

# OTC, MENSTRUAL PRODUCTS AND TELEHEALTH

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Effective for expenses incurred **on or after January 1, 2020**, the following new expenses are now eligible from a Health FSA, HSA or applicable HRAs without requiring an Rx.

- **OTC medicine**
- **Menstrual Products**
- **Telemedicine expenses**

It will take some time for retailers to re-code their products, so feel free to pay out of pocket and submit a claim.

**QUESTIONS?  
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