

your HEALTHUPDATE

IMPORTANT UPDATE

Use Your Pre-Tax Dollars for More



updates to eligible
HEALTH CARE EXPENSES

The Coronavirus Aid, Relief, and Economic Security (CARES) Act has expanded the list of health products that can be purchased with your health savings account (HSA) or health care flexible spending account (FSA) funds.

When you use money from these accounts to pay for health care expenses, you save money. That is because any money you take out to pay for qualified health care expenses is tax free.

Here are the newly-eligible expenses you can pay for using your accounts:



OVER-THE-COUNTER MEDICINES

You can now use your HSA or FSA funds to purchase certain over-the-counter (OTC) medical products like Tylenol, Claritin, Pepto-Bismol, and more without a prescription or doctor's note.



MENSTRUAL CARE PRODUCTS

Menstrual care products are now considered qualified medical expenses. Use your HSA or FSA funds to purchase tampons, pads, liners, cups, sponges, or similar products.

These changes to eligible expenses are retroactively effective January 1, 2020. Remember to keep all receipts in case you are required to verify the eligibility of a purchase.