

2022 Humana Gold Plus Integrated Health and Wellness Catalog and Order Form



With the Humana Gold Plus Integrated (Medicare-Medicaid) plan, you can order up to \$65 of health and wellness items each quarter from Humana Pharmacy. You can have over-the-counter (OTC) items like cough medicine, sunscreen, and bandages mailed right to you.



Call Humana Pharmacy at **1-855-211-8370** (TTY: **711**) if you have questions about how to order your quarterly OTC products. Customer Care Representatives are available Monday – Friday, 7 a.m. to 10 p.m. and Saturday, 7 a.m. to 5:30 p.m., Central time. Call the number on the back of your ID card if you have questions about your quarterly benefit.

How to order:



Keep this catalog. You will need this to look up the OTC items you want to order each quarter. Place your order by the last week of your allowance period. Only order up to \$65 in OTC items. Your order may be late if it is more than \$65.

You can order:



- By mail: Fill out the Health and Wellness Order Form and mail only the order form pages to:

Humana Pharmacy
P.O. Box 1197
Cincinnati, OH 45201-1197



- By fax: Fill out the Health and Wellness Order Form and fax only the order form pages to:
1-800-379-7617

2022 Humana Gold Plus Integrated Health and Wellness Order Form



994



MEMBER INFORMATION

Member ID (found on Humana ID card)

Date of Birth

Gender

 Male
 Female

First Name

Last Name

Street Number

Street Name

Apt/Suite #

City

State

Zip Code

Daytime Phone

Evening Phone

Please check box if this is a new address:

Call Humana Pharmacy at **1-855-211-8370** (TTY: **711**), or the number on the back of your ID card, if you have questions about your OTC benefit. Customer Care Representatives are available Monday - Friday, 7 a.m. to 10 p.m. and Saturday, 7 a.m. to 5:30 p.m., Central time.

Orders will be mailed to you by UPS or the US Postal Service at no charge. Please allow 10 to 14 working days for your order to arrive. **Orders may be split into multiple shipments.** You'll receive a generic that is similar to the name-brand item. This product list is subject to change. If a product is unavailable or not in stock, it may be substituted for a similar product at no additional charge. The brand name product may also be sent. Generics allow you to get your OTC items at the best price. Please talk to your doctor before using any over-the-counter item. Humana Pharmacy reserves the right to limit the quantities of OTC medications and supplies dispensed. Please check with your healthcare provider before taking OTC medicines. Some items may vary depending on manufacturer (for example: caplets, tablets, capsules or soft gels may be substituted for one another). Returns or refunds are not accepted for items that were properly dispensed.

OTC items can only be mailed to the plan enrollee. You are not allowed to buy OTC items for family members and friends.

The following items are not covered under this OTC benefit (non-eligible items): Alternative medicines (including botanicals, herbals, probiotics and nutraceuticals including garlic, Echinacea, saw palmetto, ginkgo biloba, etc), Baby items, Contraceptives, Convenience (non-medical items), Cosmetics, Food Supplements, Replacement items, Attachments, and Peripherals (including hearing aid batteries, contact lens containers, etc when not factory packaged with original item).

Humana Gold Plus Integrated H0336-001(Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

Call if you need us

We're available Monday - Friday, from 8 a.m. - 8 p.m. Central time. However, please note that our automated phone system may answer your call after hours, during weekends, and holidays. Please leave your name and telephone number, and we'll call you back by the end of the next business day. The call is free. Visit Humana.com for 24 hour access to information such as claims history, eligibility, and Humana's drug list. There you can also use the physician finder and get health news and information.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call Customer Care at **1-800-787-3311** (TTY: **711**), Monday - Friday, from 8 a.m. - 8 p.m. Central time. The call is free.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-787-3311** (TTY: **711**). Estamos disponibles de lunes a viernes, de 8 a.m. a 8 p.m. hora Central. La llamada es gratuita.

Member ID (found on Humana ID card)

□□□□□□□□ - □□

Date of Birth

□□ / □□ / □□□□



994A



First name

□□□□□□□□□□□□□□

Last name

□□□□□□□□□□□□□□□□□□

MI

□

PRODUCT SELECTION

*Write in the quantity of the product you would like to receive, not the package size listed in catalog.

Product Code	Product Name	Quantity*	Price
<i>Example:</i> 0 1 6	Aspirin Low Dose 81mg EC	1	\$6
1 OTC □□□	_____	□	_____
2 OTC □□□	_____	□	_____
3 OTC □□□	_____	□	_____
4 OTC □□□	_____	□	_____
5 OTC □□□	_____	□	_____
6 OTC □□□	_____	□	_____
7 OTC □□□	_____	□	_____
8 OTC □□□	_____	□	_____
9 OTC □□□	_____	□	_____
10 OTC □□□	_____	□	_____
11 OTC □□□	_____	□	_____
12 OTC □□□	_____	□	_____
13 OTC □□□	_____	□	_____
14 OTC □□□	_____	□	_____
15 OTC □□□	_____	□	_____

To order by mail, send the completed Humana Health and Wellness Product Order Form page along with payment (if applicable) to:
Humana Pharmacy
P.O. Box 1197
Cincinnati, OH 45201-1197

Your total order amount \$ _____
Humana allowance \$ **65**

Over-the-Counter (OTC) Health and Wellness Product Catalog

Antacid, Anti-Diarrheal and Laxatives

Product code	Product name	Compare to	Package count	Price
032	Antacid/Anti-Gas Liquid	Mylanta®	12 oz.	\$8.00
318	Anti-Diarrheal Caplets- Loperamide 2 mg ⁺	Imodium® A-D	24	\$7.00
031	Anti-Hemorrhoidal Ointment	Preparation H®	2 oz.	\$7.00
093	Bisacodyl 5 mg	Dulcolax®	25	\$7.00
203	Calcium Carbonate Antacid- Regular Strength	Tums® Regular Strength	150	\$7.00
349	Children's Gas Relief Drops	Infant's Mylicon®	1 oz.	\$8.00
116	Dairy Digestive Supplement- Lactase Enzyme	Lactaid® Tablets	60	\$10.00
215	Effervescent Antacid & Pain Relief	Alka-Seltzer®	36	\$8.00
323	Esomeprazole 20 mg ⁺	Nexium® 24HR	28	\$17.00
320	Extra Strength Gas Relief Soft-Gels	Gas-X® Extra Strength	48	\$8.00
261	Famotidine 20 mg ⁺	Pepcid® 20 mg	25	\$8.00
415	Fiber Gummies	Vitafusion™ Fiber Well Gummies	90	\$16.00
208	Fiber Laxative Tablets	FiberCon®	90	\$9.00
503	Glycerin Suppositories	Fleet®	25	\$7.00
216	Hemorrhoidal Suppositories	Preparation H® Suppositories	12	\$7.00
504	Laxative (Bisacodyl) 10mg Suppositories	Laxative (Bisacodyl) 10mg Suppositories	12	\$7.00
505	Meclizine 25 mg ⁺	Bonine®	100	\$8.00
358	Medicated Hemorrhoidal Pads	Tucks® Pads	100	\$8.00
033	Milk of Magnesia- Laxative/Antacid	Phillips® Milk of Magnesia	12 oz.	\$7.00
120	Motion Sickness Tablets- Dimenhydrinate 50 mg ⁺	Dramamine®	12	\$6.00
351	Nausea Relief Liquid	Emetrol®	4 oz.	\$7.00
112	Omeprazole 20 mg ⁺	Prilosec OTC®	14	\$10.00
115	Pink Bismuth- Chewable Tablets ⁺	Pepto-Bismol® Chewable Tablets	30	\$7.00
264	Polyethylene Glycol 3350 ⁺	MiraLAX®	8.3 oz.	\$10.00
258	Psyllium Fiber Laxative Capsules	Metamucil® Capsules	160	\$11.00
359	Psyllium Fiber Supplement Orange Smooth Texture Powder	Metamucil®	13 oz.	\$10.00
360	Psyllium Fiber Supplement Orange Smooth Texture Powder- Sugar Free	Metamucil® Sugar Free	10 oz.	\$9.00
233	Senna Laxative Tablets	Senokot®	100	\$10.00
101	Stool Softener Capsules ⁺	Colace®	100	\$7.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

⁺This item is also covered on the plan's preferred drug list at \$0 with a prescription from your provider, or you can order on your \$65 OTC benefit without a prescription.

Bath Safety

Product code	Product name	Compare to	Package count	Price
417	Bath Bench with Arms and Back**	Essential Medical Supply Shower Bench with Back	1	\$60.00
418	Bath Bench with Arms, No Back**	Essential Medical Supply Shower Bench	1	\$50.00
371	Bath Mat**	Bath Mat	1	\$12.00
491	Grab Bar, Knurled Chrome, 12"	Grab Bar, Knurled Chrome, 12"	1	\$15.00
492	Grab Bar, Knurled Chrome, 24"	Grab Bar, Knurled Chrome, 24"	1	\$18.00
493	Grab Bar, Knurled Chrome, 32"	Grab Bar, Knurled Chrome, 32"	1	\$22.00
494	Handheld Shower	Handheld Shower	1	\$22.00
372	Raised Toilet Seat- 250 lbs. capacity**	Raised Toilet Seat- 250 lbs. capacity	1	\$25.00
420	Toilet Safety Rails**	Nova® Toilet Safety Rails	1	\$40.00
373	Tub and Stair Safety Treads	Tub and Stair Safety Treads	8	\$8.00
421	Tub Safety Bar**	Drive Medical Tub Safety Bar	1	\$40.00

Cough, Cold and Allergy

Product code	Product name	Compare to	Package count	Price
113	Cetirizine HCL 10 mg ⁺	Zyrtec® 10 mg	30	\$12.00
352	Children's Cold & Cough DM Elixir Liquid	Children's Dimetapp®	4 oz.	\$7.00
495	Claritin® Reditabs ⁺	Claritin® Reditabs	30	\$24.00
260	Cough and Cold High Blood Pressure Tablets*	Coricidin® HBP Cough and Cold	16	\$7.00
422	Cough Drops, Black Cherry, Sugar Free	Halls® Cough Drops Sugar Free	25	\$3.00
423	Cough Drops, Honey Lemon	Halls® Cough Drops	30	\$3.00
321	Cough Formula Expectorant	Robitussin®	8 oz.	\$7.00
210	Cough Suppressant/Expectorant (sugar free) ⁺ **	Robitussin® Sugar Free DM	4 oz.	\$7.00
096	Cough Suppressant/Nasal Decongestant/Expectorant*	Robitussin® CF	4 oz.	\$7.00
237	Daytime Cold and Flu Soft Gels*	DayQuil™	16	\$7.00
111	Expectorant- Guaifenesin 400 mg	Mucus Relief 400 mg	30	\$9.00
589	Guaifenesin Extended Release 600 mg	Guaifenesin Extended Release 600 mg	20	\$18.00
291	Eye Itch Relief 0.025% Eye Drops	Zaditor®	0.17 oz.	\$13.00
496	Fexofenadine 180 mg	Allegra®	30	\$15.00
361	Levocetirizine ⁺	Xyzal®	35	\$10.00
110	Loratadine 10 mg	Claritin®	30	\$10.00
290	Loratadine Liquid 5 mg/5 ml ⁺	Children's Claritin®	4 oz.	\$9.00
043	Medicated Chest Rub	Vicks VapoRub®	100 gm	\$7.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

⁺This item is also covered on the plan's preferred drug list at \$0 with a prescription from your provider, or you can order on your \$65 OTC benefit without a prescription.

^{**}Limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their personal provider about the appropriateness of this OTC item.

117	Menthol/Benzocaine Sore Throat Lozenges	Cepacol® Lozenges	18	\$7.00
228	Nasal Decongestant PE Max Strength	Sudafed® PE Tablets	36	\$6.00
095	Nasal Decongestant Spray	Afrin®	1 oz.	\$6.00
497	Nasal Rinse Kit	NeilMed® Sinus Rinse™	1	\$18.00
362	Nasal Strips- Medium	Breathe Right® Nasal Strips	30	\$12.00
220	Phenol/Oral Anesthetic Sore Throat Spray	Chloraseptic®	6 oz.	\$7.00
325	Saline Nasal Spray	Ocean® Saline Nasal Spray	3 oz.	\$7.00
097	Sinus-Acetaminophen/Phenylephrine HCL	Tylenol® Sinus	24	\$7.00
424	Steam Inhaler**	Vicks® Steam Inhaler	1	\$45.00
498	Theraflu MultiSymptom Severe Cold*	Theraflu MultiSymptom Severe Cold with Green Tea & Honey Lemon Hot Liquid Powder for Cough & Cold Relief	6	\$12.00
293	Triamcinolone Allergy Nasal Spray	Nasacort® Allergy 24 hour	0.57 oz.	\$18.00

Diabetes Management

Product code	Product name	Compare to	Package count	Price
499	Compression Dress Socks 8- 15 mmHg, Black- Large	Curad®	1 pair	\$17.00
500	Compression Dress Socks 8- 15 mmHg, Black- Medium	Curad®	1 pair	\$17.00
501	Compression Dress Socks 8- 15 mmHg, Black- Small	Curad®	1 pair	\$17.00
265	Compression Stockings 15-20mmHg Regular Beige Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	1 pair	\$13.00
266	Compression Stockings 15-20mmHg Regular Beige Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	1 pair	\$13.00
267	Compression Stockings 15-20mmHg Regular Beige Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	1 pair	\$13.00
268	Compression Stockings 15-20mmHg Regular Beige Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	1 pair	\$13.00
269	Compression Stockings 15-20mmHg Regular Beige Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	1 pair	\$13.00
270	Compression Stockings 15-20mmHg Regular Beige Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	1 pair	\$13.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

*Sale of products containing Dextromethorphan are prohibited to members under the age of 18. Limit quantity of two per order.

**Limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their personal provider about the appropriateness of this OTC item.

271	Compression Stockings 15-20mmHg Regular Beige Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	1 pair	\$13.00
329	Compression Stockings 15-20mmHg Regular Black Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	JOBST® Compression Stockings 15-20mmHg Regular Black Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	1 pair	\$13.00
330	Compression Stockings 15-20mmHg Regular Black Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	JOBST® Compression Stockings 15-20mmHg Regular Black Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	1 pair	\$13.00
331	Compression Stockings 15-20mmHg Regular Black Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	JOBST® Compression Stockings 15-20mmHg Regular Black Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	1 pair	\$13.00
332	Compression Stockings 15-20mmHg Regular Black Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	JOBST® Compression Stockings 15-20mmHg Regular Black Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	1 pair	\$13.00
333	Compression Stockings 15-20mmHg Regular Black Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	JOBST® Compression Stockings 15-20mmHg Regular Black Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	1 pair	\$13.00
334	Compression Stockings 15-20mmHg Regular Black Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	JOBST® Compression Stockings 15-20mmHg Regular Black Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	1 pair	\$13.00
335	Compression Stockings 15-20mmHg Regular Black Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	JOBST® Compression Stockings 15-20mmHg Regular Black Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	1 pair	\$13.00
376	Diabetes Circulatory Crew Socks 8-15mmHg Black- Small	Diabetes Circulatory Crew Socks 8-15mmHg Black- Small	1 pair	\$10.00
375	Diabetes Circulatory Crew Socks 8-15mmHg Black- Medium	Diabetes Circulatory Crew Socks 8-15mmHg Black- Medium	1 pair	\$10.00
374	Diabetes Circulatory Crew Socks 8-15mmHg Black- Large	Diabetes Circulatory Crew Socks 8-15mmHg Black- Large	1 pair	\$10.00
377	Diabetes Circulatory Crew Socks 8-15mmHg Black- XL	Diabetes Circulatory Crew Socks 8-15mmHg Black- XL	1 pair	\$10.00
381	Diabetes Circulatory Crew Socks 8-15mmHg White- Small	Diabetes Circulatory Crew Socks 8-15mmHg White- Small	1 pair	\$10.00
380	Diabetes Circulatory Crew Socks 8-15mmHg White- Medium	Diabetes Circulatory Crew Socks 8-15mmHg White- Medium	1 pair	\$10.00
379	Diabetes Circulatory Crew Socks 8-15mmHg White- Large	Diabetes Circulatory Crew Socks 8-15mmHg White- Large	1 pair	\$10.00
382	Diabetes Circulatory Crew Socks 8-15mmHg White- XL	Diabetes Circulatory Crew Socks 8-15mmHg White- XL	1 pair	\$10.00
502	Diabetic Blood Sugar Log Book	Diabetic Blood Sugar Log Book	1	\$11.00
368	Diabetic Foot Care Telescoping Inspection Mirror	Telescoping Mirror	1	\$12.00
272	Diabetic Skin Relief Foot Cream	Gold Bond® Diabetic Skin Relief Foot Cream	3.4 oz.	\$11.00
305	Glucose Tablets (6 pack of 10 tablets)	DEX4® Glucose Tablets	60	\$12.00
274	Sharps Container	BD™ Home Sharps Container	1	\$6.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

First Aid

Product code	Product name	Compare to	Package count	Price
035	Alcohol Prep Pads ⁺	Curad [®] Alcohol Swabs	100	\$4.00
506	Antiseptic Spray	Antiseptic Spray	2 oz.	\$4.00
507	Burn Relief Spray	Burn Relief Spray	2 oz.	\$4.00
508	Butterfly Closures	Butterfly Closures	12	\$4.00
509	Cloth Tape 1" X 10 yards	Cloth Tape 1" X 10 yards	1	\$5.00
510	Curad [®] Adhesive Bandages- Fingertip	Curad [®] Adhesive Bandages- Fingertip	100	\$8.00
511	Curad [®] Adhesive Bandages- Knuckles	Curad [®] Adhesive Bandages- Knuckles	100	\$8.00
512	Curad [®] Bandage Variety Pack	Curad [®] Bandage Variety Pack	200	\$11.00
513	Curad [®] Germ Shield Gel	Curad [®] Germ Shield Gel	0.5 oz.	\$6.00
519	Curad [®] Non-Stick Pad 3x4	Curad [®] Non-Stick Pad 3x4	10	\$5.00
514	Curad [®] Quick Stop Blood Controlling Bandages	Curad [®] Quick Stop Blood Controlling Bandages	30	\$6.00
515	Curad [®] silicone bandages	Curad [®] silicone bandages .75 x 4	20	\$4.00
516	Curad [®] Soothe & Cool Burn Bandages, Instant Cooling, Assorted Sizes	Curad [®] Soothe & Cool Burn Bandages, Instant Cooling, Assorted Sizes	8	\$9.00
517	Curad [®] Spray Bandage ⁺⁺	Curad [®] Spray Bandage	1.35 oz	\$10.00
518	Curad [®] Wound Care Kit (gauze pads, non-stick pad, paper tape)	Curad [®] Wound Care Kit (gauze pads, non-stick pad, paper tape)	25 pcs	\$9.00
226	Elastic Bandage 4"	Ace [®] Bandage	1	\$5.00
425	Elastic Bandage 6"	Ace [®] Bandage	1	\$9.00
385	First Aid Kit- 175 Pieces	Curad [®] First Aid Kit- 175 pcs.	1 kit	\$12.00
520	Gauze Sponges 4" X 4"	Gauze Sponges 4" X 4"	50	\$8.00
427	Hand Sanitizer ⁺⁺	Purell [®]	8 oz.	\$4.00
521	Hand Sanitizer wipes ⁺⁺	Purell [®]	160	\$12.00
428	Hot Water Bottle	Hot Water Bottle	1	\$10.00
429	Hydrogen Peroxide	Hydrogen Peroxide	16 oz.	\$2.00
430	Ice Bag	Ice Bag	1	\$6.00
431	Paper Tape 2" x 10 Yards	Curad [®] Paper Tape	1	\$9.00
432	Petroleum Jelly	Vaseline [®]	4 oz.	\$4.00
324	Plastic Bandages	Band-Aids [®]	200	\$9.00
433	Rubbing Alcohol ⁺⁺	Rubbing Alcohol	16 oz.	\$3.00
231	Triple Antibiotic Ointment Plus	Neosporin [®] + Pain Relief	1 oz.	\$7.00
384	Waterproof Adhesive Bandages	Waterproof Adhesive Bandages	100	\$9.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

⁺This item is also covered on the plan's preferred drug list at \$0 with a prescription from your provider, or you can order on your \$65 OTC benefit without a prescription.

⁺⁺Product cannot be shipped to P.O. Boxes, Alaska, Hawaii, or Puerto Rico

Fitness Devices

Product code	Product name	Compare to	Package count	Price
441	Pedometer	Pedometer	1	\$20.00

Home Medical

Product code	Product name	Compare to	Package count	Price
257	7-Day Pill Box	7-Day Pill Box	1	\$9.00
524	Bed Pan	Bed Pan	1	\$10.00
525	Bedside Stool with Handle**	Bedside Stool with Handle	1	\$57.00
242	Blood Pressure Home Kit (manual pump w/stethoscope)**	Blood Pressure Home Kit (manual pump w/stethoscope)	1	\$17.00
526	Cane For Vision Impaired**	Cane For Vision Impaired	1	\$20.00
527	Cane with Offset Handle**	Cane with Offset Handle	1	\$20.00
486	Cloth masks limit 1 pack per month/3 packs per quarter	Cloth masks	3 masks	\$14.00
443	CPAP Memory Foam Pillow**	CPAP Memory Foam Pillow	1	\$60.00
444	CPAP Pillow- Fiber Filled**	CPAP Pillow- Fiber Filled	1	\$45.00
247	Digital Bathroom Scale**	Digital Bathroom Scale	1	\$24.00
245	Digital Blood Pressure Monitor**	Digital Blood Pressure Monitor	1	\$50.00
445	Digital Hearing Amplifier	Clearon Hearing Amplifier	1	\$50.00
485	Disposable Masks limit 3 packs per month/9 packs per quarter	Disposable Masks	10 masks	\$10.00
591	Extra-Large Blood Pressure Cuff	Extra-Large Blood Pressure Cuff	1	\$27.00
447	Foam Ring Cushion	Carex®	1	\$21.00
528	Foam Roller	Foam Roller	1	\$17.00
529	Folding Cane**	Folding Cane	1	\$18.00
530	Food Scale	Food Scale	1	\$20.00
531	Grabber Reacher Tool	Grabber Reacher Tool	1	\$15.00
448	Heating Pad for Shoulder and Neck** <insert length and width>	Sunbeam®	1	\$40.00
449	Humidifier, Ultra-Sonic Cool Mist**	Honeywell® Humidifier- Ultrasonic	1	\$50.00
450	Hypoallergenic Pillow	Hypoallergenic Pillow	1	\$25.00
592	Inhaler Spacer	Inhaler Spacer	1	\$20.00
451	Lumbar Cushion	Carex®	1	\$25.00
446	Magnifying Glass	Magnifying Glass	1	\$13.00
452	Medical Bracelet- Diabetes	Medical Bracelet	1	\$21.00
453	Medical Bracelet- Heart Patient	Medical Bracelet	1	\$21.00
370	Medication Disposal Powder	DisposeRx™	3	\$11.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

**Limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their personal provider about the appropriateness of this OTC item.

458	Medication Lock	Pillpod	1	\$22.00
532	Non-skid Slipper Socks	Non-skid Slipper Socks	1 pair	\$3.00
048	Oral Thermometer	B-D® Oral Thermometer	1	\$7.00
533	Padded Bedside Fall Mat**	Padded Bedside Fall Mat	1	\$65.00
455	Peak Flow Meter	Peak Flow Meter	1	\$18.00
456	Pill Bottle Opener	Pill Bottle Opener	1	\$7.00
457	Pill Splitter & Crusher	Pill Splitter & Crusher	1	\$9.00
419	Plug-In LED Night Lights	Plug-In LED Night Lights	2	\$8.00
309	Pulse Oximeter**	Pulse Oximeter	1	\$50.00
386	Quad Cane Large Base-300lbs capacity**	Quad Cane Large Base-300lbs capacity	1	\$25.00
387	Quad Cane Small Base-300lbs capacity**	Quad Cane Small Base-300lbs capacity	1	\$25.00
534	Resistance Band, medium resistance	Theraband®	1	\$9.00
594	Sock Assistance Device	Sock Assistance Device	1	\$13.00
461	Talking Digital Bathroom Scale**	Talking Digital Bathroom Scale	1	\$35.00
462	Talking Ear and Forehead Thermometer**	DualScan® Thermometer, Audio	1	\$30.00
593	Talking Pulse Oximeter	Talking Pulse Oximeter	1	\$60.00
535	Warm Mist Humidifier with Steam Inhaler**	Crane	1	\$50.00
536	Warm Mist Steam Inhaler Pads	Crane	12	\$13.00
463	Weighted Utensil Set	Weighted Utensil Set	1	\$40.00

Incontinence

Product code	Product name	Compare to	Package count	Price
256	Absorbent Underpads (Disposable Chux Pads) 23"x36"	Protection Plus® Disposable Underpads 23" x 36"	20	\$15.00
396	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, S	FitRight® Disposable Briefs Extra Absorbency - Small	20	\$17.00
395	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, M	FitRight® Disposable Briefs Extra Absorbency - Medium	20	\$17.00
394	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, L	FitRight® Disposable Briefs Extra Absorbency - Large	20	\$17.00
397	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, XL	FitRight® Disposable Briefs Extra Absorbency - XL	20	\$17.00
398	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, XXL	FitRight® Disposable Briefs Extra Absorbency - XXL	20	\$17.00
401	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, S	FitRight® Disposable Briefs Ultra Absorbency - Small	20	\$17.00
400	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, M	FitRight® Disposable Briefs Ultra Absorbency - Medium	20	\$17.00
399	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, L	FitRight® Disposable Briefs Ultra Absorbency - Large	20	\$17.00
402	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, XL	FitRight® Disposable Briefs Ultra Absorbency - XL	20	\$17.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

**Limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their personal provider about the appropriateness of this OTC item.

403	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, XXL	FitRight® Disposable Briefs Ultra Absorbency - XXL	20	\$17.00
366	Bladder Control Guards for Men	FitRight® Active Bladder Guards for Men	52	\$14.00
595	Bladder Control Pad for Women - Light	FitRight	20	\$8.00
596	Bladder Control Pad for Women - Moderate	FitRight	16	\$8.00
597	Bladder Control Pad for Women - Maximum	FitRight	10	\$8.00
598	Bladder Control Pad for Women - Ultimate	FitRight	10	\$8.00
307	Diaper Rash Ointment	Desitin® Ointment	2 oz.	\$8.00
537	Disposable Underpad 36 x 36	Disposable Underpad 36 x 36	50	\$35.00
538	Extended Wear High Capacity Tab-Style Briefs- Large	Extended Wear High Capacity Tab-Style Briefs- Large	15	\$18.00
539	Extended Wear High Capacity Tab-Style Briefs- Medium	Extended Wear High Capacity Tab-Style Briefs- Medium	15	\$18.00
540	Extended Wear High Capacity Tab-Style Briefs- Small	Extended Wear High Capacity Tab-Style Briefs- Small	30	\$22.00
541	Extended Wear High Capacity Tab-Style Briefs- XL	Extended Wear High Capacity Tab-Style Briefs- XL	15	\$18.00
369	Flushable Cleansing Cloths	Cottonelle®	40	\$5.00
599	Panty Liner- Long	Panty Liner- Long	40	\$8.00
600	Incontinence Underwear for Women- SM/MD	FitRight®	20	\$17.00
601	Incontinence Underwear for Women- L/XL	FitRight®	20	\$17.00
602	Incontinence Underwear for Men- SM/MD	FitRight®	20	\$17.00
603	Incontinence Underwear for Men- L/XL	FitRight®	20	\$17.00
604	Incontinence Unisex Underwear- 2XL	FitRight®	20	\$19.00
542	Washable Underpads	Washable Underpads	1	\$10.00

Pain Relievers

Product code	Product name	Compare to	Package count	Price
294	Acetaminophen 325 mg ⁺	Tylenol® Regular Strength	100	\$7.00
002	Acetaminophen 500 mg ⁺	Tylenol® Extra Strength	100	\$7.00
020	Acetaminophen 80 mg chewable ⁺	Tylenol® Children's Chewable	30	\$7.00
605	Acetaminophen Arthritis	Tylenol® Arthritis	24	\$8.00
543	Arthritis Pain Gel ⁺	Voltaren Gel	3.53 oz.	\$15.00
016	Aspirin Low Dose 81 mg EC	Bayer® Adult Low Strength EC	120	\$6.00
353	Children's Acetaminophen Liquid	Children's Tylenol®	4 oz.	\$7.00
213	Cold and Hot Patches	Icy Hot® Patch	5	\$8.00
229	Enteric Coated Aspirin 325 mg ⁺	Ecotrin®	100	\$7.00
125	Headache Formula- Aspirin/Acetaminophen/Caffeine	Excedrin®	100	\$9.00
019	Ibuprofen 200 mg Tablets	Advil®	50	\$7.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

⁺This item is also covered on the plan's preferred drug list at \$0 with a prescription from your provider, or you can order on your \$65 OTC benefit without a prescription.

094	Ibuprofen Suspension (Children's)	Children's Motrin®	4 oz.	\$8.00
354	Infant's Acetaminophen	Infant's Tylenol	2 oz.	\$9.00
365	Lidocaine Patches	Salonpas® Lidocaine Patches	6	\$10.00
046	Muscle Rub	BenGay®	4 oz.	\$8.00
283	Naproxen Sodium 220 mg†	Aleve®	100	\$9.00
344	Roll-on Muscle Relief	Biofreeze®	2.5 oz.	\$13.00
464	Spray-On Muscle Relief**	BioFreeze® Spray	4 oz.	\$13.00
119	Topical Analgesic- Capsaicin Cream 0.025%	Zostrix® Cream	2 oz.	\$9.00

Personal Care

Product code	Product name	Compare to	Package count	Price
544	Abreva® Cold Sore Treatment	Abreva® Cold Sore Treatment	.07 oz.	\$28.00
545	Aim® Toothpaste	Aim® Toothpaste	5.5 oz	\$6.00
546	Bausch + Lomb Alaway® Antihistamine Eye Drops	Bausch + Lomb Alaway® Antihistamine Eye Drops	.34 oz.	\$15.00
547	Bausch + Lomb Soothe® Lubricant Eye Drops, Hydration	Bausch + Lomb Soothe® Lubricant Eye Drops, Hydration	.5 oz.	\$15.00
548	Biotene® Spray	Biotene® Spray	1.5 oz.	\$11.00
549	Biotene® Toothpaste	Biotene® Toothpaste	4.3 oz.	\$11.00
465	Bunion Guard	Bunion Guard	1	\$9.00
550	Colgate® Toothpaste	Colgate® Toothpaste	4 oz.	\$6.00
551	Contact Lens Solution	Opti-Free® Replenish®	12 oz.	\$10.00
036	Cotton Swabs	Q-Tips® Cotton Swabs	300	\$6.00
552	Crest® Toothpaste	Crest® Toothpaste	5.4 oz.	\$7.00
224	Dental Floss, Waxed	Dental Floss, Waxed	100 yards	\$5.00
391	Dental Flossers	Dental Flossers	90	\$6.00
225	Denture Adhesive	Fixodent®	1.5 oz.	\$6.00
392	Denture Brush	GUM® Denture Brush	1	\$6.00
345	Disposable Gloves- Non-Latex	Curad®	100	\$10.00
393	Dry Mouth Oral Rinse	Biotene® Dry Mouth Oral Rinse	16 fl oz.	\$9.00
118	Earwax Removal Drops	Debrox® Earwax Removal Drops	0.5 oz.	\$7.00
319	Effervescent Denture Tabs	Efferdent®	90	\$9.00
219	Eye Drops- Redness Reliever	Visine® Original	0.5 oz.	\$6.00
553	Fixodent® Denture Adhesive	Fixodent® Denture Adhesive	2.4 oz.	\$9.00
388	Insect Bite Relief	After Bite®	0.5 oz.	\$9.00
554	Interdental Brush Picks	Gum®	275	\$6.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

*This item is also covered on the plan's preferred drug list at \$0 with a prescription from your provider, or you can order on your \$65 OTC benefit without a prescription.

**Limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their personal provider about the appropriateness of this OTC item.

555	Interdental Gum Brushes	Gum®	10	\$7.00
356	Lubricant Eye Drops	Refresh Optive® Lubricant Eye Drops	0.5 oz.	\$15.00
114	Lubricant Eye Drops (Sterile)	Lubricant Eye Drops (Sterile)	0.5 oz.	\$7.00
346	Lubricant Eye Gel	GenTeal®	0.34 oz.	\$12.00
404	Medicated Foot Powder	Gold Bond® Medicated Foot Powder	4 oz.	\$6.00
414	Medicated Lip Treatment Squeeze Tube- 2 Pack	Carmex®	2	\$6.00
473	Moleskin	Moleskin	3 strips	\$6.00
295	Oral Pain Relief- Benzocaine 20%	Orajel™ Maximum	0.5 oz.	\$7.00
556	Pataday® Once Daily Relief†	Pataday® Once Daily Relief	2.5 ml	\$22.00
557	Pataday® Twice Daily Relief†	Pataday® Twice Daily Relief	5 ml	\$20.00
558	Pepsodent Toothpaste	Pepsodent Toothpaste	5.5	\$5.00
405	Preservative Free Lubricant Eye Drops	Refresh Optive®	30	\$15.00
310	Reusable Cold Compress	ACE™ Cold Compress	1	\$7.00
606	Sensodyne Toothpaste	Sensodyne Toothpaste	6 oz	\$13.00
559	Swimmer's Ear Solution	Debrox® Swimmer's Ear Drying Drops	1 oz.	\$9.00
284	Toothbrush	Toothbrush	3	\$7.00
285	Toothpaste	Toothpaste	2	\$8.00
296	Wart Remover Liquid 17%	Compound W® Max Strength	0.31 oz.	\$9.00

Skin Care

Product code	Product name	Compare to	Package count	Price
217	Allergy Cream- Itch and Pain Relief	Benadryl® Extra Strength Cream	1 oz.	\$6.00
560	Aloe Vera with Lidocaine	Aloe Vera with Lidocaine	20 oz.	\$10.00
037	Calamine Lotion	Calamine	6 oz.	\$7.00
038	Clotrimazole Cream 1%†	Lotrimin AF®	0.5 oz.	\$7.00
408	Diabetic Skin Relief	Gold Bond® Ultimate Diabetics' Dry Skin Relief Hydrating Lotion	4.5 oz.	\$11.00
409	Eczema Moisturizing Cream	Aveeno® Active Naturals® Eczema Therapy Moisturizing Cream	5 oz.	\$13.00
322	Hydrocortisone Cream 1%†	Cortaid®	2 oz.	\$7.00
241	Medicated Callus Remover	Dr. Scholl's®	6	\$7.00
561	Phytoplex Calazime Skin Protectant	Phytoplex Calazime Skin Protectant	4 oz.	\$13.00
410	Psoriasis Medicated Ointment	Psoriasis Medicated Ointment	3.8 oz.	\$13.00
562	Skin Protectant Paste	Skin Protectant Paste	4 oz.	\$9.00
563	Skin Repair Cream	Remedy® Intensive Skin Therapy Skin Repair Cream	4 oz.	\$6.00
411	Soothing Oatmeal Bath Treatment	Aveeno® Soothing Bath Treatment	8	\$10.00
306	Sunblock SPF 30	Coppertone® SPF 30	8 oz.	\$9.00
564	Sunscreen SPF 50	Sunscreen SPF 50	8 oz.	\$9.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

†This item is also covered on the plan's preferred drug list at \$0 with a prescription from your provider, or you can order on your \$65 OTC benefit without a prescription.

**Limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their personal provider about the appropriateness of this OTC item.

218	Tolnaftate 1% Antifungal	Tinactin [®] Cream	1 oz.	\$8.00
308	Vitamin A&D Ointment	A&D [®] Original Ointment	4 oz.	\$8.00

Smoking Cessation

Product code	Product name	Compare to	Package count	Price
313	Nicotine Transdermal 14 mg Patch [†]	Nicotine Transdermal Patch	7	\$25.00
314	Nicotine Transdermal 21 mg Patch [†]	Nicotine Transdermal Patch	7	\$25.00
315	Nicotine Transdermal 7 mg Patch [†]	Nicotine Transdermal Patch	7	\$25.00
123	Stop Smoking Gum- 2 mg [†]	Nicorette [®] 2 mg gum	50	\$20.00
124	Stop Smoking Gum- 4 mg [†]	Nicorette [®] 4 mg gum	50	\$20.00

Supports

Product code	Product name	Compare to	Package count	Price
336	Ankle Support	Futuro [®]	1	\$11.00
565	Arthritis Gloves- S	Vive Arthritis Gloves	1 pair	\$18.00
363	Arthritis Gloves, Large	Vive Arthritis Gloves	1 pair	\$18.00
364	Arthritis Gloves, Medium	Vive Arthritis Gloves	1 pair	\$18.00
337	Back Support Elastic- one size fits most	Futuro [®]	1	\$25.00
566	Back Support with Pulley System LG/XL	Back Support with Pulley System LG/XL	1	\$18.00
567	Back Support with Pulley System SM/MED	Back Support with Pulley System SM/MED	1	\$18.00
568	Back Support with Pulley System 2XL	Back Support with Pulley System 2XL	1	\$18.00
442	Carpal Tunnel Night Brace	Futuro [®] Carpal Tunnel Night Brace	1	\$23.00
339	Elbow Support	Futuro [®] Elbow Support	1	\$10.00
357	Knee Support w/Stays XL	Futuro [®] Knee Support w/Stays - XL	1	\$15.00
340	Knee Support w/Stays L	Futuro [®] Knee Support w/Stays - L	1	\$15.00
341	Knee Support w/Stays M	Futuro [®] Knee Support w/Stays - M	1	\$15.00
342	Knee Support w/Stays S	Futuro [®] Knee Support w/Stays - S	1	\$15.00
459	Plantar Fasciitis Relief Sleeve	Plantar Fasciitis Relief Sleeve	1 pair	\$12.00
343	Wrist Support	Futuro [®]	1	\$15.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

*This item is also covered on the plan's preferred drug list at \$0 with a prescription from your provider, or you can order on your \$65 OTC benefit without a prescription.

**Sale of products containing nicotine are prohibited to members under the age of 21.

Vitamins, Minerals and Supplements

Product code	Product name	Compare to	Package count	Price
250	Almebex Plus B-12	Almebex Plus B-12®	473 ml	\$27.00
297	Antioxidant Tablets	Antioxidant Tablets	60	\$8.00
569	Bausch + Lomb PreserVision® AREDS 2 chewables	Bausch + Lomb PreserVision® AREDS 2 chewables	60	\$25.00
475	Biotin Gummies	Vitafusion™	100	\$12.00
476	Calcium + Vitamin D Gummies	Nature's Way® Alive!®	60	\$12.00
570	Calcium Carbonate with Vitamin D 600 mg - 400IU TAB	Calcium Carbonate with Vitamin D 600 mg - 400IU TAB	100	\$11.00
109	Calcium Citrate + Vitamin D	Citracal® Caplets + D	60	\$7.00
248	Chewable Calcium with Vitamin D Plus Minerals	Caltrate® 600 + D Plus Minerals Chewable	60	\$9.00
355	Children's Gummy Vitamins	VitaFusion™	60	\$9.00
367	Co-Enzyme Q-10 100 mg	Co-Enzyme Q-10 100 mg	30	\$12.00
902	Co-Enzyme Q-10 30 mg	Co-Enzyme Q-10 30 mg	30	\$10.00
063	Complete Senior Vitamins and Minerals	Centrum® Silver	60	\$10.00
011	Daily Multivitamin and Mineral	Centrum®	130	\$10.00
608	Elderberry Tablets	Elderberry Tablets	60	\$12.00
571	Ensure® Nutrition Shake, Chocolate, 8 oz.	Ensure®	24	\$55.00
577	Ensure® Nutrition Shake, Vanilla 8 oz.	Ensure®	24	\$55.00
907	Eye Care Vitamins	Ocuvite® Extra	36	\$9.00
298	Ferrous Sulfate 5 gr	Feosol® 100	100	\$8.00
477	Flax Seed Oil 1000 mg Softgels	Flax Seed Oil	90	\$10.00
240	Folic Acid 800 mcg	Folic Acid 800 mcg	100	\$7.00
572	Food and Beverage Thickener	Thick-It® Food and Beverage Thickener	10 oz.	\$8.00
573	Glucerna® Diabetes Nutrition Shake, Chocolate, 8 oz.	Glucerna®	24	\$55.00
578	Glucerna® Diabetes Nutrition Shake, Vanilla, 8 oz.	Glucerna®	24	\$55.00
412	Glucosamine Chondroitin Triple Strength	Glucosamine Chondroitin Triple Strength	100	\$25.00
299	Gummy Multi-Vitamin	Multi-Vitamin Gummy	120	\$12.00
300	Gummy Vitamin C 250 mg	Vitamin C 250 mg Gummy	100	\$11.00
301	Gummy Vitamin D 2000 IU	Vitamin D 2000 IU Gummy	120	\$11.00
474	Immune Support Chewable Tablets	Airborne®	32	\$9.00
609	Ginseng Extract 100 mg	Ginseng Extract 100 mg	60	\$15.00
246	Liquid Iron Formulation 220mg/5ml	Liquid Iron	16 oz.	\$9.00
302	Magnesium Oxide 400 mg ⁺	Mag-Ox® 400 mg	120	\$9.00
278	Melatonin 5 mg	Melatonin 5 mg	100	\$8.00
479	Melatonin Gummies, 5 mg	Vitajoy®	120	\$12.00
413	Omega-3 Fish Oil 1000 mg	Omega-3 Fish Oil 1000 mg	90	\$10.00

You'll receive a generic comparable to the name-brand product. This list is subject to change.

*This item is also covered on the plan's preferred drug list at \$0 with a prescription from your provider, or you can order on your \$65 OTC benefit without a prescription.

107	One Daily Women's Multivitamin	One-A-Day Women's®	60	\$8.00
316	One Daily Men's Multivitamin	One-A-Day Men's®	60	\$8.00
317	Organic Sulfur MSM 1000 mg	Organic Sulfur MSM 1000 mg	90	\$9.00
610	Papaya Enzyme	Papaya Enzyme	100	\$10.00
303	Potassium Gluconate 595 mg	Potassium Gluconate 595 mg	100	\$7.00
607	Probiotic	Probiotic	30	\$18.00
481	Rena-vite Vitamins	Rena-vite Vitamins	100	\$15.00
909	Timed Release Niacin 500 mg ⁺	Timed Release Niacin 500 mg	100	\$9.00
574	Vitamin B-12 500 mcg Tab	Vitamin B-12 500 mcg Tab	100	\$7.00
238	Vitamin B-12 1000 mcg	Vitamin B-12 1000 mcg	100	\$8.00
279	Vitamin B-12 5000 mcg Sublingual	Vitamin B-12 5000 mcg Sublingual	30	\$8.00
482	Vitamin B-Complex Gummies	VitaFusion™	70	\$12.00
280	Vitamin B-Complex Sublingual	Vitamin B-Complex Sublingual	60	\$8.00
903	Vitamin B-Complex with B-12	Vitamin B-Complex with B-12	100	\$8.00
010	Vitamin C 500 mg	Vitamin C 500 mg	100	\$7.00
209	Vitamin D 1000 IU	Vitamin D 1000 IU	100	\$8.00
483	Vitamin D 50,000 IU	Vitamin D 50,000 IU	12	\$20.00
239	Vitamin D 5000 IU	Vitamin D 5000 IU	100	\$9.00
576	Vitamin D3 2000 IU	Vitamin D3 2000 IU	240	\$11.00
012	Vitamin E 400 IU	Vitamin E 400 IU	100	\$10.00

Women's Health

Product code	Product name	Compare to	Package count	Price
041	Clotrimazole 1% Vaginal Cream	Gyne-Lotrimin® Cream	1.5 oz.	\$9.00
304	Miconazole 3 Combo Pack ⁺	Monistat® 3 Combo Pack	3 day supply	\$13.00
326	Urinary Pain Relief	AZO Urinary Pain Relief®	30	\$8.00
484	Urinary Tract Infection Test Strips	AZO Urinary Tract Infection Test Strips®	3	\$14.00
611	Vaginal Moisturizer	Replens Vaginal Moisturizer	8	\$21.00

⁺This item is also covered on the plan's preferred drug list at \$0 with a prescription from your provider, or you can order on your \$65 OTC benefit without a prescription.

⁺⁺Product cannot be shipped to P.O. Boxes, Alaska, Hawaii, or Puerto Rico

^{*}Sale of products containing Dextromethorphan are prohibited to members under the age of 18.

^{**}For the items noted above: limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their personal provider about the appropriateness of this OTC item.

[°]Sale of products containing nicotine are prohibited to members under the age of 21.

You'll receive a generic comparable to the name-brand product. This list is subject to change.

Discrimination is Against the Law

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Humana Inc. and its subsidiaries:

- Provide free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)

- Provide free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Customer Service at 1-800-787-3311 (TTY 711).

If you believe that Humana Inc. or its subsidiaries have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Discrimination Grievances

P.O. Box 14618

Lexington, KY 40512 – 4618

1-800-787-3311, or if you use a TTY, call 711.

You can file a grievance by mail or phone. If you need help filing a grievance, Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Multi-Language Interpreter Services

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-800-787-3311 (TTY: 711)**.

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-787-3311 (TTY: 711)**.

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-800-787-3311 (TTY: 711)**.

繁體中文 (Chinese): 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-800-787-3311 (TTY: 711)**。

한국어 (Korean): 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-787-3311 (TTY: 711)** 번으로 전화해 주십시오.

Tagalog (Tagalog – Filipino): PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-787-3311 (TTY: 711)**.

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-787-3311 (телетайп: 711)**.

ગુજરાતી (Gujarati): સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો **1-800-787-3311 (TTY: 711)**.

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-787-3311 (TTY: 711)**.

Italiano (Italian): ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-787-3311 (TTY: 711)**.

Français (French): ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-787-3311 (ATS : 711)**.

λληνικά (Greek): ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε **1-800-787-3311 (TTY: 711)**.

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-787-3311 (TTY: 711)**.

Diné Bizaad (Navajo): Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánida'áwo'déé', t'áá jik'eh, éí ná hóló, kójj' hódíilnih **1-800-787-3311 (TTY: 711)**.

العربية (Arabic):

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-787-3311** (رقم هاتف الصم والبك: 711).

हिंदी (Hindi): ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। **1-800-787-3311 (TTY: 711)** पर कॉल करें।

وُردُا (Urdu):

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں **1-800-787-3311**۔ (TTY: 711)