



Using Health Spending Accounts (i.e. FSA, HSA) Cards at H-E-B

The following types of products are generally considered to be FSA eligible*.

Classification	Description/Comments/Examples
Bandages and First-Aid Tape	Band-Aid®, Johnson & Johnson, Nexcare®
Barrier Contraceptives/Prophylactics	Trojan®, Lifestyles®, Durex®
Blood Pressure Monitors	Omron®
Contact Lens Solution & Accessories	Opti-Free®, Bausch & Lomb® and Others
Corn Cushions	Dr. Scholl's® Corn Cushions
Denture Adhesives and Repair products	Sea-Bond®, Polident®, Poligrip®
Diabetes Testing Meters/Supplies	Accu-check®, In Control®
Hearing Aid Batteries	Various Brands
Heating/Cooling Pads	Most types
Incontinence Pads	Depend®
Insulin	Humulin®, Novolin®
Insulin Syringes	B-D®
Pregnancy Tests	E.P.T.®, First Response®, Accuclear®
Reading Glasses and Lens Cleaners	All types
Thermometers	All types
Wraps, Supports and Splints	Most Types (sports wraps not eligible)
Prescriptions	All prescribed medications and products

The following types of OTC products may **not** be purchased using a FSA card* unless prescribed by a healthcare provider. Ask your H-E-B Pharmacist for more details.

Classification	Brand Examples (Active Ingredients)
Allergy Medications	Claritin® (loratadine), Zyrtec® (cetirizine), Benadryl® (diphenhydramine)

Antacids	Tums [®] , Prilosec [®] , Zantac [®] , Roloids [®]
Antibiotic Creams, Ointments, Sprays, etc.	Neosporin [®] , Polysporin [®]
Anti-gas Medication	Gas-X [®] , Phazyme [®] , Beano [®]
Anti-itch Creams, Ointments, Sprays, etc.	Cortizone [®] , Neosporing Plus [®] , Benadryl Cream [®]
Antiseptics	Hydrogen Peroxide, Rubbing Alcohol, Betadine [®]
Athlete's Foot and Jock Itch Treatments	Tinactin [®] , Lotrimin [®] , Lamisil [®]
Cold Sore Medications	Abreva [®] , Carmex [®]
Cold/Flu Medications (Adult and Children's)	Tylenol Cold [®] , Pedicare [®] , Theraflu [®]
Corn, Callus, Wart Removers	Dr.Scholl's [®] Corn Removers, Compound W [®] , Mosco [®]
Cough Suppressants and Cough Drops	Robitussin [®] , Mucinex [®] , Halls [®] Cough Drops
Diaper Rash Preparations	Desitin [®] , Dr. Smith's [®]
Ear Medications, wax and water removal products	Swim-Ear [®] , Auro-Dri [®]
Eye--Allergy, Redness and Dryness Relievers	Visine [®] , Zaditor [®] , Clear Eyes [®]
Family Planning Medications	Plan B [®]
Feminine Hygiene, Yeast Infection and Anti-Itch Products	Monistat [®] , Vagisil [®] , Gyne-Lotrimin [®]
Fiber Powder and Pills	Metamucil [®] , Fibercon [®] , Benefiber [®]
Foot and Nail Care	Gold Bond [®] , Fungi Nail [®] , Mexasana Medicated [®]
Hemorrhoidal Creams and Pads	Preparation H [®] , Tucks [®] Pads,
Lactose Intolerance Products	Lactaid [®]
Laxatives, Stool Softeners, Enemas and Suppositories	Exlax [®] , Colace [®] , Dulcolax [®] , Fleet Enemas [®] , Milk of Magnesia [®]
Leg Cramp Preparations	Legatrin [®]
Lice Treatments	Nix [®] , Rid [®]
Menstrual Symptom Relievers	Midol [®] , Pamprin [®]

Motion Sickness Products	Dramamine [®] (meclizine)
Mouth Rinses	Peroxyl [®] , Biotene [®]
Nasal Decongestants	Sudafed [®] (pseudoephedrine)
Nasal Sprays	Afrin [®] , Ocean [®] , Ayr [®]
Pain Relief Patches, Creams and Ointments	Bengay [®] , IcyHot [®]
Pain Reliever/Fever Reducer (Adult and Children's Formulations)	Tylenol [®] (acetaminophen)
Pain Reliever/Fever Reducer/Anti-inflammatory (Adult and Children's Formulations)	Motrin [®] /Advil [®] (ibuprofen), Aleve [®] (naproxen)
Pediatric Electrolytes	Pedialyte [®]
Petroleum Jelly	Vaseline [®] , Aquaphor [®]
Prenatal Vitamins	Various Brand Names
Sinus Medications	Tylenol Sinus [®] , Sudafed Sinus [®]
Sleep Aids	Unisom [®] /Sominex [®] (diphenhydramine)
Smoking Cessation Gums, Patches, Lozenges	Nicorette [®] , Commit [®]
Sore Throat Lozenges and Sprays	Cepacol [®] , Chloraseptic [®]
Spermicidal Jelly	Delfen [®] , Koromex [®]
Stomach Remedies/Anti-diarrheal/Nausea Medications	Pepto-Bismol [®] , Immodium [®] , Kaopectate [®] , Emetrol [®]
Sunburn Care	Solarcaine [®] , Lanacaine [®]
Teething/Toothache products	Orajel/Baby Orajel [®]
Tooth/Denture Pain Relievers	Anbesol [®]
Urinary Pain Relievers	AZO-Standard [®] , Cystex [®]
Zinc Lozenges and Sprays	Cold-Eeze [®] , Zicam [®]

*FSA eligibility is determined based on Internal Revenue Service guidelines and are subject to change at any time. This list is for informational purposes only and any questions should be directed to your employer or FSA card issuer. IRS guidelines are subject to change and as such, H-E-B is not responsible for any customer decisions made using this list.