



# 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 HSA or FSA 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



**NOTE** most merchants have updated their systems to allow debit cards to work for these items. The only exception may be with the menstrual products, which we expect to be updated no later than June 2020. You may certainly request reimbursement via manual claim submission if the debit card is not authorized.