



New Eligible Health FSA Expenses The Cares Act

We have exciting news about two permanent changes to Health FSA eligible expenses. Under the federal CARES Act law signed on March 27, 2020, the following changes are effective for expenses incurred on or after 1/1/2020.



- Over the Counter (OTC) drugs and medicines no longer require a prescription from your Doctor to be eligible. This includes products such as cough syrup, allergy medication and pain relievers.
- Menstrual care products (i.e. tampons, liners, pads, etc.) are now eligible expenses

Next Steps

Debit card re-coding needs to take place nationally and individual merchants (drug stores, grocery stores, online retailers, etc.) that accept FSA debit cards will need to update their own systems. This will take time, but we expect participants will be able to use their debit cards for these expenses by early summer (some merchants may take longer).

In the Meantime

You can use another form of payment for these items and submit a manual claim for reimbursement to Benefit Strategies through their secure [online portal](#), mobile application (search for Benefit Strategies on your mobile device's app store) or a FSA claim form, available on Benefit Strategies' [website](#).

Questions?

For questions or concerns, please contact Benefit Strategies directly at 1-888-401-3539.