

OTC and Healthy Foods Approved Product List

We are pleased to provide you with the below lists of eligible OTC Products and Approved Healthy Foods.
(Scroll to page 8 for start of Healthy Foods)

Eligible OTC Items		
Devices and Supplies Category	Example	Comment
Acupressure Treatments	Sea Band, Flents EZ Travel Wrist Band	Products that treat a medical condition are eligible. Weight-loss products are dual-purpose.
Compression Hosiery	Medical Compression 30-40 and above; any compression of Anti-Embolism Stockings, Ulcer Care Compression or Lymphedema	Treats condition-specific medical conditions such as Anti-Embolism, Ulcer Care or Lymphedema.
Cotton Balls, Rolled Cotton, Cotton Applicators	US Cotton Sterile Cotton Balls and Rolls	Only Sterile cotton products are eligible. Non-sterile products are dual-purpose.
Dental Repair	Dentek Temparin, DOC Recapit	Temporary dental repair products are eligible.
Denture Adhesives, Repair, and Cleansers	PoliGrip, Benzodent, Plate Weld, Efferdent	Denture cleaners and maintenance products are eligible. See also Denture Pain Relief under OTC Drugs and Medicines for products that include an active drug ingredient.
Diabetes Care	One Touch Meters & Strips, Softclix Lancets & Device, Monoject insulin syringes; Dex 4 glucose products	Testing (meters, strips, lancets, alcohol swabs), dosing (syringes, pens, etc.), glucose are eligible. Personal Care are ineligible or dual-purpose.
Diagnostic Products (Includes thermometers, blood pressure monitors, cholesterol testing, pulse oximeters, drug, alcohol and body fat testers)	Braun Forehead Thermometer, Nexcare Thermometer, Lifescan BP Monitor, Cholestrak, Azo UTI Test Strips, Quest Pulse Oximeter	Includes devices that monitor, screen or test for the presence of disease, dysfunction of the body or for other medical conditions.
Diapers – Juvenile Incontinence	GoodNites, Under Jams	Products marketed for juvenile incontinence only. Regular diapers and training pants are not eligible.
Durable Medical Equipment	Wheelchairs, Crutches, Oxygen Machines	Can be included when manufacturer provides UPC, merchants can mark non-UPC tagged items as private label items. See Home Health Care for additional criteria.

Eligible OTC Items

Devices and Supplies Category	Example	Comment
Ear Care	Bionix Oto Clear, Select Nutrition Ear Wax Candle, Provent Hearing Aid Dryer	Ear drops ear syringes, ear wax removal devices, ear candles, hearing aid cleaners and dryers. See also Ear Care under OTC Medicines and Drugs for products that include an active drug ingredient.
Enemas	Bags, Syringes, prefilled enemas - Fleet	Devices are eligible. Prefilled enemas are eligible.
Eye Care	Contact lens care, eyeglass repair kits	Products used to maintain corrective lenses and frames are eligible. Post-surgical eye protection is eligible.
Face Mask for prevention of COVID-19	N95, KN95, Disposable Face Mask, 3M Daily Face Mask	For the prevention of COVID-19 based on CDC guidelines. Disposable Mask must meet the following criteria: (1) Multiple layers of non-woven material, (2) Nose wire. Cloth Mask must meet the following criteria: (1) Multiple layers of tightly woven breathable fabric, (2) Nose wire, (3) Mask should block light when held up to bright light source. Masks with exhalation valves or vents are not eligible. Gaiters and Face shields are not eligible.
Family Planning	EPT, Clearblue Fertility Monitor	Pregnancy, ovulation and fertility kits are eligible. Dietary supplement only products are not eligible.
First Aid Dressings & Supplies	Band Aid, 3M Nexcare, J&J First Aid, non-sport tapes, Simply Saline Wound Wash	If the main purpose is for medical care, and there is no "normal" use that is not medical, it could automatically qualify as eligible. Saline wound washes are eligible. Bandages impregnated or coated with a medicated product are eligible. Tapes and bandages indicated as "Athletic" or "Sport" are eligible unless marketed as performance enhancing.
First Aid Wound and Skin Protectants	Vaseline Healing Petroleum Jelly, Aquaphor Healing Ointment, Eucerin Healing Ointment	Protects wounds, burns, scrapes etc.
Foot Care Treatments	Corn & callus cushions & pads, corn & callus remover implements; therapeutic insoles, orthotic inserts, arch supports, heel cups	Products that have a primary purpose to treat specific ailments are eligible; products for general use or comfort are dual-purpose.
Glucosamine &/or Chondroitin	Osteo-Bi-Flex, Cosamin D, Flex-a-min Nutritional Supplements	Glucosamine-only or main ingredient glucosamine products are eligible.

Eligible OTC Items

Devices and Supplies Category	Example	Comment
Hand Sanitizers (ABHR)	Purell, Nexcare, Germ-X	Alcohol Based Hand Rub (ABHR) with 60-95% alcohol - hand sanitizers with at least 60% alcohol (often listed on the label as ethanol, ethyl alcohol, isopropanol, or 2-propanol). Excludes all other sanitizing, antiseptic or antibacterial hand cleansers such as benzalkonium chloride. Excludes household wipes, sprays, etc.
Head Lice Products	Nix Lice Comb, Rid Lice Comb	Combs, electronic devices are eligible.
Health Supports	ACE, Futuro, braces, elastic bandages, hot/cold therapy, orthopedic supports, rib belts, back braces, etc.	If the main purpose is for medical care, and there is no "normal" use that is not medical, it could automatically qualify as eligible. Athletic tape – typically used on existing injuries or as prevention against further injury, similar to a brace or wrap; not a performance enhancement product will be eligible. Work/industrial back braces belts used to prevent or treat back injury will be eligible. Items eligible if not marketed solely for performance enhancements.
Hearing Aid/Medical Batteries	Duracell, Energizer Hearing Aid Batteries	Multi-purpose batteries not eligible.
Hearing Amplifiers	America Hears, BeHear, Eargo	Available over-the-counter without a prescription.
Home Health Care (limited segments)	Elevated toilets, commodes, limb/joint protectors, medical/nutritional IV products, shower grab bar, bath transfer benches, shower stools, urinals/bedpans, traction, specialized braces & supports, ostomy, mastectomy products, urological, respiratory (excluding general air filters), electrotherapy, mobility (canes, walkers, rollators, wheelchairs), wound care, incontinence, diagnostics (stethoscopes, thermometers, blood pressure monitors, drug and alcohol tests), medication dosers/organizers, eating, grooming and dressing aids and medical alerts (jewelry, alarms, etc.) are eligible	"General rule applies that these products may be used as part of the aging process which is not considered a medical condition; however products and equipment that assists daily functions, like mobility, qualify even if impairment is due to aging. Accessories not related to the actual function of equipment, such as cup holders, totes and baskets, are dual-purpose. See Dual-Purpose Home Health Care section. "
Hot & Cold Therapy	ACE Hot/Cold Compress, Cara Ice Bag, Bed Buddy Back Wrap, Kaz Heating Pad, ThermaCare Heat Wrap	Freezer or instant cold packs, microwave or instant hot packs/pads, ice bags and electric heating pads are eligible. See also Pain Relief Oral and Topical for Medicated pads.

Eligible OTC Items

Devices and Supplies Category	Example	Comment
Incontinence Protection	Attends, Depend, Prevail, GoodNites, UnderJams	Skin care, cleansing products and diapers/training pants are dual-purpose.
Lip Balms – Sun Care	Banana Boat SPF 50, Bullfrog Water Armor SPF30	Primary use must be for protection against skin cancer and premature skin aging with indication of UVA and UVB protection (broad spectrum) and 15 and above (15+). Products that are primarily moisturizers/cosmetic with a sunscreen are dual-purpose.
Menstrual Care Products: Feminine Protection	Kotex, Always, Stayfree, Tampax	Expenses associated with menstruation or other genital-tract secretions. (Tampon, Pads, Liners, Cups, Sponges, Disposable or Non-disposable Underwear for Menstruation, or other similar products).
Mouth Guards	Dentek, Night Guard	Night mouth guards are eligible. Mouth guards used in sports to prevent mouth injury and reduce the risks of concussions will be eligible if not marketed solely for performance enhancements.
Nasal Moisturizers & Washes	Neilmed Neti Pot & solutions, Ocean Saline Spray, Simply Saline	Products that are saline and primarily for moisturizing but may contain added aloe, menthol or eucalyptus, etc. are eligible.
Nasal Strips & Snore Relief	Breathe Right	To treat sleep apnea or improper breathing. Excludes strips marketed solely for performance enhancements.
Reading Glasses and Maintenance Accessories	Foster Grant Reading Glasses, Apex Eye Glass Repair Kit, BL Sight Saver Lens Cloths	Accessories used to maintain corrective lenses and frames are eligible. Chains, cases, etc. are not eligible.
Sun Protection (SPF 15 & above and Broad Spectrum")	Coppertone SPF15+, Banana Boat SPF 15+, Cerave SPF 30, No-Add Sport Stick SPF50	Primary use must be for protection against skin cancer and premature skin aging with indication of UVA and UVB protection (broad spectrum) and 15 and above (15+). Products that are primarily moisturizers/cosmetic with a sun screen are dual-purpose.
TENS	Homedics Rapid+Relief, Icy Hot Smart Relief, Zewa Spa Buddy	TENS units and supplies are eligible.
Wart Removers – Cryo Products	Compound W Freeze Off, Dr Scholl's Freeze Away, Wartner	

Eligible OTC Medicines and Drugs

Category	Example	Comment
Acid Controllars	Pepcid AC, Zantac, Prilosec	
Acne Medications	Clearasil, OXY	
Allergy & Sinus	Alavert, Benadryl, Claritin, Sudafed	
Antibiotic Products	Bacitracin, Neosporin, triple antibiotic ointment	
Anti-Diarrheal Treatments	Imodium, Kaopectate, Normalyte, Hydralyte	Oral Hydration Solutions (ORS) for the prevention or treatment of dehydration that do not contain added supplements
Anti-Gas	Gas-X, Phazyme	Dietary supplements are dual-purpose.
Antifungal (Foot)	Lamisil, Lotrimin	
Anti-Itch & Insect Bite Remedies	Caladryl, Lanacane, Sarna, hydrocortisone	
Antiparasitic Treatments	Nix, Rid, lice treatments	
Antiseptics & wound cleansers	Rubbing alcohol, peroxide, Epsom salt, Betadine, Hibiclens	
Cold Sore Remedies	Abreva, Herpecin, Orajel	Only medicated products are eligible.
Cough, Cold & Flu	Robitussin, Theraflu, Vicks, Halls, Cepacol, Zicam, Cold-Eeze, Diabetic Tussin	Cold preventative products which are "proven to lessen the severity" or "reduce the duration" of colds or flu are covered. Dietary supplements are dual-purpose.
Denture Pain Relief	Orajel Denture Pain Relief Gel, Benzodent Cream	
Ear Care	Medicated ear drops, Debrox, Similasin	
Eye Care	Visine, Refresh Tears	
Feminine Antifungal and Anti-itch	Monistat, Gyne-Lotrimin, Vagisil, Soothing Care	
Fiber Laxatives (bulk forming)	Benefiber, Fibercon, Metamucil (powder or pills)	Eligible when used to treat a medical condition for short duration; bars and drinks that are "nutritional foods" for help with regularity are ineligible (dual-purpose).
First Aid Burn Remedies	Dermoplast, Solarcaine	Must contain an antiseptic or pain reliever, 100% aloe is ineligible (dual-purpose).
Foot Care Treatment	Corn & callus treatments, wart removers	Products that treat specific ailments are eligible; products for general use or comfort are ineligible (dual-purpose).

Eligible OTC Medicines and Drugs

Category	Example	Comment
Hemorrhoid Preparations	Preparation H, Tucks	
Incontinence Treatment Products	Calmoseptine, Baza Anti-fungal Cream	Rash protectants, healing and antifungals are eligible. Skin moisturizers and cleansing products are ineligible (dual-purpose).
Laxatives (non-fiber)	Dulcolax, Ex-Lax, Miralax	Stimulant, saline, lubricant, etc. (non-fiber) are eligible.
Motion Sickness	Dramamine, Bonine	Acupressure products are eligible.
Medicated Nasal Sprays, Drops & Inhalers	Afrin Spray	
Medicated Nasal Strips		
Oral Re-hydration Solutions	Normalyte, Hydralyte, Liquid IV	Oral Hydration Solutions (ORS) for the prevention or treatment of dehydration that do not contain added supplements
Oral Remedies or Treatments (Includes Saliva substitutes, mouth sore treatments, dental repair)	Salivart, Anbesol, Orajel, Dentemp	Only dry mouth remedies that are saliva substitutes are eligible (gels, sprays, etc. not mouthwash, rinses, toothpaste).
Pain Relief Oral & Topical	Tylenol, Advil, Midol, Bayer Aspirin, Aspercreme, Ben-Gay, Icy Hot	Medicated topical pain relievers that contain menthol, eucalyptus, capsaicin, trolamine salicylate, etc. are eligible. Air-activated heat patches are eligible.
Medicated Respiratory Treatments and Vapor Products	Primatene, Bronkaid, medicated Vicks Vapor Rub	Includes asthma medication; vaporizers and humidifiers are dual-purpose.
Skin treatments	Psoriasin, MG217, Dermarest Eczema	Medical expense as long as intended purpose is to treat existing skin conditions like eczema, psoriasis, rosacea, etc. (as opposed to mere prevention).
Sleep Aids & Sedatives	Unisom, Nytol, Sominex	Sleep products are eligible. Calming, soothing and tension products are dual-purpose. Dietary supplements are ineligible (dual-purpose).
Smoking Deterrents	Nicoderm, Nicorette	
Stomach Remedies	Mylanta, Maalox, Tum	
Vitamins & Dietary Supplements	One A Day, Airborne, Align, BlueBonnet, Nature Made, Swanson	Includes prenatal supplements.

Approved Healthy Food Items for Purchase

We are pleased to provide you with the below list of eligible foods and beverages, based on national dietary guidelines.

Fruits (Canned/Dried/Fresh/Frozen)

- Apple Sauce
 - Apples
 - Asian Pears
 - Bananas
 - Berries
 - Cherries
 - Cranberries
 - Dates
 - Figs
 - Grapefruit
 - Grapes
 - Guava
 - Lemon
 - Limes
 - Lychee
 - Mangoes
 - Melons
 - Nectarines
 - Olives
 - Oranges
 - Pomegranates
 - Prunes
 - Raisins
 - Raspberries
 - Rhubarb
-

Vegetables (Canned/Dried/Fresh/Frozen)

- Asparagus
 - Avocado
 - Bagged Salads
 - Bamboo shoots
 - Beets
 - Broccoli
 - Brussel Sprouts
 - Cabbage
 - Carrots
 - Cauliflower
 - Celery
 - Cucumber
 - Eggplant
 - Green Beans
 - Jalapenos
 - Lettuce
 - Mushrooms
 - Okra
 - Onions
 - Peppers
 - Potatoes
 - Snow Peas
 - Summer Squash
 - Tomatoes
 - Turnips
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Dairy/Dairy Substitutions

- Almond Milk
 - Buttermilk
 - Cheeses
 - Frozen Yogurt
 - Ice Cream
 - Kefir
 - Lactose-Free/Reduced Milk
 - Milk (dry, evaporated, fluid)
 - Soy Milk
 - Yogurt
 - Coffee Creamer
 - Half & Half
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Nuts, Seeds, Soy Products

- All Nuts
- Nut Butters
- Sesame
- Sunflower
- Tahini
- Tempeh
- Tofu

Approved Items for Purchase (continued)

Protein (Fresh/Frozen/Prepared)

- Chicken
 - Chitterlings
 - Cornish Hens
 - Duck
 - Eggs (chicken, other birds)
 - Fish
 - Giblets
 - Gizzard
 - Goat
 - Ground Beef
 - Lamb
 - Liver
 - Pork
 - Sweet Bread
 - Tongue
 - Tripe
 - Turkey
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Beans, Peas, and Lentils Canned/Dry

- Black Beans
 - Black Eyed Peas
 - Chickpeas
 - Edamame
 - Kidney Beans
 - Lentils
 - Lima Beans
 - Mung Beans
 - Pinto Beans
 - Split Peas
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Seafood (Canned/Fresh/Frozen)

- Anchovy
 - Cat Fish
 - Clams
 - Cod
 - Crab
 - Crawfish
 - Freshwater Trout
 - Haddock
 - Lobster
 - Mullet
 - Salmon
 - Salmon
 - Sea Bass
 - Shrimp
 - Tilapia
 - Tuna
-

Grains, Breads and Cereals

- Bagels
 - Barley
 - Breads (white, wheat)
 - Cereal
 - Cornmeal
 - Crackers
 - Cream of Wheat
 - Granola Bars
 - Grits
 - Oatmeal
 - Pasta
 - Pita
 - Rice (brown, white, wild)
 - Rolls
 - Tortillas
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Baking Items/Condiments

- Cooking Oil
 - Extracts
 - Flour
 - Herbs and Spices
 - Ketchup
 - Mayonnaise
 - Mustard
 - Relish
 - Tomato Sauce
 - Vinegar
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Beverages

- Coffee (beans, instant & single serve)
- Fruit Juice
- Sparkling Water
- Sport Drinks
- Tea (dry, fluid)
- Water