



IMPORTANT FLEX PLAN RULE CHANGE

Effective January 1, 2011, over-the-counter (OTC) drugs and medicines will only be eligible for your TSB Flexible Spending Account with a prescription from your doctor or physician to treat a specific medical condition. OTC items that are not considered drugs and/or medicines will continue to be reimbursed without a prescription.

Examples of OTC items that **will** require a prescription:

- Acid controllers
- Acne medications
- Allergy & sinus medicine
- Anti-itch cream (e.g. Cortisone cream)
- Cold & Flu medicine
- Eye drops
- Indigestion medicines
- Laxatives
- Nasal sprays
- Pain relievers

Examples of OTC items that **will not** require a prescription:

- Birth Control
- Braces & Supports
- Contact lens solution & supplies
- Crutches
- Denture adhesives
- First Aid Supplies (e.g. bandages)
- Health monitors (e.g. blood sugar, blood pressure)
- Heating pads
- Insulin
- Reading Glasses

It is important that you **do not** consider OTC drugs and medicines when determining your 2011 plan year election.

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