

OTC &more

2026 Over-the-Counter Catalog



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Welcome to &more™!

We're so happy you're here.

As part of your **AmeriHealth Caritas VIP Care (HMO D-SNP)** plan, you have access to helpful benefits. This includes over-the-counter (OTC) items that support your everyday health.

This catalog shows you how to make the most of your benefit dollars, with examples of products and tips on using your benefits. It's just a sample—more items are offered online and in stores.

Use your **\$80 quarterly OTC benefit** to buy vitamins, pain relievers, cold remedies and more. Your benefits will expire at the end of each quarter, so be sure to use them!

You may qualify for benefits to help with living expenses, such as healthy food, rent, utilities, or pest control. Check with your health plan to learn more. You get an annual \$150 allowance to help with the cost of home and bathroom safety items. To learn more visit andmorehealth.com.

Take a look, make a list, and start using your benefits to support your health.

We're here every step of the way.

Use your card where you love to shop: _____



Shop at more stores like Walmart, Costco, Dollar General and more.
For a list of retailers, go to andmorehealth.com

**not including CVS in Target*



Your benefits start here.

Activate your card first, then check your balance and see what's covered. We'll walk you through it.

Activate your &more™ card.



Open your phone's camera and point it at this QR code. Then tap the link that appears to download the andmore app.

or



Text "ACTIVATE" to **53746**[†]



Go to **andmorehealth.com**



Call **1-855-AND-MORE**
(1-855-263-6673; TTY 711)

[†] Message and data rates may apply. Message frequency varies. Reply HELP for help and STOP to opt-out. Subject to our SMS Policy which can be found at andmorehealth.com/sms-policy.

Everything you need to get started

Find out how to check your balance, shop for items and make the most of your OTC benefit.

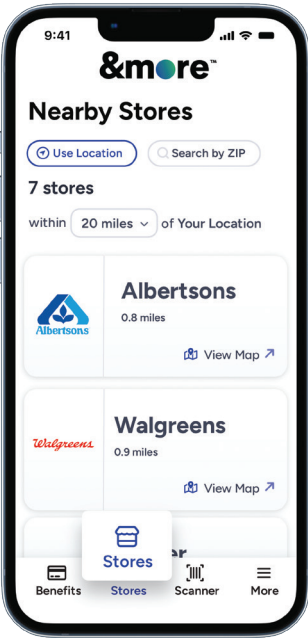


Scan this QR Code to download



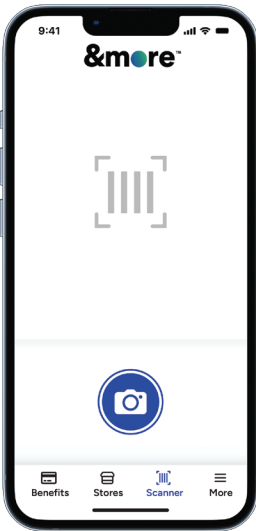
- ✓ Simply scan to see if your item is covered
- ✓ Use the store finder to find stores close to you
- ✓ Check your balance on the go

Tap Stores to see stores around you

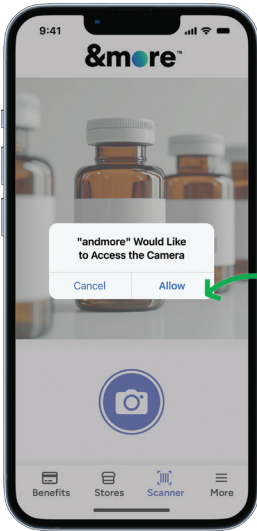


Scan while you shop

Use the scanner in the andmore app to check if an item is covered.



1 Tap the blue camera button at the bottom of the screen



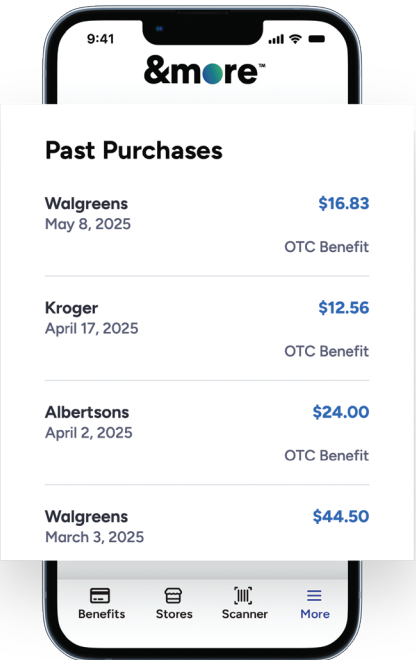
2 Allow camera access when prompted



3 Point your camera at the bar code



4 Confirm your product is covered



Keep track of your purchases

Three easy ways to shop

This guide will walk you through how to shop, so you can use your OTC benefit in the way that works best for you and get the most out of it.



1

In-Store

To see all the stores near you,
visit [andmorehealth.com](https://www.andmorehealth.com) or
use the store finder in the
andmore app.

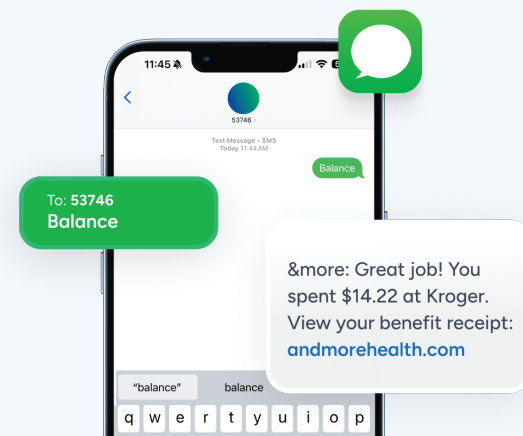
You'll find even more in the store.

Use the item scanner in the andmore app to see if your benefit covers something you want.

Information is a text away.

Text "**BALANCE**" to **53746** to get your
real-time benefit balance.

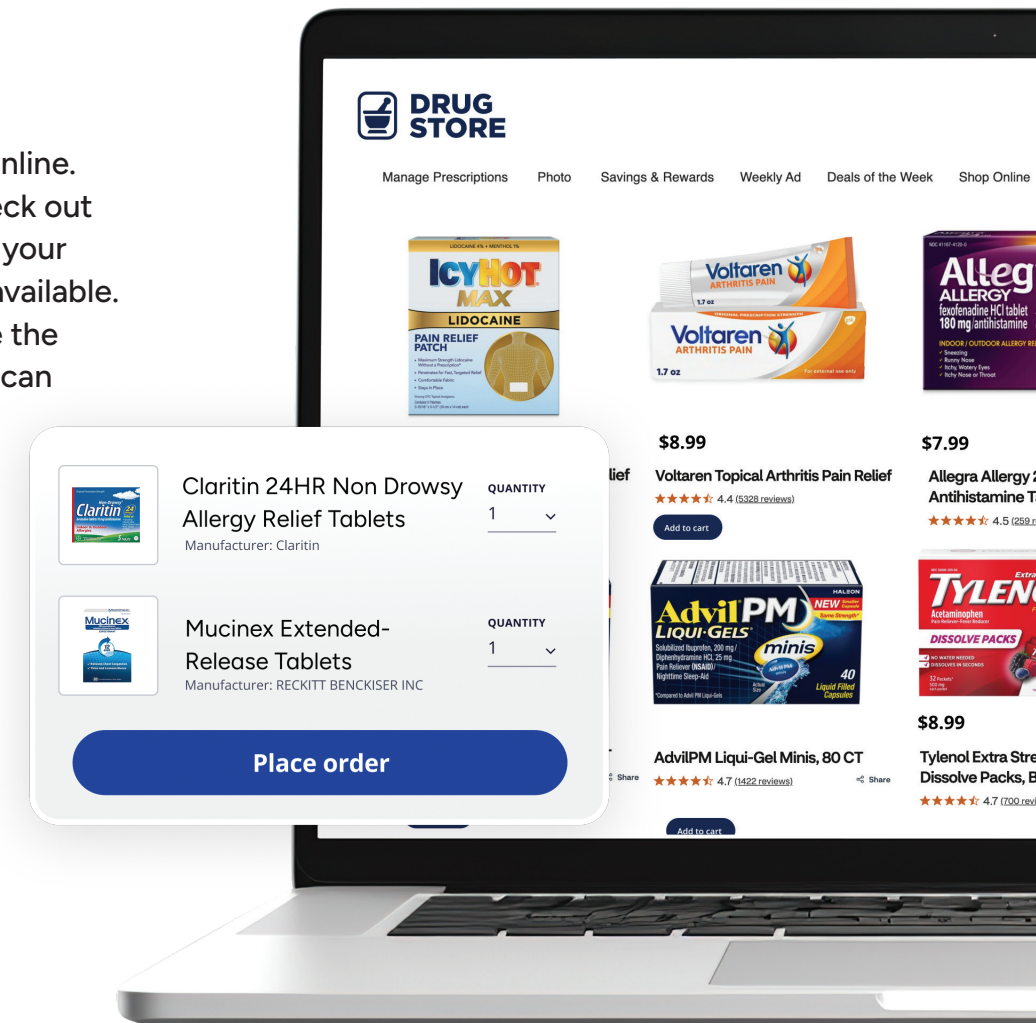
When you text us, you can also opt in to receive post-transaction texts. You can see how much you spent and which benefit covered your purchase.



2

Online

Use your OTC benefit to shop online. Just add items to your cart, check out and get them delivered right to your door. Only certain retailers are available. Visit andmorehealth.com or use the andmore app to see where you can shop online.



3

By Phone

Give us a call and one of our friendly agents will help you place your order. We'll make sure you get what you need, delivered right to your door—easy and stress-free.



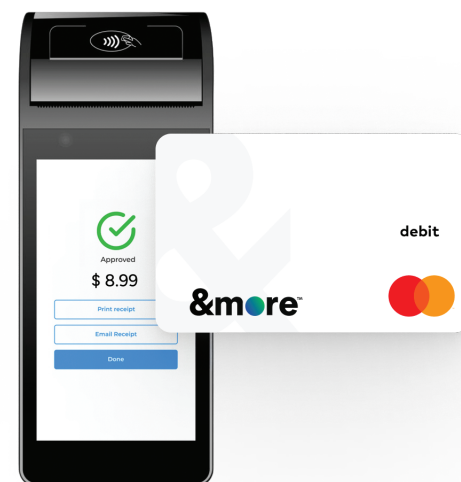


SHOP IN-STORE

Use your benefit at stores near you. Just swipe your &more card at checkout. Eligible items will be automatically covered.

This catalog is here to inspire you

It shows just some of the hundreds of items your benefit may cover. You'll find even more in the store. Use the item scanner in the andmore app to see if your benefit covers something you want.



Always swipe your card

To make the most of your benefits, swipe your &more card every time you shop. It's the easiest way to be sure you're using the dollars available to you.



CREDIT

DEBIT

Select credit at checkout

Pick "**credit**" when you pay.
If it asks for a PIN, type **0000**.

PIN

C

Q

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Check your balance

See how many benefit dollars you have available—it's easy and there are a few ways to do it:

- ✓ Text "**BALANCE**" to **53746**⁺
- ✓ Check the andmore app
- ✓ Go to **andmorehealth.com**
- ✓ Call **1-855-AND-MORE**
(1-855-263-6673; TTY 711)

Keep smiling

It's good for your mood and your overall health, too.



Buy things for your teeth like toothbrushes, toothpaste and floss. You can also buy denture supplies like denture cleaner and denture glue. Toothache relief products are also covered.



Your benefit does not cover mouthwash or teeth whitening.



Everyday personal care

Stock up on cotton swabs, hand sanitizer, sunscreen and more self-care basics.

- ✓ Anti-fungal and anti-itch products like cream, lotions, powders and topical ointments



- ✓ Medication aids like pill boxes, pill bottle openers, and pill crushers and splitters



- 💡 You can't use your benefit dollars for deodorant, antiperspirants, hand soap, body soap or razors.



- ✓ Sleep aids like ZzzQuil and Unisom

Feel better, faster

Got a sore throat or stuffy nose?
Find helpful products for cold and flu season.



✓ Cough medications and suppressants

✓ Cold and flu medications



✓ Pain and fever relievers



✓ Medicated chest rub

Everything for healthy eyes

Take care of your eyes. You can shop for eye drops, itchy eye relief products and contact solution.



OTC benefit dollars may not be used for magnifying glasses or contact lens containers.



Breathe easy

Don't let allergies get in your way. Find relief with trusted products that help you breathe better.

Use your benefit dollars for things like:

- ✓ Allergy and sinus medications
- ✓ Decongestants and antihistamines
- ✓ Nasal strips and nasal sprays



Target pain right where it hurts

Use topical gels and creams to treat pain exactly where you feel it.



Member favorites:

- ✓ Muscle rubs
- ✓ Heating pads
- ✓ Pain relief creams
- ✓ Lidocaine gel

First aid that fits any cut

What you need to care for your wounds, scrapes, cuts and bruises.



Buy things like:

- ✓ Bandages
- ✓ Dressings
- ✓ Gauze and tape
- ✓ Hydrogen peroxide
- ✓ Antibiotics
- ✓ Antiseptics like bacitracin
- ✓ Zinc
- ✓ Isopropyl alcohol and wipes

Vitamins to support your health every day



Supplements

Letter vitamins

Digestive health aids

Multivitamins

Antioxidants

Amino acids and minerals

Vitamins like calcium, vitamin D and others can support healthy aging. Ask your doctor what's right for you.

Complete care for your digestive health

From gas to nausea, these items have your back (and your belly).

Gas relievers

Anti-diarrheal tablets

Acid relievers

Heartburn tablets

Laxatives

Feel protected, all day long

Protective underwear, bladder pads and disposable briefs help keep you dry. Bed pads keep your bed clean and dry.

Depend

NIGHT DEFENSE

S-M OVERNIGHT

UP TO 12 HRS PROTECTION

16 Underwear

Depend

MAXIMUM ABSORBENCY

PROTECTION

ABSORBS 25x ITS WEIGHT

Underwear

Poise

FRESH PROTECTION

DAILY LINERS

zero leaks zero odor

2 Bladder Leak Liner LONG

44 LINERS

always discreet

zero leaks zero odor

2 Bladder Leak Liner LONG

44 LINERS

Step into support

Manage mobility with products to keep your blood pumping and your feet healthy.



- ✓ Compression wear
- ✓ Wart removers
- ✓ Toe care
- ✓ Foot powders and creams



SHOP ONLINE

Using your benefit when you shop online is easy and convenient.

9:41

and more™

Nearby Stores

☒ Use Location ☐ Search

7 stores

within 20 miles of You

Albertsons
0.8 miles
[View Map](#)

Walgreens
0.9 miles

Kroger

Walgreens

Albertsons

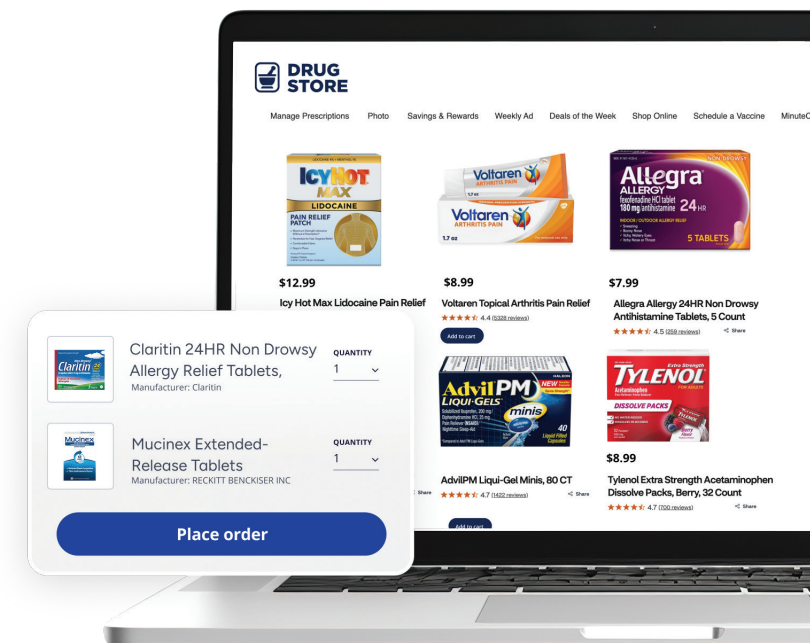
Stores

Benefits Stores Scanner More

Visit andmorehealth.com or open the [andmore app](#). You can look through a list of stores that offer online shopping and pickup. You'll use your &more card number as payment just like you would with any other debit or credit card when shopping. You can also save it to your account for quicker checkout in the future.

... or shop your
OTC catalog online

Go to andmorehealth.com or open the andmore app. Look for the link to "**Shop OTC Online**". You can browse and order items directly from your catalog.



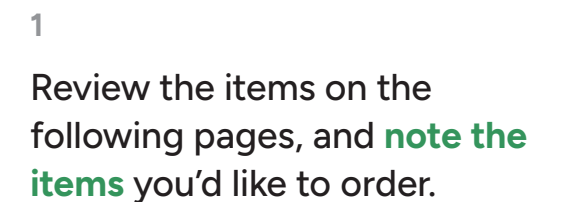
 **It's fast, easy and convenient — no trip to the store required!**



SHOP BY PHONE

Simply call us and we'll place the order for you.

We're happy to help you place your order over the phone. Just follow the simple instructions below to get started. We'll take it from there!

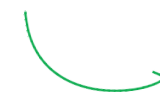


2



Call 1-855-AND-MORE
(1-855-263-6673; TTY 711)

Let us know the **item codes** and quantities of the items you'd like to order.



Home Care and Diagnostics

Code	Item Description	Units
1234	Digestive Health Probiotic Capsule, 30 Capsules/Box	30ct
	Digestive Health Probiotic Capsule, 30G	60ct
	Digestive Health Probiotic Capsule, 30G Lactose Free, 30 Capsules/Box	60ct
1237	Medline Mechanical Bathroom Floor Scale, 300lb Capacity	60ct
	Medline Step-On Digital Bathroom Scale, 300lb Capacity	60ct



Note

Prices shown in this catalog do not include sales tax. Sales tax may be applied to certain items depending on your state of residence. Due to the personal nature of many OTC items, returns and refunds are not allowed on OTC purchases.

Allergy

Code	Item Description	Unit	Price
1866	Cetirizine Tablets, 10 mg	30	\$7.00
8241	Zyrtec 24-Hour Allergy-Relief Tablets	30	\$30.00
1012	Medline Cetirizine Antihistamine Allergy Tablets, 10mg	90	\$10.00
1364	Zyrtec Allergy 24-Hour Relief 10mg Tablets	90	\$59.00
6160	Benadryl Allergy Ultratabs, 25mg	48	\$18.00
1776	Spirit 360 Diphenhydramine Tablets, 25 mg	100	\$8.00
1015	Fexofenadine 24-Hour Allergy Relief Tablets	30	\$17.00
6031	Allegra 24-Hour Allergy Tablet, 180 mg	30	\$31.00
1013	GeriCare Loratadine Tablets, 10 mg	30	\$8.00
3842	Claritin 24-Hour Antihistamine Allergy Tablets, 10 mg	30	\$39.00
1552	Ohm Allergy Relief Loratadine Tablets, 10 mg	100	\$15.00
1024	Fluticasone Propionate Nasal Spray, 50 mcg	1	\$18.00
6665	Flonase 24-Hr Allergy Relief Spray	1	\$26.00
6028	Nasal Decongestant Spray, Oxymetazolone, 0.05%	30 mL	\$5.00
1033	Reliable-1 Saline Nasal Spray	3 oz	\$10.00
3829	Vicks Sinex Saline Ultra Fine Nasal Mist	5 fl oz	\$14.00
6667	Breathe Right® Clear Nasal Strips, Extra Strength	26	\$20.00
1059	CURAD Hydrocortisone Cream, 1%	1 oz	\$5.00
1045	Diphenhydramine 2% Cream	1.25 oz	\$6.00
6035	Benadryl Extra Strength Topical Cream, 2%	1 oz	\$8.00
7376	Calamine Lotion	6 oz	\$8.00

Ear & Eye Care

Code	Item Description	Unit	Price
3422	Swim-Ear Drops	1 oz	\$9.00
1035	Carbamide Peroxide Ear Drops, 6.5%	15 mL	\$8.00
3782	Earwax Removal Kit	1	\$14.00
1040	Redness Reliever Eye Drop, Ophthalmic Solution, 15 mL	0.5 oz	\$6.00
6871	GoodSense Artificial Tears Sterile Eye Drops	0.5 oz	\$5.00
1036	GoodSense Irritation-Relief Sterile Eye Drops	0.5 oz	\$9.00
6870	Clear Eyes® Triple Action Relief Eye Drops	0.5 oz	\$10.00
1548	GoodSense Eye Itch Relief Eye Drops, 0.025% Ketoifen	5 mL	\$10.00
6868	Visine® Redness Relief Drops	0.5 oz	\$14.00
3771	Lubricating Eye Drops, Advanced Dry-Eye Relief	30 mL	\$16.00
6229	Soothe XP Emollient Sterile Eye Drops	15 mL	\$18.00
2256	Refresh Tears 0.5% Lubricant Eye Drops	0.5 oz	\$32.00

Ear & Eye Care

Code	Item Description	Unit	Price
3409	Advanced Eye Wash Irrigating Solution	4 fl oz	\$13.00

Cold, Cough & Flu

Code	Item Description	Unit	Price
1026	Medicated Chest Rub	3.53 oz	\$7.00
3833	Vicks VapoRub Original Cough Suppressant Topical Analgesic Ointment	3.53 oz	\$15.00
1870	GoodSense Nighttime Cough Cold Flu Medicine	12 oz	\$9.00
1867	GoodSense Day Cold Flu Multi-Symptom Liquid	12 oz	\$9.00
6673	Thera-Flu® Multi-Symptom	6	\$21.00
6676	GoodSense Nighttime Cold and Flu Softgels	16	\$8.00
3869	Coricidin® HBP for Chest Congestion and Cough Softgels	20	\$14.00
1018	GoodSense Cold Max Multisymptom Adult Caplets	20	\$8.00
6671	Mucinex® DM 12-Hr Expectorant & Cough Suppressant Tablets	20	\$24.00
6678	GoodSense Daytime Cold and Flu Medicine Softgels	24	\$9.00
6681	Vicks DayQuil / NyQuil Vapocool Combo Caplets	48	\$30.00
1348	Robitussin Cough and Chest Congestion DM	4 oz	\$18.00
3708	Geri-Tussin DM Guaifenesin Syrup with Dextromethorphan	16 oz	\$10.00
6686	Mucinex® 12-Hr Expectorant Extended Release Tablets	20	\$19.00
1028	GeriCare Guaifenesin Tablets, 400 mg	100	\$9.00
1546	Simply Honey Lemon Cough Drops, Sugar-Free	25	\$8.00
1600	GoodSense Cough Drops 7.5mg Menthol Honey Lemon	30	\$8.00
1020	GoodSense Cherry Cough Drops	30	\$6.00
6187	GoodSense Menthol Cough Drops	30	\$7.00
6155	Halls Cherry Cough Drops	30	\$7.00
6682	Halls Honey Lemon Cough Drops	30	\$7.00
6189	Simply Honey Lemon Cough Drops	30	\$5.00
6685	Ricola LemonMint Sugar-Free Cough Drops	45	\$10.00
3908	Luden’s Wild Cherry Cough Drops	90	\$13.00
1602	Cherry Sore Throat Spray	6 oz	\$9.00

Foot Care

Code	Item Description	Unit	Price
7910	Kerasal Nail Renewal	0.33 fl oz	\$35.00
2302	CareAll Clotrimazole 1% Cream	1 oz	\$8.00
1143	Tolnaftate Antifungal Cream 1%	1.25 oz	\$7.00

3707	Remedy Clinical Antifungal Ointment	2.5 oz	\$9.00
1245	Remedy Clinical Antifungal Powder	3 oz	\$7.00
3758	Gold Bond Medicated Diabetic Foot Cream	3.4 oz	\$13.00
1138	Gold Bond Maximum-Strength Medicated Foot Powder	4 oz	\$8.00

Digestive Health			
Code	Item Description	Unit	Price
2269	Pepcid AC Original Strength Tablets	30	\$24.00
6724	Pepcid® Chewable Tabs	25	\$21.00
1221	Pink Bismuth Liquid	8 oz	\$10.00
7909	Pepto Bismol Liquid, Original Flavor	16 oz	\$17.00
5004	Major Nausea-Relief Liquid, Cherry Flavor	4 oz	\$9.00
3691	Guardian Pink Bismuth Subsalicylate Chewable Tablets, 262 mg	30	\$9.00
3863	Pepto Bismol Chewable Tablets, Original Flavor	30	\$9.00
3389	TUMS Antacid Assorted Fruit Smoothie Extra-Strength Chewable Tablets	12	\$8.00
7476	TUMS Ultra Strength Assorted Berries Chewable Tablets, 1000 mg	72	\$16.00
6725	TUMS Extra Strength Assorted Fruit Chewable Tablets, 750 mg	96	\$13.00
6193	TUMS Smoothies Extra Strength Berry Fusion Chewable Tablets, 750 mg	140	\$17.00
3910	TUMS Assorted Fruit Smoothie Chewable Tablets	140	\$20.00
1217	GeriCare Antacid/Antigas Liquid	12 oz	\$10.00
3871	Prilosec OTC Omeprazole 24-Hour Delayed Release Acid Reducer Tablets	42	\$41.00
1325	Alka-Seltzer Tablets	36	\$10.00
1216	GoodSense Effervescent Antacid and Pain Relief Tablets	36	\$10.00
6113	Loperamide Caplets, 2 mg	24	\$7.00
6102	Imodium A-D Anti-Diarrheal Caplets	24	\$20.00
5061	Ultra Strength Simethicone Gas Softgels, 180mg	60	\$13.00
1731	Geri-Care Gas Relief Chewable Simethicone Tablets, 80 mg	100	\$11.00
2244	Beano Tablets	30	\$13.00
1237	Pure & Gentle Disposable Sodium Phosphate Enema	1	\$4.00
6733	MiraLAX Laxative Powder, Unflavored	4.1 oz	\$15.00
7482	Magnesium Citrate Oral Solution, Lemon	10 oz	\$8.00
1231	GeriCare Milk of Magnesia Saline Laxative	12 oz	\$7.00
7229	GeriCare Calcium Polycarbophil Fiber Laxative Caplets, 625 mg	90	\$11.00
1234	Senna Tablets	100	\$6.00
4144	GeriCare Bisacodyl Tablets, 5 mg	100	\$7.00
1240	Ready In Case Docusate Sodium Stool Softener Softgels, 100 mg	100	\$7.00
2060	GoodSense ClearLax Polyethylene Glycol 3350 Powder	17.9 oz	\$17.00
3386	Fleet Glycerin Adult Suppositories	50	\$10.00
6736	Dramamine® Motion Sickness Relief Tablets	8	\$9.00

6098	Dimenhydrinate Nausea Tablets, 50 mg	12	\$5.00
1910	GoodSense Epsom Salt	4 lb	\$16.00

First Aid			
Code	Item Description	Unit	Price
6511	CURAD Flex-Fabric Adhesive Bandages, Assorted Sizes	100	\$6.00
3713	BAND-AID Adhesive Bandage with Flexible Fabric, All-One-Size	100	\$16.00
6014	BAND-AID Tough Strip Adhesive Bandage, All-One-Size	60	\$15.00
1362	BAND-AID Tru-Stay Plastic Adhesive Bandage, 3/4" x 3"	60	\$5.00
6018	CURAD Plastic Bandages, 0.75" X 3"	200	\$5.00
1461	Nexcare Assorted Water-Resistant Bandages	50	\$7.00
1641	CURAD Plastic Adhesive Bandages 2" x 4"	50	\$10.00
1042	CURAD Adhesive Bandages, Knuckles	100	\$10.00
7308	CURAD Clear Waterproof Bandages, Assorted Sizes	20	\$4.00
7311	Skin Tone Bandages: Brown	20	\$6.00
7310	Skin Tone Bandages: Olive	20	\$6.00
7312	Skin Tone Bandages: Dark Brown	20	\$6.00
1638	CURAD QuickStop! Blood Controlling Bandages, Assorted Sizes	30	\$7.00
1064	CURAD Soothe & Cool Burn Bandages, Assorted Sizes	8	\$10.00
6506	Neosporin Ointment, Original-Strength	0.5 oz	\$9.00
1925	CURAD Triple Antibiotic Ointment Pain Relief	1 oz	\$6.00
6719	Neosporin + Maximum Strength Pain Relief Antibiotic Cream	1 oz	\$18.00
1053	CURAD Bacitracin Ointment with Zinc	1 oz	\$5.00
7874	CURAD QuickStop! Blood Controlling Spray	0.81 oz	\$9.00
3559	Hydrogen Peroxide 3% Solution	16 oz	\$4.00
1073	70% Isopropyl Rubbing Alcohol	16 oz	\$5.00
3853	CURAD Medium 2-Ply Sterile Alcohol Prep Pads	100	\$5.00
1044	Medline Isopropyl Alcohol Prep Pad 1.1" x 2.4"	200	\$5.00
6008	Medline No-Sting Burn Spray	4 oz	\$8.00
8482	Medline Antiseptic Cleaning Spray, No-Sting	4 oz	\$7.00
6556	Medline Sterile Saline Wound Wash Spray	7.1 oz	\$16.00
1929	Medline Sterile Conform Stretch Gauze Bandage 4' x 75"	1	\$3.00
1637	CURAD Sterile Nonstick Pads, 3" x 4"	20	\$8.00
1931	CURAD Heavy-Duty Cloth Tape, 1" x 10 yd	1	\$5.00
6550	CURAD Paper Medical Adhesive Tape, 1" x 10 yd	1	\$2.00
1066	Medline Transparent Adhesive Tape, 2" x 10 yd	1	\$4.00
6009	CURAD Compact First Aid Kit, 75 Pieces	1	\$9.00
1056	CURAD Complete First Aid Kit, 175 Pieces	1	\$16.00
1446	Matrix Elastic Bandage with Self-Closure, Nonsterile, 2" x 5 yd	1	\$3.00
2101	Matrix Elastic Bandage with Self-Closure, Nonsterile, 3" x 5 yd	1	\$4.00

Incontinence			
Code	Item Description	Unit	Price
2325	Attends Shaped Pads, Super	20	\$20.00
8069	Unisex Bladder Pads, Light Absorbency	20	\$7.00
1338	Unisex Bladder Pads, Moderate Absorbency	20	\$7.00
1339	Unisex Bladder Pads, Maximum Absorbency	10	\$7.00
1108	Medline FitRight Plus Incontinence Liner 13" x 30"	20	\$16.00
1414	Bladder Control Pads, Maximum, 5" x 14"	10	\$7.00
1415	Bladder Control Pads, Ultimate, 6" x 16"	10	\$6.00
1413	Bladder Control Pads, Moderate, 4" x 11"	16	\$5.00
1412	Bladder Control Pads, Light, 3.5" x 9"	20	\$6.00
6625	Attends Discreet Liners, 6"	28	\$11.00
1791	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency - S	20	\$15.00
1789	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency - M	20	\$15.00
1788	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency - L	20	\$16.00
1792	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency - XL	20	\$16.00
1793	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency - XXL	20	\$17.00
1425	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency - S	20	\$28.00
1113	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency - M	20	\$28.00
1112	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency - L	20	\$30.00
1114	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency - XL	20	\$33.00
1423	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency - XXL	20	\$22.00
1408	Medline FitRight OptiFit Stretch Ultra Brief Med/Reg	20	\$19.00
1409	Medline FitRight OptiFit Stretch Ultra Brief L/XL	20	\$22.00
1418	Incontinence Underwear for Women - SM/MD	20	\$17.00
1419	Incontinence Underwear for Women - L/XL	20	\$17.00
1416	Incontinence Underwear for Men - SM/MD	20	\$17.00
1417	Incontinence Underwear for Men - L/XL	20	\$17.00
3716	Incontinence Unisex Underwear - 2XL	20	\$30.00
1852	FitRight Ultra Adult Incontinence Underwear, Medium	20	\$15.00
1850	FitRight Ultra Adult Incontinence Underwear, Large	20	\$17.00
1854	FitRight Ultra Adult Incontinence Underwear, X-Large	20	\$16.00
2322	Attends Care Heavy Absorbency Underwear, Size M, 34" to 44"	20	\$17.00
2323	Attends Care Heavy Absorbency Underwear, Size L, 44" to 58"	18	\$17.00
2324	Attends Care Heavy Absorbency Underwear, Size XL, 58" to 68"	14	\$17.00
1475	Medline Fluff and Polymer Underpad, Heavy Absorbency, Quilted, 30" x 30"	10	\$8.00
1427	Medline Fluff and Polymer Underpad, Heavy Absorbency, 30" x 30"	10	\$8.00
1619	Medline FitRight Underpad Heavy Absorbency 30" x 36"	10	\$9.00

Oral & Lip Care			
Code	Item Description	Unit	Price
1011	Abreva Docosanol 10% Cream	2 g	\$42.00
1163	Medline Super Soft Wrapped Adult Toothbrush	1 Ct	\$3.00
1883	Medline Premium Wrapped Adult Toothbrush	1	\$3.00
6196	Colgate Toothbrush, Soft	1	\$3.00
6929	Toothbrush, Adult Medium	1	\$3.00
6930	Colgate Extra Clean Firm Toothbrush	1	\$3.00
1882	Adult Toothbrushes with Soft Bristles	2	\$5.00
3789	Colgate 360 Manual Toothbrush with Tongue and Cheek Cleaner, Medium	4	\$20.00
4110	Medline Sparkle Fresh Toothpaste	2.75 oz	\$3.00
6943	Colgate Anticavity Toothpaste	4 oz	\$4.00
1161	Pepsodent Toothpaste, Original Flavor	5.5 oz	\$6.00
3321	Crest Cavity Protection Toothpaste	4.2 oz	\$7.00
6941	Arm and Hammer® Advance White Toothpaste	1	\$7.00
6076	Crest Sensi-Relief Mint Toothpaste	6 oz	\$10.00
3749	Colgate Triple Action Mint Toothpaste, 6 oz	3	\$17.00
6947	Sensodyne Fresh Mint Toothpaste	4 oz	\$11.00
1483	Biotene Dry Mouth Toothpaste	4.3 oz	\$13.00
6077	Colgate Maxfresh Cool Mint Whitening Toothpaste, 6.3 oz	3	\$17.00
3747	Sensodyne ProNamel Fresh Wave Toothpaste, 4 oz	2	\$22.00
6919	2-Sided Denture Brushes, Ivory	1	\$4.00
1155	Effervescent Denture Cleanser Tablets	90	\$10.00
1081	Polident Denture Overnight Cleanser Tablets, White	90	\$11.00
6921	Polident Overnight Whitening Denture Cleanser	84	\$13.00
8662	Polident Denture Rapid Overnight Cleanser	102	\$20.00
1444	Polident Denture Cream	3.9 oz	\$7.00
7648	Sea-Bond Denture Adhesive Seals, Uppers	15	\$13.00
7649	Sea-Bond Denture Adhesive Seals, Lower	15	\$13.00
4169	Fixodent Original Secure Denture Adhesive	2.4 oz	\$13.00
6918	Super Poligrip Extra Care Denture Adhesive	2.4 oz	\$11.00
1162	Super Poligrip Denture Adhesive	2.4 oz	\$13.00
2098	Medline Denture Container with Lid	1	\$3.00
1482	Biotene® Dry Mouth Moisturizing Spray	1	\$19.00
8660	Oral-B EssentialFloss Cavity Defense Floss, Waxed, Unflavored, 55 yds	1	\$4.00
3779	Oral-B Glide Pro-Health Deep Clean Cool Mint Dental Floss	3	\$19.00
7655	Custom Dental Flossers	90	\$5.00
1873	Waxed Dental Floss Mint, 100yd	2	\$8.00
3784	Gum Soft-Picks Original Dental Picks	50	\$7.00

Oral & Lip Care

Code	Item Description	Unit	Price
7647	Dr. Fresh Dental Travel Kit, 3-Piece Set	1	\$7.00
7888	Blistex® Medicated Lip Balm, SPF 15	1	\$3.00
6913	Carmex® Classic Lip Balm	0.35 oz	\$4.00
1158	GoodSense Medicated Lip Balm, 0.25 oz	2	\$7.00

Home Care & Diagnostics

Code	Item Description	Unit	Price
1099	Medline Digital Blood Pressure Monitor with Univ Cuff	1	\$55.00
5034	HealthSmart Series Digital Blood Pressure Monitor with Arm Cuffs	1	\$39.00
3952	Medline Digital Blood Pressure Monitor Adult Cuff	1	\$33.00
6020	No-Touch Digital Forehead Thermometer	1	\$51.00
1089	Medline Oral Digital Thermometer	1	\$5.00
1088	Medline Large Display Oral Digital Thermometer	1	\$9.00
6609	White LED Night Light	1	\$5.00
1698	7-Day Pill Organizer with Easy Push Buttons, 2X/Day	1	\$14.00
1695	7-Day Classic Pill Organizer, 1X/Day	1	\$6.00
1375	Long-Handled No-Bend Metal Shoehorn, 24"	1	\$15.00
2188	Pistol Grip Reacher, 26"	1	\$11.00

Pain Relief

Code	Item Description	Unit	Price
6698	Tylenol Severe Cold + Head Congestion Caplets	24	\$13.00
6034	Tylenol 8-Hour Muscle Aches and Pain Caplets, 650 mg	100	\$22.00
7424	Acetaminophen Tablets, 325 mg	100	\$9.00
3864	Tylenol Regular Strength Tablets, 325mg	100	\$18.00
7425	Acetaminophen Tablets, 500 mg	100	\$10.00
3874	Tylenol Extra-Strength Caplets, 500 mg	100	\$20.00
1186	GoodSense Acetaminophen Extended-Release Caplets, 650 mg	100	\$14.00
5053	Tylenol PM Extra-Strength Caplet, 500 mg	100	\$25.00
3876	Tylenol 8-Hour Arthritis Pain Caplets	225	\$36.00
1257	GeriCare Aspirin Tablets, 325 mg	100	\$6.00
1207	Pain Reliever with Acetaminophen 250 mg, Aspirin 250 mg, Caffeine 65 mg Tablets	100	\$8.00
3873	Excedrin Migraine Caplets	100	\$22.00
1190	Medline Aspirin Enteric Coated Tablets, 81 mg	120	\$7.00
6707	Bayer® Aspirin Enteric Coated Tabs	120	\$14.00

Pain Relief

Code	Item Description	Unit	Price
1191	Low-Dose Enteric-Coated Aspirin Tablets, 81mg	300	\$10.00
4201	Medline Ibuprofen Tablets, 200 mg	100	\$5.00
6171	Advil, 200 mg	100	\$24.00
3858	Motrin IB Ibuprofen Coated Caplets 200 mg	100	\$18.00
1589	Ibuprofen Softgels, 200 mg	160	\$14.00
1205	Naproxen Sodium Tablets, 220 mg	100	\$11.00
1326	Aleve Pain Reliever Tablets	90	\$20.00
1203	Migraine Cooling Patches	4	\$9.00
6715	Anbesol® Pain Relief Gel, Max Strength	0.33 oz	\$13.00
1555	Benzocaine 20% Gel	0.5 oz	\$8.00
6718	Voltaren Arthritis Pain Gel with 1% Diclofenac Sodium	50 g	\$18.00
2221	Active Ice® Menthol Gel	4 oz	\$11.00
2265	Tiger Balm Muscle Rub Cream	2 oz	\$13.00
1187	Aspercreme with Lidocaine Pain Relieving Cream	2.7 oz	\$16.00
1209	Ultra Strength Muscle Rub Cream	3 oz	\$8.00
1709	Aspercreme Cream with Trolamine Salicylate, 10%	3 oz	\$14.00
1558	Menthol Roll-On	2.5 oz	\$10.00
2033	ActivICE Topical Pain Reliever Roll-On	3 oz	\$13.00
8663	Biofreeze Topical Pain Reliever, Roll-On Tube	3 oz	\$18.00
6722	Fast Freeze Pain Relief Spray	4 oz	\$14.00
2034	Medline ActivICE Topical Pain Reliever Spray	4 oz	\$14.00
1320	Lidocaine Pain Patches, 4%	5	\$5.00
1319	Menthol Pain Patches, 5%	5	\$6.00
1208	Salonpas Pain-Relieving 8-Hour Patches, 5.7" x 3.6"	6	\$9.00
2262	Salonpas Lidocaine 4% Pain Relieving Gel Patches, 3.9" x 5.5"	6	\$19.00
1349	Preparation H Multi-Symptom Pain Relief Cream	0.9 oz	\$16.00
1195	GoodSense Hemorrhoid Ointment	2 oz	\$7.00
2225	GoodSense Hemorrhoidal Suppositories with E-Z Open Wrappers	12	\$9.00
1377	Neck and Shoulder 25" x 26" Heating Pad, XL	1	\$55.00
3969	Heating Pad Wrap For Shoulder, Neck, and Back	1	\$55.00
7190	ThermaCare Lower Back HeatWrap Patches, L/XL	3	\$20.00
7179	Accu-Therm Instant Heavyweight Jr. Insulated Cold Pack, 6" x 10"	1	\$4.00
1041	Accu-Therm Reusable 5" x 10" Hot/Cold Gel Pack	1	\$4.00
1915	Refillable English Ice Bag, Blue, 7"	1	\$11.00
1639	CURAD Hot/Cold Therapy Water Bottle	2 qt	\$15.00

Personal Care			
Code	Item Description	Unit	Price
3904	Vicks ZzzQuil Nighttime Sleep Aid Liquicaps	48	\$25.00
1554	GoodSense Sleep Aid Tablets Doxylamine Succinate, 25 mg	16	\$6.00
7853	Unisom SleepTabs	32	\$18.00
3913	Dr Teal’s Pure Epsom Salt Therapeutic Soak	6 lb	\$19.00
6969	Diabetics Skin Soothing Lotion	5.5 oz	\$10.00
4172	CURAD Petroleum Jelly	1 oz	\$3.00
1076	Petroleum Jelly	13 oz	\$11.00
1316	Vaseline Hand and Body Petroleum Jelly	13 oz	\$13.00
6985	Banana Boat® Sport Lotion, SPF 30	3 oz	\$7.00
1527	GoodSense Sunscreen Lotion, SPF 50	8 oz	\$15.00
1311	Coppertone Sport Sunscreen Lotion, SPF 50	7 oz	\$15.00
7864	Coppertone Lotion, SPF 70	7 oz	\$17.00
6071	Neutrogena Beach Defense Spray, SPF 70	6.5 fl oz	\$19.00
3305	Spectrum Gel Hand Sanitizer, 70% Ethyl Alcohol	4 oz	\$4.00
4170	Spectrum Gel Hand Sanitizer, 70% Ethyl Alcohol	8 oz	\$7.00
3971	Spectrum Hand Sanitizer Wipes with 70% Ethyl Alcohol	20	\$4.00
6078	Wet Ones Antibacterial Hand Wipes	20	\$5.00
1723	Medline Ultrasoft Disposable Dry Cleansing Cloth 12” x 14”	90	\$6.00
1102	FitRight Aloe Scented Wet Wipes, 8” x 10” with Flip Top	48	\$8.00
3777	Cottonelle Flushable Wipes	14	\$5.00
1719	Medline FitRight Aloe Quilted Personal Wipes, Soft Pack with Flip Top	48	\$7.00
1103	Medline FitRight Aloe Personal Wipes Scented, Soft Pack with Flip Top	100	\$8.00
1117	ReadyFlush SELECT Biodegradable Flushable Wipes, Soft Pack with Flip Top	48	\$8.00
1858	Medline FitRight Aloe Personal Wipes Unscented, Soft Pack with Flip Top	100	\$10.00
3786	Cottonelle Fresh Wipes	168	\$16.00
1647	Simply Soft Cotton Swabs	300	\$8.00
6864	Q-Tips® Cotton Swabs	170	\$4.00
6863	Q-Tips® Cotton Swabs	300	\$9.00
7377	Clotrimazole 1% Vaginal Cream	1	\$11.00
1194	Vaginal Cream, 7-Day 1% Clotrimazole with 1 Reusable Applicator	1	\$11.00
6157	Panty Liners, 7”	40	\$9.00
5010	Kimberly-Clark Kotex Light Days Panty Liners	64	\$9.00
6876	Nonsterile Sanitary Maxi Pads with Adhesive Strip, 9”	12	\$3.00
6877	Nonsterile Sanitary Maxi Pads with Wings, 11”	12	\$5.00
3605	Procedure Face Mask with Ear Loops, Blue	50	\$9.00
6079	Cone-Style N95 Particulate Respirator Mask, White	20	\$28.00
4127	FitGuard Touch Powder-Free Nitrile Exam Gloves, S	100	\$9.00

Personal Care			
Code	Item Description	Unit	Price
3461	FitGuard Touch Powder-Free Nitrile Exam Gloves, M	100	\$9.00
3460	FitGuard Touch Powder-Free Nitrile Exam Gloves, L	100	\$9.00
4128	FitGuard Touch Powder-Free Nitrile Exam Gloves, XL	100	\$9.00

Support & Compression Products			
Code	Item Description	Unit	Price
1128	CURAD Knee Compression Hosiery 8-15mmHg, Medium, Black	1 pair	\$17.00
1126	CURAD Knee Compression Hosiery 8-15mmHg, Large, Black	1 pair	\$17.00
1438	CURAD Knee Compression Hosiery 8-15mmHg, Extra Large, Black	1 pair	\$17.00
1434	CURAD Knee Compression Dress Sock 8-15mmHg, Small, Black	1 pair	\$18.00
1435	CURAD Knee Compression Dress Sock 8-15mmHg, Medium, Black	1 pair	\$18.00
1436	CURAD Knee Compression Dress Sock 8-15mmHg, Large, Black	1 pair	\$18.00
7616	CURAD Knee Compression Dress Sock 8-15mmHg, Extra Large, Black	1 pair	\$20.00
3917	Dr. Scholl’s Diabetic and Circulatory Crew Socks, Black, Men’s M/L	4 pairs	\$22.00
3918	Dr. Scholl’s Diabetic and Circulatory Crew Socks, Black, Women’s M/L	4 pairs	\$22.00
3916	Dr. Scholl’s Diabetic and Circulatory Ankle Socks, Black, Men’s XL	4 pairs	\$22.00
7590	Dr. Scholl’s Diabetic and Circulatory Crew Socks, White, Men’s M/L	4 pairs	\$26.00
7591	Dr. Scholl’s Diabetic and Circulatory Crew Socks, White, Women’s M/L	4 pairs	\$26.00
7592	Dr. Scholl’s Diabetic and Circulatory Ankle Socks, White, Men’s XL	4 pairs	\$26.00
7598	CURAD Padded Diabetic Crew Socks, Medium, Black	2 pairs	\$9.00
7600	CURAD Padded Diabetic Crew Socks, Medium, White	2 pairs	\$9.00
7594	CURAD Padded Diabetic Crew Socks, Large, Black	2 pairs	\$9.00
7596	CURAD Padded Diabetic Crew Socks, Large, White	2 pairs	\$9.00
7602	CURAD Padded Diabetic Crew Socks, Extra Large, Black	2 pairs	\$9.00
7604	CURAD Padded Diabetic Crew Socks, Extra Large, White	2 pairs	\$9.00
7599	CURAD Diabetic Crew Socks, Medium, White	3 pairs	\$10.00
7597	CURAD Diabetic Crew Socks, Medium, Black	3 pairs	\$10.00
7593	CURAD Diabetic Crew Socks, Large, Black	3 pairs	\$10.00
7595	CURAD Diabetic Crew Socks, Large, White	3 pairs	\$10.00
7601	CURAD Diabetic Crew Socks, Extra Large, Black	3 pairs	\$10.00
7603	CURAD Diabetic Crew Socks, Extra Large, White	3 pairs	\$10.00
1049	Ultra-Padded Diabetic Socks, Medium, Black	2 pairs	\$15.00
1085	Ultra-Padded Diabetic Socks, Medium, White	2 pairs	\$15.00
1052	Ultra-Padded Diabetic Socks, Large, Black	2 pairs	\$15.00
1084	Ultra-Padded Diabetic Socks, Large, White	2 pairs	\$15.00
1061	Ultra-Padded Diabetic Socks, X-Large, Black	2 pairs	\$15.00
1086	Ultra-Padded Diabetic Socks, X-Large, White	2 pairs	\$15.00

Support & Compression Products

Code	Item Description	Unit	Price
8239	Ultra Soft Diabetic Socks, Medium, Black	3 pairs	\$14.00
6858	Ultra Soft Diabetic Socks, Large, Black	3 pairs	\$14.00
6860	Ultra Soft Diabetic Socks, X-Large, Black	3 pairs	\$14.00
8238	Ultra Soft Diabetic Socks, Medium, White	3 pairs	\$14.00
6859	Ultra Soft Diabetic Socks, Large, White	3 pairs	\$14.00
6269	Ultra Soft Diabetic Socks, X-Large, White	3 pairs	\$14.00
1392	Heelbo Arthritis Open Finger Gloves, S	1	\$11.00
1393	Heelbo Arthritis Open Finger Gloves, M	1	\$11.00
1394	Heelbo Arthritis Open Finger Gloves, L	1	\$11.00
6003	CURAD Ironman Infrared Elastic Ankle Support, S/M	1	\$19.00
6004	CURAD Ironman Infrared Elastic Ankle Support, L/XL	1	\$19.00
7084	CURAD Ironman Infrared Multipurpose Support with Hot and Cold Compress	1	\$22.00
1321	CURAD Ironman Infrared Shoulder Support with Hot and Cold Compress	1	\$40.00
1530	Neo-G Easy-Fit Arm Sling	1	\$20.00
4166	CURAD Back Support with Dual-Pulley System, S/M	1	\$25.00
4165	CURAD Back Support with Dual-Pulley System, L/XL	1	\$25.00
6007	CURAD Back Support with Dual-Pulley System, 2XL	1	\$25.00
4167	CURAD Elastic Universal Back Support	1	\$20.00
1395	Heelbo Reversible Thumb Brace	1	\$14.00
7714	Carpal Tunnel Brace, S	1	\$11.00
7715	Carpal Tunnel Brace, M	1	\$11.00
7716	Carpal Tunnel Brace, L	1	\$11.00
4164	CURAD Elastic Pull-Over Wrist Support, S	1	\$11.00
4163	CURAD Elastic Pull-Over Wrist Support, M	1	\$11.00
4160	CURAD Elastic Pull-Over Wrist Support, L	1	\$11.00
2176	Heelbo Premium Heel and Elbow Protector, S	1	\$26.00
3484	Heelbo Premium Heel and Elbow Protector, M	1	\$26.00
3919	Heelbo Premium Heel and Elbow Protector, XL	1	\$26.00
3738	CURAD Pull-Over 9" Elastic Knee Support, S	1	\$10.00
4159	CURAD Pull-Over 9" Elastic Knee Support M	1	\$11.00
4157	CURAD Pull-Over 9" Elastic Knee Support, L	1	\$10.00
4158	CURAD Pull-Over 9" Elastic Knee Support, XL	1	\$10.00
5019	CURAD Pull-Over 9" Elastic Knee Support, 2XL	1	\$10.00

Vitamins & Minerals

Code	Item Description	Units	Price
1746	Mason Natural L-Lysine Tablets, 500mg	100	\$9.00
7764	Coenzyme Q-10, 30 mg	30	\$10.00
1265	Coenzyme Q10 Softgels, 100 mg	30	\$14.00
6084	Nature's Bounty Co Q-10 Gummies, 200 mg	60	\$22.00
1565	Psyllium Fiber Caplets	160	\$10.00
6103	Metamucil Fiber Supplement Caplets	160	\$34.00
1286	Vitamin A Softgels, 3000 mcg (10000 IU)	110	\$11.00
6254	21st Century B-Complex Tablets	100	\$6.00
1291	Plus Pharma Vitamin B-12 Tablets, 500 mcg	100	\$8.00
3400	GeriCare Vitamin B-1 Tablet, 100 mg	100	\$10.00
1292	GeriCare Vitamin B-6 Tablets, 100 mg	100	\$8.00
2073	Vitamin B Complex with Vitamin C Tablets, 300 mg	100	\$10.00
1289	Plus Pharma Vitamin B-12 Tablets, 1,000 mcg	100	\$17.00
1543	Vitamin B-12 Tablets, 500mcg	100	\$8.00
7240	Mason Natural Vitamin B12 Quick Dissolve Tablets, 3,000 mcg	100	\$14.00
1549	Niacin Flush-Free Tablets, 500 mg	110	\$17.00
6234	GeriCare Vitamin C Tablets, 500 mg	100	\$11.00
1563	Vitamin C Tablets, 1000 mg	110	\$10.00
1750	21st Century Vitamin C Chewable Tablets, 500 mg	110	\$11.00
2236	Airborne Effervescent Tabs	10	\$14.00
1541	Sustained Release Vitamin C Tablets, 1000 mg	100	\$14.00
1569	21st Century Vitamin D3 Tablets, 5,000 IU	100	\$13.00
1295	Vitamin D-3 Tablet, 50 mcg (2000 IU)	250	\$10.00
7247	Calcium 250 mg and Vitamin D 500 IU Gummies	60	\$15.00
7254	Vitamin D3 Softgel Capsules, 5000IU (125mcg)	100	\$14.00
2078	Medline Vitamin E Softgels, 90 mg	100	\$7.00
1297	Medline Vitamin E Softgels, 180 mg	100	\$11.00
1749	Calcium with Vitamin D3 Tablets, 600 mg	300	\$17.00
7258	Vitafusion® Calcium Gummies	100	\$19.00
2067	21st Century Iron Ferrous Gluconate Tablets, 27 mg	100	\$10.00
7259	Iron Tablets, 60mg	100	\$10.00
1745	GeriCare Magnesium Oxide Coated Tablets, 400 mg	120	\$9.00
1564	Magnesium Tablets, 250mg	110	\$8.00
7262	Potassium Gluconate Tablets, 595 mg	100	\$10.00
3401	GeriCare Zinc Sulfate Tablet, 50 mg	100	\$8.00
3861	GeriCare One-Daily Multivitamin Tablets	100	\$6.00

Vitamins & Minerals			
Code	Item Description	Units	Price
1567	21st Century One Daily Women’s Multivitamin Multimineral Tablets	60	\$7.00
1572	21st Century One Men’s Multivitamin and Multimineral Tablets	60	\$7.00
3483	Multivitamin and Zinc Stress Tablets	60	\$10.00
3836	VitaJoy Elderberry Gummy Vitamins, 50 mg	60	\$21.00
1347	Centrum Adults 50+ MultiGummies	90	\$20.00
7263	Vitafusion® Men’s Multi-Vitamin Gummies	150	\$22.00
7264	Vitafusion® Women’s Multi-Vitamin Gummies	150	\$22.00
6114	Centrum Silver Adult 50+ Tablets	125	\$22.00
3866	Centrum Silver Men’s 50+ Tablets	200	\$36.00
3867	Centrum Silver Women’s 50+ Tablets	200	\$36.00
7278	Biotin Gummies	60	\$12.00
2063	Beta Carotene Softgels, 25,000 IU	100	\$11.00
6095	21st Century Lutein Softgels, 20 mg	60	\$18.00
1632	PreserVision AREDS 2 Formula Vitamin Softgels	120	\$55.00
3416	Medline Flaxseed Oil Softgel, 1000mg	60	\$7.00
1755	Triple Strength Glucosamine 750mg Chondroitin 600mg Tablets	100	\$28.00
1544	GoodSense Melatonin Quick Dissolve Cherry Tablets, 10 mg	90	\$10.00
1578	YumVs Extra Strength Melatonin Berry Gummies, 2.5 mg	120	\$15.00
6089	Sleep3 Tri-Layer Melatonin Tabs, 10mg	30	\$18.00
2248	Omega-3 Fish Oil Softgels, 1000mg	60	\$10.00
3378	Medline Fish Oil Softgels, 1000 mg	90	\$13.00

AmeriHealth Caritas VIP Care is an HMO D-SNP plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to members. Enrollment in AmeriHealth Caritas VIP Care depends on contract renewal.

Naloxone is covered as a Part C OTC benefit. The Nicotine Replacement Therapy (NRT) being offered does not duplicate any Part D OTC or formulary drugs.

In order to qualify for SSBCI, members must have at least one of the following chronic health conditions: cardiovascular disorders, chronic and disabling mental health conditions, chronic gastrointestinal disease (limited to end stage liver disease), chronic lung disorders (limited to chronic obstructive pulmonary disorder), congestive heart failure, connective tissue disease, dementia, diabetes mellitus, overweight, obesity, & metabolic syndrome, and stroke.

In addition: The condition must be life threatening or greatly limit overall health or function of the member; the member must be at high risk of hospitalization or other adverse health outcomes; and the member must require intensive care coordination. The plan will review objective criteria to determine a member’s eligibility. For more information or to check eligibility, members should contact the plan.

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This catalog is not an exhaustive list of eligible OTC products or participating retailers. This information is not a complete description of your benefits. The item scanner is provided for your convenience, but accuracy is not guaranteed. Please review your plan materials to learn more about what is covered by your benefits.

Items listed in the catalog do not constitute endorsements by Soda Health &more™ or your health plan. Pricing is subject to change without notice. Items listed may not be available at time of ordering.

Some items in this catalog under certain circumstances may be covered under either Medicare Part B or Part D. If an item is covered by your Part B or D OTC benefit, you would not pay for the item using your Part C OTC benefit. Please review your plan materials for more information.

Some items in this catalog are medicines and products that can be used for either a medical condition or for general health and well-being. These items may be purchased only after discussing the purchase with your healthcare provider or satisfying other requirements that your plan may specify—please refer to your plan materials for more information.

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