What NEW items can you now use your FSA or HSA dollars on??

When you participate in a Flexible Spending Account (FSA) or Health Savings Account (HSA), you're able to contribute pre-tax funds for use on hundreds of eligible expenses. Recently, you gained even more flexibility in your ability to save when the CARES Act was signed into law. This new legislation expanded the list of expenses that are considered eligible by including popular **over-the-counter and feminine care products**, which you can now purchase with your FSA or HSA without a prescription.

And, you will be able to use your HG Advantage card to pay for these purchases.

We've compiled five of the most common expenses that are now eligible for your HSA and FSA funds without a prescription.

For a full list of eligible items, please visit www.theharrisongrouponline.com



Pain Relief

Headaches. Muscle soreness. Sprains. There are so many reasons that you may need pain relievers. There are two common types of over-the-counter pain medications: acetaminophen and nonsteroidal anti-inflammatory drugs (NSAIDs), both of which are now among the eligible expenses available from your HSA and FSA.

Cold/Flu

Winter may be behind us, but cold and flu season never really goes away. As much as 20 percent of the U.S. population gets the flu, on average each season. Fortunately, the over-the-counter medicines you so often turn to when coping with a severe cough or congestion are now eligible expenses.

Allergy products

Thirty percent of American adults and 40 percent of children suffer from allergies. And the cost of allergies to the healthcare system is estimated at $18 billion. Those who do have allergies can now find relief with their HSA and FSA funds in the form of over-the-counter antihistamines and decongestants.

Heartburn medications

Heartburn is among the more common afflictions in this country. That's why Americans spend billions of dollars each year on medicines that treat heartburn.The CARES Act means that these over-the-counter drugs are HSA and FSA eligible without a prescription.

Feminine Care Products

The CARES Act also included menstrual care products as eligible expenses for HSAs and FSAs. Eligible products include tampons, pads and menstrual sponges.