

# How The Federal CARES Act Impacts Your Health FSA/HSA



## What is the CARES Act?

The Coronavirus Aid, Relief, and Economic Security (CARES) Act is Congress's latest coronavirus relief package and was signed into law on March 27, 2020. The CARES Act is the largest economic relief bill in United States history and will provide support to individuals and businesses affected by the pandemic.



Many of you have questions about the new law and how it impacts your benefits, including items now eligible for purchase with your healthcare flexible spending account (FSA) or health savings account (HSA). We hope to answer just a few questions here:

## Are over-the-counter drugs and medicines now eligible expenses through a Healthcare FSA or HSA without a prescription?

Yes. With the new law, you are now able to purchase, or be reimbursed for, over-the-counter medications (examples: Tylenol, Motrin, cough suppressants; items that used to require a prescription) using your Healthcare FSA or HSA without a prescription.

In addition, any menstrual hygiene products (tampons, sanitary napkins, liners, etc.) may also be purchased or reimbursed using your Healthcare FSA or HSA with this new law.

The law is retroactive to January 1, 2020, meaning any over-the-counter medications or menstrual products you have purchased since January 1, 2020 can be reimbursed from your Healthcare FSA or HSA, if you have not already been reimbursed previously using a prescription.

## When can I begin using my Healthcare FSA or HSA funds to purchase over-the-counter drugs and medicines, and menstrual hygiene products?

You may begin to use your FSA and HSA funds for over-the-counter medications and menstrual hygiene products as of January 1, 2020. This new law also has no expiration date, meaning you may continue to purchase these items with your FSA or HSA funds for the entire plan year and beyond.

## Can I use my Chard Snyder Benefit Card to purchase over-the-counter medications and menstrual hygiene products?

You will be able to, but unfortunately, **not yet**. It is going to take several months before merchants can get their systems updated to recognize these items as eligible for purchase using your FSA or HSA funds.

## The Chard Snyder Mobile App



Manage your accounts on the go whenever it is convenient for you.

Download the Chard Snyder Mobile app for your smartphone or tablet from the App Store or Google Play.

## How To Log In

1. Open the app and enter your username and password from your Chard Snyder online account
2. Create a four-digit passcode. For your security, you will be asked to create a four-digit passcode to use each time you access your account through the mobile app. You will not have to enter your username and password again unless it has changed.
3. Access your account through the mobile app



## What do I do until my Benefit Card can be used to purchase over-the-counter medications and menstrual products?

Don't worry, you can always file a claim to be reimbursed from your FSA, or request an online distribution from your HSA, until merchants have implemented the updated list of eligible items for benefit card use.

## How do I request a reimbursement from my FSA or HSA?

The easiest way is to use the *Chard Snyder mobile app* or your *Chard Snyder online account*. You can also submit a paper claim by emailing, faxing, or mailing the form to Chard Snyder, along with your receipt.

FSA Claim Reimbursement Request forms can be found in the Tools & Support section of your online account or at [www.chard-snyder.com](http://www.chard-snyder.com) under the Support tab. Reminder: you will need to submit a detailed receipt with your claim form.

You can request an online distribution from your HSA using the mobile app or your online account. Remember to keep a detailed receipt for your files for tax purposes.

## Can I be reimbursed for items I have already purchased?

Yes, if you purchased on or after January 1, 2020, you can submit a claim to be reimbursed from your FSA, or request an online distribution from your HSA, for over-the-counter medications not previously reimbursed with a prescription, as well as menstrual hygiene products. You will need to provide a copy of your receipt that shows proof of purchase date and item purchased (FSA).

## CARES Act Key Takeaways

- You may now purchase **over-the counter medications** that used to require a prescription, using your Healthcare FSA or HSA, without a prescription
- You may now purchase **menstrual hygiene products** using your Healthcare FSA or HSA
- You will be able to use your **Chard Snyder Benefit Card** to purchase these items after several months, once merchants have updated their systems
- You may **file an FSA claim for reimbursement** for over-the-counter medications or menstrual hygiene products dating back to January 1, 2020, as well as any claims that were previously denied
- You may **request a distribution from your HSA** for over-the-counter medications or menstrual hygiene products dating back to January 1, 2020



## Chard Snyder Website

[www.chard-snyder.com](http://www.chard-snyder.com)

Access your Chard Snyder account from the home page by clicking on the blue login tab at the top of the page.



## Chard Snyder Customer Service

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Contact us by sending an email, giving us a call, or communication through Live Chat found on the home page of our website.



800.982.7715 [www.chard-snyder.com](http://www.chard-snyder.com)

