

HealthWarehouse.com, Inc.
Form 4
July 29, 2016

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Bennani Youssef

(Last) (First) (Middle)

C/O HEALTHWAREHOUSE.COM,
INC., 7107 INDUSTRIAL ROAD

(Street)

FLORENCE, KY 41042

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol

HealthWarehouse.com, Inc. [HEWA]

3. Date of Earliest Transaction
(Month/Day/Year)

07/27/2016

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	07/27/2016		M		34,063	A	\$ 0.09
Common Stock	07/27/2016		M		91,902	A	\$ 0.1
Common Stock	07/27/2016		M		20,407	A	\$ 0.15
Common Stock	07/27/2016		M		200,000	A	\$ 0.12
Common Stock	07/27/2016		M		115,000	A	\$ 0.16

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Common Stock	07/27/2016	M	38,218	A	\$ 0.24	499,590	D
Common Stock	07/27/2016	M	31,616	A	\$ 0.29	531,206	D
Common Stock	07/27/2016	M	135,000	A	\$ 0.3	666,206	D
Common Stock	07/27/2016	F	9,889	D	\$ 0.31	656,317	D
Common Stock	07/27/2016	F	29,645	D	\$ 0.31	626,672	D
Common Stock	07/27/2016	F	9,874	D	\$ 0.31	616,798	D
Common Stock	07/27/2016	F	77,419	D	\$ 0.31	539,379	D
Common Stock	07/27/2016	F	59,354	D	\$ 0.31	480,025	D
Common Stock	07/27/2016	F	29,588	D	\$ 0.31	450,437	D
Common Stock	07/27/2016	F	29,576	D	\$ 0.31	420,861	D
Common Stock	07/27/2016	F	130,645	D	\$ 0.31	290,216	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount of Number of Shares
Stock Options	\$ 0.09	07/27/2016		M	34,063	04/07/2015	04/07/2025	Common Stock	34,063
Stock Options	\$ 0.1	07/27/2016		M	91,902	10/10/2015	10/10/2025	Common Stock	91,902

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Stock Options	\$ 0.15	07/27/2016	M	20,407	07/10/2015	07/10/2025	Common Stock	20,407
Stock Options	\$ 0.12	07/27/2016	M	200,000	10/23/2014	10/23/2024	Common Stock	200,000
Stock Options	\$ 0.16	07/27/2016	M	115,000	08/27/2014	08/27/2024	Common Stock	115,000
Stock Options	\$ 0.24	07/27/2016	M	38,218	01/13/2014	01/13/2024	Common Stock	38,218
Stock Options	\$ 0.29	07/27/2016	M	31,616	04/08/2016	04/08/2026	Common Stock	31,616
Stock Options	\$ 0.3	07/27/2016	M	135,000	11/30/2013	11/30/2023	Common Stock	135,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Bennani Youssef C/O HEALTHWAREHOUSE.COM, INC. 7107 INDUSTRIAL ROAD FLORENCE, KY 41042	X			

Signatures

/s/ Youssef
Bennani 07/29/2016

**Signature of
Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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