powders
- Toothpaste
- Vitamins taken to improve overall-health