



## Changes to Eligible Expenses in Healthcare Accounts Over-the-Counter medicines, menstrual care products and telehealth

The CARES Act made, Over-the-Counter (OTC) medicines and menstrual care products eligible for reimbursement from Healthcare FSAs, HRAs and HSAs. This eligibility extends to expenses incurred since January 1, 2020. Additionally, the CARES Act mentions “telehealth and other remote care ,” but does not specifically define these services. They have been eligible expenses in the past, but we recommend reviewing information published by The Centers for Medicare and Medicaid Services ([CMS.gov](https://www.cms.gov)). TASC does view these costs as legitimate, reasonable and medically necessary expenses as defined by IRS Code Section 213(d).

### Things to Know:

- **This does not require you contacting TASC to make this change**

If your plan currently reimburses 213(d) expenses, these expenses for OTC medicine and menstrual products, and telehealth services will automatically be eligible for reimbursement. Unless you wish to restrict any OTC medicines, it is not necessary to contact us to have this be in effect for your employees.

- **Participants may need to be educated**

TASC has sent information to participants, but it’s possible they may not have understood the changes. An email from the own company, ensures they know they can purchase over-the-counter medicines, menstrual products and reimburse for telehealth expenses.

Want us to make changes to your TASC plan?

Fill out this form and we'll contact you:

[Get Started.](#)

Contact us to get this done for you:

1-888-595-2261

*IMPORTANT NOTE: Amending a Healthcare FSA to ensure inclusion of over the counter medications and menstrual care products may constitute a significant change in coverage resulting in an improvement of a benefit package option.*