



2013

Humana Health and Wellness Order Form

As a Humana plan member, you may be able to purchase health and wellness products from the RightSource® mail-order pharmacy, depending on your current Humana plan.

Call a Customer Care representative to verify your eligibility or request an order form by calling the number listed on the back of your member ID card.

How to order

- **Keep this catalog.** You will need this to look-up the health and wellness products you want to order each month.
- You can place your order by:
 - Mail: Fill out the Health & Wellness Order Form and mail that page only to:
RightSource P.O. Box 1197 Cincinnati, OH 45201-1197
 - Fax: Fill out the Health & Wellness Order Form and fax that page only to:
1-800-379-7617

Place your order no later than the 20th of each month to ensure RightSource is able to process your order within the applicable benefit month. If your total order amount exceeds your benefit amount limit, please be sure to include check, money order, or credit card information to pay the remaining amount due.

Humana®

Other pharmacies are available in the network

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Humana Health and Wellness Order Form



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STEP 1 - COMPLETE YOUR INFORMATION BELOW:

Member ID (found on Humana ID card)

 -

Date of Birth

 / /

Gender

 Male

 Female

First Name

Last Name

MI

Street Number

Street Name

Apt/Suite #

City

State

Zip Code

 -

Daytime Phone

 - -

Evening Phone

 - -

Please check box if this is a new address:

STEP 2 - PRODUCT SELECTION

	Product Code	Product Name	Quantity to order	Price
1	<input type="text"/>	_____	<input type="text"/>	_____
2	<input type="text"/>	_____	<input type="text"/>	_____
3	<input type="text"/>	_____	<input type="text"/>	_____
4	<input type="text"/>	_____	<input type="text"/>	_____
5	<input type="text"/>	_____	<input type="text"/>	_____
6	<input type="text"/>	_____	<input type="text"/>	_____
7	<input type="text"/>	_____	<input type="text"/>	_____
8	<input type="text"/>	_____	<input type="text"/>	_____
9	<input type="text"/>	_____	<input type="text"/>	_____
10	<input type="text"/>	_____	<input type="text"/>	_____
11	<input type="text"/>	_____	<input type="text"/>	_____
12	<input type="text"/>	_____	<input type="text"/>	_____
13	<input type="text"/>	_____	<input type="text"/>	_____
14	<input type="text"/>	_____	<input type="text"/>	_____
15	<input type="text"/>	_____	<input type="text"/>	_____

Humana Health and Wellness Order Form



Your total order amount \$ _____

Please include check, money order, or credit card information below to pay the remaining amount due. Failure to submit a payment in full may lead to only part of your order being shipped.

STEP 3 PAYMENT INFORMATION (if applicable)

Please make checks payable to "RightSource". Please do not send cash.

To pay by credit card, please complete the following:

Credit/Debit Card #

Exp. Date

Cardholder First Name

Cardholder Last Name

Cardholder Signature:

To order by mail, send the completed Humana Health and Wellness Order Form page along with payment (if applicable) to:

RightSource
P.O. Box 1197
Cincinnati, OH 45201-1197

Notes: Orders will be shipped to your home by UPS or the U.S. Postal Service, with no extra charge to you for shipping. Please allow 10 to 14 working days from the time we receive your order. You'll receive a generic comparable to the name-brand product. Please consult your doctor before using any over-the-counter (OTC) product. This product list is subject to change. This benefit is only available if your plan offers the OTC service as a benefit. Call the phone number listed on the back of your member ID card to confirm your eligibility. TTY users call 711, seven days a week, 8 a.m. – 8 p.m.

There is a \$25 charge for all returned checks.

A health plan with a Medicare contract, available to anyone enrolled in both Part A and Part B of Medicare. Medicare beneficiaries may enroll in the plan only during specific times of the year. Contact Humana for more information. Limitations, copayments and restrictions may apply. Other pharmacies are available in the network



Humana Health and Wellness Product Catalog

ANTI-DIARRHEALS / ANTACIDS / LAXATIVES / ETC.

Product Code	Generic Name	Compare To	Size	Price
OTC112	Acid Reducer - Omeprazole 20 mg	Prilosec OTC® 20 mg	14	\$10
OTC75	Antacid / Anti-Gas Chew Tab	Maalox® Plus	100	\$4
OTC32	Antacid/Anti-Gas Liquid	Mylanta®	360 ml	\$3
OTC89	Antacid Double-Strength Chew Tab	Mylanta® Double Strength	70	\$5
OTC29	Anti-Diarrheal Tablets - Loperamide 2 mg	Imodium® A-D	12	\$3
OTC31	Anti-Hemorrhoidal Ointment	Preparation H®	60 gm	\$5
OTC227	Calcium Carbonate Antacid- Chewable	Extra Strength Tums E-X®	96	\$5
OTC116	Dairy Digestive Supplement - Lactase Enzyme	Lactaid® Tabs	60	\$9
OTC3	Enema	Fleet® Enema	270 ml	\$3
OTC98	Extra Strength Gas Relief Tablets	Gas-X® Extra Strength	30	\$4
OTC208	Fiber Laxative Tablets	FiberCon®	90	\$9
OTC234	Glycerine Suppositories, Adult	Fleet	12	\$3
OTC216	Hemorrhoidal Suppositories	Preparation H® Suppositories	12	\$6
OTC93	Laxative - Bisacodyl 5 mg	Dulcolax®	25	\$3
OTC33	Milk of Magnesia - Laxative/Antacid	Phillips® Milk of Magnesia	360 ml	\$4
OTC120	Motion Sickness Tablets - Dimenhydrinate 50 mg	Dramamine® Tabs	12	\$5
OTC115	Pink Bismouth - Chewable Tablets	Pepto-Bismol® Chewable Tabs	30	\$5
OTC104	Ranitidine 75 mg Tablets - Antacid	Zantac®	30	\$7
OTC233	Senna Laxative Tabs	Senokot	100	\$10
OTC101	Stool Softener Capsules	Colace®	100	\$4

COUGH / COLD / ALLERGY

Product Code	Generic Name	Compare To	Size	Price
OTC113	Antihistamine - Cetirizine HCL 10 mg	Zyrtec® 10 mg	30	\$10
OTC24	Antihistamine - Diphenhydramine Liquid	Benadryl® Allergy	120 ml	\$3
OTC110	Antihistamine - Loratadine 10 mg	Claritin®	30	\$7
OTC23	Antihistamine - Diphenhydramine 25 mg	Benadryl®	24	\$3
OTC28	Cough Formula - Expectorant	Robitussin®	120 ml	\$4
OTC210	Cough Suppressant DM (Sugar free)	Robitussin® Sugar Free DM	118 ml	\$5
OTC26	Cough Suppressant/Expectorant	Robitussin® DM	120 ml	\$4
OTC96	Cough Supp./Nasal Decon./Expectorant	Robitussin® CF	120 ml	\$4
OTC215	Effervescent Pain Relief	Alka-Seltzer®	36	\$5
OTC111	Expectorant - Guaifenesin 400 mg	Mucus Relief 400 mg	30	\$10
OTC249	Fexofenadine 180mg	Allegra Allergy	30	\$17

Humana Health and Wellness Product Catalog

COUGH / COLD / ALLERGY (continued)

Product Code	Generic Name	Compare To	Size	Price
OTC43	Medicated Chest Rub	Vicks VapoRub®	99 gm	\$5
OTC228	Nasal Decongestant PE Max Strength	Sudafed® PE Tablets	36	\$6
OTC95	Nasal Decongestant Spray	Afrin®	30 ml	\$3
OTC99	Saline Nasal Spray	Ocean® Saline Nasal Spray	45 ml	\$3
OTC97	Sinus-Acetaminophen/Phenylephrine HCl	Tylenol® Sinus	24	\$3
OTC117	Sore Throat Lozenges-Menthol/Benzocaine	Chloraseptic® Lozenges	18	\$5
OTC220	Sore Throat Spray	Chloraseptic®	180 ml	\$6

FIRST AID / MEDICAL SUPPLIES

Product Code	Generic Name	Compare To	Size	Price
OTC35	Alcohol Prep Pads	B-D® Alcohol Swabs	100	\$4
OTC226	Elastic Bandage	Ace® Bandage	1	\$6
OTC232	First Aid Tape	J&J®	1	\$2
OTC44	Plastic Bandages	Band-Aids®	100	\$3
OTC40	Triple Antibiotic Ointment	Neosporin®	30 gm	\$5
OTC231	Triple Antibiotic Ointment Plus Ointment	Neosporin Plus®	30 gm	\$7

PAIN RELIEVERS

Product Code	Generic Name	Compare To	Size	Price
OTC2	Acetaminophen 500 mg	Extra Strength Tylenol®	100	\$4
OTC20	Acetaminophen 80 mg chewable	Tylenol® Children's Chewable	30	\$3
OTC21	Acetaminophen Elixir	Children's Tylenol Elixir	120 ml	\$3
OTC22	Acetaminophen Suspension Drops	Tylenol®	15 ml	\$3
OTC17	Aspirin 81 mg Chewable	Bayer® Chewable Aspirin	36	\$3
OTC47	Aspirin 325 mg	Bayer®	100	\$3
OTC16	Aspirin Low Dose 81 mg EC	Bayer® Adult Low Strength EC	120	\$3
OTC213	Cold and Hot Patches - Pain Relief	Icy Hot® Patch	5	\$7
OTC229	Enteric Aspirin 325 mg	Ecotrin®	100	\$5
OTC125	Headache Formula - Aspirin/ Acetaminophen/ Caffeine	Excedrin®	100	\$7
OTC19	Ibuprofen 200 mg	Advil®	50	\$4
OTC94	Ibuprofen Suspension	Children's Motrin®	120 ml	\$6
OTC46	Muscle Rub	Ben-Gay®	120gm	\$5
OTC214	Naproxen Sodium 220 mg- Pain Reliever	Aleve® Caplets	50	\$6
OTC230	Therapeutic Mineral Ice Gel	Mineral Ice®	227 gm	\$5
OTC119	Topical Analgesic Cream - Capsicum Cream 0.025%	Zostrix® Cream	60gm	\$8

Humana Health and Wellness Product Catalog

PERSONAL CARE

Product Code	Generic Name	Compare To	Size	Price
OTC256	Absorbent Underpads	Protection Plus Disposable Underpads 23"x36"	20	\$20
OTC251	Adult Incontinence Underwear Small	Protection Plus Classic Protective Underwear Small 20" - 28"	22	\$20
OTC252	Adult Incontinence Underwear Medium	Protection Plus Classic Protective Underwear Medium 28" - 40"	20	\$20
OTC253	Adult Incontinence Underwear Large	Protection Plus Classic Protective Underwear Large 40" - 56"	18	\$20
OTC254	Adult Incontinence Underwear X-Large	Protection Plus Classic Protective Underwear X-Large 56" - 68"	14	\$20
OTC255	Adult Incontinence Underwear XX-Large	Protection Plus Classic Protective Underwear XX-Large 68" - 80"	12	\$20
OTC243	Bladder Control Pads (Regular)	Poise® Moderate Pads	20	\$7
OTC242	Blood Pressure Home Kit (manual pump w/stethoscope)	Blood Pressure Home Kit (manual pump w/stethoscope)	1	\$15
OTC36	Cotton Swabs	Q-Tips®	300	\$3
OTC224	Dental Floss	Dental Floss	1	\$3
OTC225	Denture Adhesive	Fixodent®	42 gm	\$5
OTC247	Digital Bathroom Scale**	Digital Bathroom Scale	1	\$35
OTC245	Digital Blood Pressure Monitor**	Digital Blood Pressure Monitor	1	\$40
OTC118	Earwax Removal Drops - Carbamide Peroxide	Debrox® Earwax Removal Drops	15 ml	\$5
OTC235	Effervescent Denture Tabs	Efferdent®	40	\$5
OTC244	Electrical Heating Pad**	Electrical Heating Pad	1	\$40
OTC219	Eye Drops - Redness Reliever	Visine® Original	15 ml	\$5
OTC114	Lubricant Eye Drops (Sterile)	Liquifilm Tears®	15 ml	\$5
OTC48	Oral Thermometer (Digital Display)	B-D® Oral Thermometer	1	\$5
OTC221	Toothbrush	Toothbrush	1	\$2
OTC222	Toothpaste	Toothpaste	180 gm	\$4
OTC 257	7 Day Pill Box	7 Day Pill Box	1	\$6

SKIN CARE

Product Code	Generic Name	Compare To	Size	Price
OTC217	Allergy Cream- Itching and Pain Relief	Benadryl® Extra Strength Cream	30 gm	\$5
OTC37	Calamine Lotion	Caladryl®	120 ml	\$3
OTC38	Clotrimazole Cream 1% - Athlete's Foot	Lotrimin AF®	15 gm	\$4
OTC4	Hydrocortisone Cream 1%	Cortizone 10®	30 gm	\$3
OTC105	Medicated Lip Balm	Medicated Lip Balm	1	\$1
OTC106	Sunblock	Coppertone®	120 ml	\$5
OTC218	Tolnaftate Antifungal Cream	Tinactin® Cream	30 gm	\$8

Humana Health and Wellness Product Catalog

SLEEPING AIDS

Product Code	Generic Name	Compare To	Size	Price
OTC121	Acetaminophen 500 mg and Diphenhydramine 25 mg	Tylenol® PM Extra Strength Tabs	50	\$5
OTC122	Diphenhydramine 25 mg - Night-Time Sleep Aid Tabs	Sominex® Tablets	50	\$4

SMOKING CESSATION

Product Code	Generic Name	Compare To	Size	Price
OTC123	Stop Smoking Gum - Nicotine Polacrilex gum 2 mg	Nicorette® 2 mg gum	50	\$15
OTC124	Stop Smoking Gum - Nicotine Polacrilex gum 4 mg	Nicorette® 4 mg gum	50	\$15

VITAMINS / MINERALS (DUAL-PURPOSE ITEMS*)

Product Code	Generic Name	Compare To	Size	Price
OTC250	Almebex Plus B-12	Almebex Plus B-12	473ml	\$25
OTCN11	Antioxidant Tablets	Antioxidant Tablets	60	\$5
OTCN3	B-Complex with B-12	B-Complex with B-12	100	\$4
OTCN2	Co-Enzyme Q-10 30 mg	Co-Enzyme Q-10 30 mg	30	\$10
OTC109	Calcium Citrate + Vitamin D	Citracal® Caplets+D	60	\$4
OTC248	Chewable Calcium with Vitamin D	Caltrate® 600 + D Plus Minerals 60 Chewable	60	\$8
OTC63	Complete Senior Vitamins and Minerals	Centrum® Silver	60	\$7
OTC11	Daily Multivitamin and Mineral	Advanced Formula Centrum®	130	\$5
OTCN7	Eye Care Vitamins	Ocuvite® Lutein	36	\$5
OTC13	Ferrous Sulfate 5 gr	Feosol®	100	\$3
OTC246	Ferrous Sulfate Elixer 220mg/5ml	Ferrous Sulfate Elixer20mg/5ml	480ml	\$8
OTC14	Folic Acid 400 mcg	Folic Acid 400 mcg	100	\$3
OTC240	Folic Acid 800 mcg	Folic Acid 800 mcg	100	\$4
OTC223	Glucose Chewable Tablets	DEX4® Glucose Tablets	10	\$2
OTC107	One a Day Women's Multivitamin	One-A-Day Women's	60	\$4
OTC15	Oyster Calcium + Vitamin D	Os-Cal 500+d	60	\$4
OTCN10	Selenium 200 mcg	Selenium 200 mcg	60	\$4
OTCN9	Timed Release Niacin 500 mg	Timed Release Niacin 500 mg	100	\$5
OTC238	Vitamin B12 1000 mcg	Vitamin B12 1000 mcg	100	\$7
OTC10	Vitamin-C 500 mg	Vitamin-C 500 mg	100	\$4
OTC209	Vitamin D 1000 IU	Vitamin D 1000 IU	100	\$5
OTC239	Vitamin D 5000 IU	Vitamin D 5000 IU	100	\$7
OTC12	Vitamin-E 400 IU Synthetic	Vitamin-E 400 IU Synthetic	100	\$5

Humana Health and Wellness Product Catalog

WOMEN'S HEALTH

Product Code	Generic Name	Compare To	Size	Price
OTC41	Clotrimazole Vaginal Cream	Gyne-Lotrimin®	45 gm	\$6
OTC42	Miconazole-7 Vaginal Cream	Monistat-7®	45 gm	\$6
OTC108	Phenazopyridine 95 mg	Azo-Standard®	30	\$5

* For Dual-Purpose items noted above: Prior to purchase (1) the enrollee must have appropriate conversations with the enrollee's personal provider, and (2) the enrollee's personal provider orally recommends the OTC item for a specific diagnosable condition. Other items on this order form are classified as eligible. These eligible items may be purchased by the enrollee without further action. OTC items may only be purchased for the plan enrollee. It is prohibited to purchase OTC items for family members and friends. Select items qualify for manual reimbursement under certain circumstances. The following items are not covered under this OTC benefit (non-eligible items): Alternative medicines (Includes botanicals, herbals, probiotics and nutraceuticals including fish oil, glucosamine & chondroitin, garlic, echinacea, saw palmetto, ginkgo biloba, etc), Baby items, Contraceptives, Convenience (non medical items), Cosmetics, Food Supplements, Replacement items, attachments, and peripherals (Includes: Hearing aid batteries, contact-lens containers, etc. when not factory packaged with original item).

** For item noted above: Limit 1 per year. Prior to purchase, 1) the enrollee must have appropriate conversations with the enrollee's personal provider, 2) the enrollee's personal provider must orally recommend the OTC item.