



## North Carolina Law Life

### Time to Use or Lose Your Flexible Spending Account Funds

**By: Donna Ray Chmura. *This was posted Friday, December 10th, 2010***

Bankrate.com has a great [reminder](#) about year-end deadlines for [Flexible Spending Accounts](#). Check your balances and your company's policies, or you might leave some benefit dollars on the table. Also remember that next year, most over-the-counter medications (such as cough syrup, pain relievers, allergy medicines, and antacids) will require a prescription to be eligible for reimbursement from your FSA. I'm stocking up now to use up my excess FSA funds.

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