

2022

# Over-the-Counter (OTC) Product Catalog

Brought to you by:

**care@care**  
Insurance Company, Inc.

**Southwestern Health Resources**

 **Texas Health**  
Resources®

**UT Southwestern**  
Medical Center.

## How do I order?



### Order by Phone

Call **1-833-492-9866 (TTY:711)** Your Customer Service Team is available Monday – Friday, 7 am – 6 pm Central time, to assist you.

Please have your member ID handy



### Order Online

Visit <https://livewell.medline.com/CNC> to place your order.

Please have your member ID handy

## About the Benefit

- As a Care N' Care member, you can get up to **\$30 worth of healthcare products every quarter.**
- Allow 7 to 10 business days for your product(s) to arrive.
- Your order will be applied to the quarter in which your order is received. For example, if you mail your order form on June 29, but we receive it on July 1, your order total will be applied to your third-quarter benefit.
- Any unused benefit expires at the end of the month and cannot be carried over to the next month.
- You are allowed one order per month.
- This benefit is limited to products purchased for use by the enrolled member only.
- You may order additional products over your quarterly allowance and pay with a credit card, we do not accept cash, checks or credit cards by mail.
- Due to the personal nature of these products, returns are not accepted. However, if you receive a damaged item, please call OTC Benefit Services within 30 days.

# Table of contents

<b>Apparel &amp; Protective Gear</b> .....	<b>4</b>
<b>Diabetes Care</b> .....	<b>4</b>
<b>First Aid</b> .....	<b>5</b>
<b>Home Diagnostics</b> .....	<b>7</b>
<b>Incontinence</b> .....	<b>8</b>
<b>Medications Over The Counter</b> .....	<b>11</b>
<b>Mobility</b> .....	<b>15</b>
<b>Personal Care</b> .....	<b>16</b>
<b>Vitamins &amp; Supplements</b> .....	<b>22</b>

# Apparel & Protective Gear

## Bedding & Drapes

Item No.	Description	Pkg.	Color	Price
1616	Medline Pro Plus Standard Fluff Underpad 23x36 10Ct	10 BG	Blue/White	\$3.00

# Diabetes Care

## Sharps Containers

Item No.	Description	Pkg.	-	Price
1699	Medline Sharps Biohazard Needle Container 1.5Qt 1Ct	1 EA	-	\$4.00



1616

### Medline Pro Plus Standard Fluff Underpad 23x36 10Ct

Generously sized underpad has a combination fluff/polymer core for high absorbency and odor control.



1699

### Medline Sharps Biohazard Needle Container 1.5Qt 1Ct

Portable container clearly marked with Biohazard symbol has a screw top that secures tightly.

# First Aid

## Bandages

Item No.	Description	Pkg.	Color	Price
1068	Medline Caring St Cotton Gauze Bandage 4.5inx4.1yd 1Ct	1 EA	-	\$1.00
1636	CURAD Plastic Adhesive Bandages 3/4x3 80Ct	1 BX	Tan	\$2.00
1642	CURAD Flex-Fabric Adhesive Bandages Fingertip 100Ct	100 BX	Natural	\$4.00
1640	Medline NS Swift-Wrap Elastic Bandages 2inx5yd 1Ct	1 EA	White	\$2.00
1057	CURAD FlexSEAL Spray Bandage 1.35oz 1Ct	1 EA	-	\$5.00
1638	CURAD QuickStop! Bandages Assorted Sizes 30Ct	1 BX	-	\$5.00
1929	Medline Sterile Conform Stretch Gauze Bandage 4x75in 1Ct	1 EA	-	\$1.00
1042	CURAD Flex-Fabric Adhesive Bandages Knuckle 100Ct	100 BX	Natural	\$5.00
1063	CURAD QuickStop! Flex-Fabric Bandages 0.75x2.83 30Ct	1 EA	-	\$13.00
1050	CoFlex LF2 NS Quick-Stick Cohesive Wrap Tan 2inx5yd 1Ct	1 EA	Tan	\$3.00
1060	CURAD Silicone Flex Fabric Bandage 0.75x3 20Ct	1 BX	Tan	\$5.00
1641	CURAD Plastic Adhesive Bandages 2x4 50Ct	50 BX	Natural	\$4.00
1927	Medline NS Swift-Wrap Elastic Bandages 4inx5yd 1Ct	1 EA	White	\$1.00

## Kits

Item No.	Description	Pkg.	-	Price
1056	CURAD 175-Piece Complete First Aid Kit 1Ct	1 EA	-	\$11.00
1930	Rapid Care All-In-One First Aid Kit	1 EA	-	\$3.00

## Sponges

Item No.	Description	Pkg.	-	Price
1069	Caring St Woven Cotton Gauze Sponges 12ply 4x4 10Ct	10 PK	-	\$1.00

## Tapes

Item No.	Description	Pkg.	Dimensions	Price
1062	CURAD Paper Medical Tape 2inx10yd 1Ct	1 RL	2in x 10yd	\$2.00
1931	CURAD Heavy-Duty Cloth Tape 1in x 10yd 1Ct	1 EA	1in x 10yd	\$5.00
1066	CURAD Tear-to-Fit Clear Plastic Tape 2inx10yd 1Ct	1 RL	2in x 10yd	\$2.00

## Wound Care

Item No.	Description	Pkg.	-	Price
1514	Medline Protective Leg Sleeve White 15inL 1Pair	1 PR	-	\$8.00
1513	Medline Protective Armsleeve White 18inL 1Pair	1 PR	-	\$9.00
1046	Medi-First Antiseptic Spray 2oz 1Ct	1 EA	-	\$4.00

## Wound Cleaners

Item No.	Description	Pkg.	Ounce	Price
1044	Medline Isopropyl Alcohol Prep Pad 1.125x2.375 200Ct	200 BX	-	\$3.00
1072	Medline 3% Hydrogen Peroxide 32oz Bottle 1Ct	1 EA	32	\$2.00
1637	CURAD Sterile Nonstick Pad 3x4 20Ct	1 BX	-	\$3.00
1073	70% Isopropyl Rubbing Alcohol 16oz 1ct	1 EA	16	\$2.00



1514

### Medline Protective Leg Sleeve White 15inL 1Pair

Multipurpose sleeve holds dressings, provides warmth and acts as a protective layer for fragile skin. 93% cotton, 7% Lycra spandex.



1046

### Medi-First Antiseptic Spray 2oz 1Ct

No-sting formula with 0.1% benzalkonium chloride and 5.0% benzocaine helps treat minor cuts and scrapes.



1637

### CURAD Sterile Nonstick Pad 3x4 20Ct

Large pad covers and protects wounds while keeping them dry. Ideal for light bleeding, large surface abrasions or burns and post-surgical wounds.

# Home Diagnostics

## Blood Pressure

Item No.	Description	Pkg.	-	Price
1650	Medline Auto Digital Blood Pressure Monitor Univer 1Ct	1 EA	-	\$27.00

## Measuring Devices

Item No.	Description	Pkg.	-	Price
1087	Conair Digital Food Scale 1Ct	1 EA	-	\$22.00
1648	SlimTALK Talking Digital Floor Scale 400lb Capacity 1Ct	1 EA	-	\$22.00
1649	Medline Mechanical Bathroom Floor Scale 300lb Cap 1Ct	1 EA	-	\$10.00
1651	Medline Heart Rate Monitor Pedometer Watch 1Ct	1 EA	-	\$24.00

## Thermometers

Item No.	Description	Pkg.	Color	Price
1100	Medline Infrared Talking Ear / Forehead Thermometer	1 EA	Grey/White	\$22.00
1089	Medline Oral Digital Thermometer 1Ct	1 EA	White	\$3.00



1650

### Medline Auto Digital Blood Pressure Monitor Univer 1Ct

Provides quick digital readings of systolic/diastolic pressure and pulse rate. Stores the 90 most recent measurements.



1648

### SlimTALK Talking Digital Floor Scale 400lb Capacity 1Ct

Low-profile design makes it easier for those with trouble lifting their legs to use. Large LCD is easy to read.



1510

### Medline Infrared Talking Ear / Forehead Thermometer

Provides fast, accurate and safe body temperature readings via the ear or forehead.

# Incontinence

## Select the Size

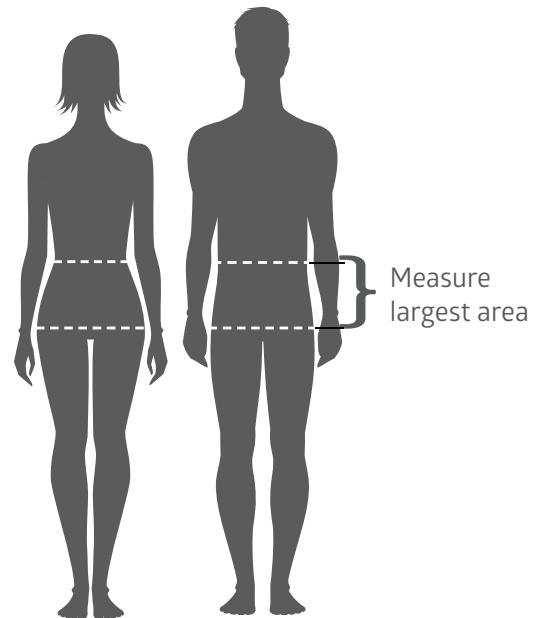
Selecting the right size is critical for containment.

## Bladder Control Pads and Liner Sizing

One size fits all. Continue to Step 3.

## Briefs, Protective Underwear and Knit Pant Sizing

For briefs, underwear and pants, measure the hips or waist (select the larger of the two) as follows:



### Step 1

Measure the largest area from hip bone to hip bone and over the abdomen (see illustration above).

Example:

Hip bone to hip bone =  
19 inches (48.3 cm)

### Step 2

Double the measurement in Step 1 and add two inches.

Example:

19 inches (48.3 cm) x 2 = 38 inches (96.5 cm)

38 inches (96.5 cm) + 2 inches (5 cm) = 40 inches (102 cm)

### Step 3

Using this number, select the product size from the chart below.

Example:

40 inches (102 cm) = Medium or Regular brief

## Brief Size Selection

- Small** = 20–33" (51–81 cm)
- Medium** = 32–42" (81–107 cm)
- Regular** = 40–50" (102–127 cm)
- Large** = 48–58" (122–147 cm)
- X-Large** = 57–66" (150–168 cm)
- XX-Large** = 60–69" (152–175 cm)
- Bariatric** = 65–90" (165–229 cm)

## Protective Underwear Size Selection

- Small** = 20–28" (51–71 cm)
- Medium** = 28–40" (71–102 cm)
- Large** = 40–56" (102–142 cm)
- X-Large** = 56–68" (142–173 cm)
- XX-Large** = 68–80" (173–203 cm)



## Briefs

Item No.	Description	Pkg.	Absorbency	Price
1425	Medline FitRight Ultra Disposable Briefs S 20Ct	20 BG	Heavy	\$10.00
1424	Medline FitRight Ultra Disposable Briefs Regular 20Ct	20 BG	Heavy	\$14.00
1604	Baribrief Bariatric Incontinence Brief 4XL White 8Ct	8 BG	Maximum	\$17.00
1114	Medline FitRight Ultra Disposable Briefs XL 20Ct	20 BG	Heavy	\$13.00
1423	Medline FitRight Ultra Disposable Briefs 2XL 20Ct	20 BG	Heavy	\$15.00
1113	Medline FitRight Ultra Disposable Briefs M 20Ct	20 BG	Heavy	\$11.00
1112	Medline FitRight Ultra Disposable Briefs L 20Ct	20 BG	Heavy	\$12.00

## Liners & Pads

Item No.	Description	Pkg.	Absorbency	Price
1415	Medline FitRight Bladder Pad 5.5x15.75 Ultimate 10Ct	10 BG	Ultimate	\$3.00
1414	Medline FitRight Bladder Pad 5.5x13.75 Maximum 10Ct	10 BG	Maximum	\$3.00
1412	Medline FitRight Bladder Pads 3.5x9 Light 20Ct	20 BG	Light	\$4.00
1104	Medline Bladder Pads Light Absorbency 20Ct	20 BG	Light	\$5.00
1105	Medline ContourPlus Bladder Pad Ultimate 8x17 28Ct	28 BG	Ultimate	\$8.00
1411	Medline FitRight Active Guards for Men 6x11 52Ct	52 BG	Light	\$14.00
1817	Medline ContourPlus Bladder Pad Moderate 5.5x10.5 28Ct	28 BG	Moderate	\$4.00
1413	Medline FitRight Bladder Pad 4.3x11 Moderate 16Ct	16 BG	Moderate	\$3.00
1816	Medline ContourPlus Bladder Pad Maximum 6.5x13.5 28Ct	28 BG	Maximum	\$5.00
1617	Medline Bladder Pads Light Absorbency 180Ct	180 CS	Light	\$24.00

## Protective Underwear

Item No.	Description	Pkg.	Size	Price
1607	Medline FitRight Super Disposable Underwear L 20Ct	20 BG	Large	\$12.00
1608	Medline FitRight Super Disposable Underwear XL 20Ct	20 BG	XLarge	\$21.00
1606	Medline FitRight Super Disposable Underwear M 20Ct	20 BG	Medium	\$15.00
1417	Medline Men's FitRight Underwear Heavy Absorb L/XL 20Ct	20 BG	Large/Xlarge	\$12.00
1418	Medline Women's FitRight Underwear Heavy Absorb S/M 20Ct	20 BG	Small/ Medium	\$11.00

1419	Medline Women FitRight Underwear Heavy Absorb L/ XL 20Ct	20 BG	Large/Xlarge	\$12.00
1416	Medline Men's FitRight Underwear Heavy Absorb S/M 20Ct	20 BG	Small/ Medium	\$11.00

## Underpads

Item No.	Description	Pkg.	Dimensions	Price
1406	Medline Extrasorbs AP Underpad Drypad 23x36 10Ct	10 BG	23 x 36in	\$9.00
1119	Medline Pro Plus Best Polymer Underpad 23x36 10Ct	10 BG	23 x 36iin	\$3.00
1614	Medline Sofnit 300 Reusable Underpad 34x36 Pink 1Ct	1 EA	34 x 36in	\$6.00
1615	Medline FitRight Underpad Moderate Absorbency 23x36 15Ct	15 BG	23 x 36in	\$4.00
1618	Medline FitRight Underpad Heavy Absorbency 30x30 10Ct	10 BG	30 x 30in	\$4.00
1427	Premium Disposable Polymer Underpads 30x30 10Ct	10 BG	30 x 30in	\$4.00
1619	Medline FitRight Underpad Heavy Absorbency 30x36 10Ct	10 BG	30 x 36in	\$5.00
1407	Medline Extrasorbs AP Underpad Drypad 30x36 5Ct	5 BG	30 x 36in	\$6.00

### Tips for choosing incontinence products:

**Thicker isn't always better.** There are products available with superabsorbent polymers that are thin and discreet while offering excellent protection. Superabsorbent polymers are as tiny as salt crystals but can absorb and retain extremely large amounts of fluid relative to their mass.

**Bladder pads are not the same as feminine hygiene pads.** Bladder control pads have unique superabsorbent polymers that allow them to absorb urine quickly.

**Bladder pads are not for women only.** Men with light urinary incontinence can also benefit from products that are thin, discreet and absorbent. Today's bladder control pads are comfortable for both men and women.

# Medications Over The Counter

## Anti-Fungal & Anti-Itch

Item No.	Description	Pkg.	Form	Price
1248	Medline Soothe & Cool Inzo Antifungal Cream 5oz 1Ct	1 EA	Cream	\$6.00
1059	CURAD Hydrocortisone Anti-Itch Cream 1oz 1Ct	1 EA	Cream	\$3.00
1202	Miconazole Nitrate 2% 7-Day Vaginal Cream With Applicator	1 EA	Cream	\$8.00
1245	Remedy Phytoplex Antifungal Powder Miconazole 3oz 1Ct	1 EA	-	\$4.00
1053	CURAD Bacitracin Antibiotic Ointment Zinc 1oz 1Ct	1 EA	Cream	\$2.00
1201	GoodSense Miconazole 3-Day Vaginal Suppository Cream	1 BX	Cream	\$11.00
1024	Fluticasone Propionate Nasal Spray 50mcg 1Ct	1 EA	Spray	\$18.00
1045	Dr. Sheffield Anti-Itch Diphenhydramine Cream 1.2oz 1Ct	1 EA	Cream	\$2.00
1195	GoodSense Hemorrhoid Ointment 2oz 1Ct	1 EA	Cream	\$4.00
1120	Dr. Sheffield's Athlete's Foot Cream 0.5oz 1Ct	1 TB	Cream	\$4.00
1048	Ben's DEET Tick and Insect Repellent 3.4oz 1Ct	1 EA	Spray	\$7.00
1925	CURAD Triple Antibiotic Ointment Pain Relief 1oz 1Ct	1 EA	Cream	\$5.00
1083	CURAD Triple First Aid Antibiotic Ointment 1oz 1Ct	1 EA	Cream	\$2.00
1138	Gold Bond Medicated Foot Powder 4oz	1 EA	Powder	\$5.00
1075	Natrapel DEET-Free Insect Repellent 3.4oz Spray 1Ct	1 EA	Spray	\$8.00
1194	Clotrimazole Yeast Infection Vaginal Cream 7-Day Treatment	1 EA	Cream	\$10.00
1143	Dr. Sheffield Antifungal Cream Tolnaftate 1% 1.25oz 1Ct	1 EA	Cream	\$5.00

## Cough, Cold & Allergy

Item No.	Description	Pkg.	Form	Price
1026	Medicated Chest Rub 3.53oz 1Ct	1 EA	-	\$3.00
1872	TheraFlu Daytime Severe Cold Cough Hot Liquid Powder 6Ct	1 BX	Liquid	\$14.00
1776	Diphenhydramine Allergy Relief Caplets 25mg 100Ct	1 BT	Caplet	\$5.00
1602	Major Sugar-Free Cherry Sore Throat Spray 6oz 1Ct	1 BT	Spray	\$5.00
1302	Liquid Cough Syrup Guaifenesin Expectorant 16oz 1Ct	1 BT	Liquid	\$6.00
1018	GoodSense Cold Max Day/Night Cold Relief Tablets 20CT	1 BT	Tablet	\$5.00
1029	Maximum Strength Phenylephrine Nasal Decongestant 10mg 36Ct	1 BX	Tablet	\$4.00
1775	GoodSense Children's Allergy Relief Liquid 4oz 1Ct	1 EA	Liquid	\$4.00
1016	Allergy Relief Antihistamine Tablets 4mg 24Ct	1 BX	Tablet	\$4.00

1022	CURAD Breathe Clear Nasal Strips 30Ct	1 BX	-	\$5.00
1033	Reliable-1 Saline Nasal Spray 3oz 1Ct	1 EA	Spray	\$4.00
1030	Dr. Sheffield's 12-Hr Nasal Decongestant Spray 1oz 1Ct	1 EA	Spray	\$4.00
1031	Robafen CF Multi-Symptom Cough & Cold Medicine 4oz 1Ct	1 EA	Liquid	\$5.00
1023	Liquid Cough Syrup Guaifenesin Dextromethorphan 4oz 1Ct	1 BT	Liquid	\$4.00
1012	Cetirizine Allergy Relief Tablets 10mg 90Ct	1 BT	Tablet	\$7.00
1777	Major Children's Sugar-Free Loratadine Liquid 4oz 1Ct	1 BT	Liquid	\$11.00
1600	GoodSense Cough Drops 7.5mg Menthol Honey Lemon 30Ct	1 EA	Liquid	\$3.00
1603	Liquid Cough Syrup Guaifenesin Dextromethorphan 16oz 1Ct	1 BT	Liquid	\$6.00
1021	GoodSense Sugar-Free Black Cherry Cough Drops 25Ct	1 BG	Liquid	\$3.00
1013	Loratadine 24-Hour Allergy Relief Tablet 30Ct	1 BT	Tablet	\$4.00
1028	Guaifenesin Mucus Relief Tablet 400mg 100Ct	1 EA	Tablet	\$5.00
1034	GoodSense Sore Throat Lozenges Cherry 18Ct	1 EA	Lozenge	\$4.00

## Medication Aids

Item No.	Description	Pkg.	Color	Price
1695	Medline 7-Day Pill Organizer Clear 1X/Day	1 EA	Clear	\$3.00
1698	Medline 7-Day Pill Organizer Multicolor 2X/Day	1 EA	Multicolor	\$6.00
1095	Medline Pill Splitter with Storage 1Ct	1 BX	Blue	\$4.00
1694	Medline Pill Crusher 1Ct	1 BX	Blue	\$4.00
1091	Medline 7-Day Pill Reminder Organizer 1Ct	1 EA	Clear	\$5.00
1697	Medline EZ Push Button 7-Day Pill Organizer 1X/Day 1Ct	1 EA	Multicolor	\$11.00
1693	Silicone Pill Bottle Opener 1Ct	1 EA	Blue	\$6.00

## Pain & Fever Relief

Item No.	Description	Pkg.	Strenght	Price
1710	TheraCare Max Strength Pain Relief 4% Lidocaine Patch 5Ct	1 BX	-	\$6.00
1714	Cooling Migraine Headache Pads 3Ct	1 BX	-	\$4.00
1646	MyDerm Bite Relief Benzocaine Ointment 1.75oz 1Ct	1 EA	-	\$6.00
1713	Extra-Strength Headache Pain Reliever 250mg 100Ct	1 BT	250 mg	\$11.00
1712	Beyond BodiHeat 12-Hour Pain Relief Heat Pads 4Ct	1 BX	-	\$5.00
1204	Medline Acetaminophen Reg Strength Tablet 325mg 100Ct	1 EA	325 mg	\$3.00
1198	Medline Ibuprofen Tablets 200mg 100Ct	1 EA	200 mg	\$4.00
1715	Medline Chewable Aspirin Tablets 81mg 36Ct	1 BT	81 mg	\$3.00
1643	GoodSense X-Strength Medicated Cold/Hot Patch Small 5Ct	1 BX	-	\$5.00
1709	Aspercreme Pain Relieving Cream 3oz	1 EA	-	\$11.00
1706	AZO Urinary Pain Relief Tablets 30Ct	1 BX	-	\$14.00

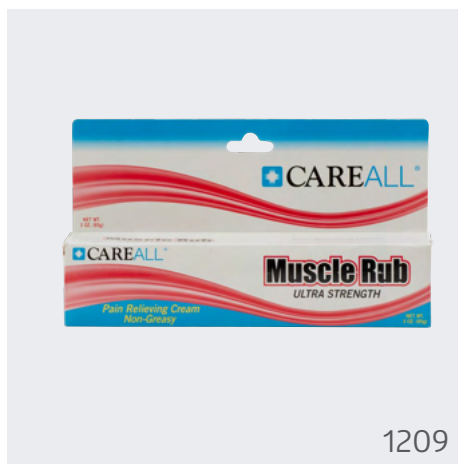
1257	GeriCare Aspirin Tablets 325mg 100Ct	1 EA	325 mg	\$3.00
1708	CareAll Muscle Joint Vanishing Scent Gel Menthol 3oz 1Ct	1 TB	-	\$3.00
2032	Daily Solutions Ice Blue Pain Menthol 2% Gel 8oz 1Ct	1 EA	-	\$6.00
1187	Aspercreme with Lidocaine Pain Relieving Cream 2.7oz 1Ct	1 EA	-	\$8.00
2033	ActivICE Topical Pain Reliever 3oz Roll-On 1Ct	1 EA	-	\$7.00
1707	Akron Pharma Hemorrhoidal Hygiene Pads w/ Witch Hazel 100Ct	1 EA	-	\$6.00
1207	Acetaminophen / Aspirin / Caffeine Pain Relief 100Ct	1 BT	-	\$6.00
1209	Ultra Strength Muscle Rub Cream 3oz 1Ct	1 EA	-	\$4.00
1197	GoodSense Hemorrhoid Suppositories 24Ct	24 BX	-	\$7.00
1644	Medi-First Insect Sting Relief Pads 10Ct	1 BX	-	\$6.00
1711	Ice Blue Menthol 2% Pain Gel 16oz. 1Ct	1 EA	-	\$8.00
1206	Acetaminophen PM Extra-Strength Caplets 500mg 50Ct	1 EA	500 mg	\$3.00
1192	Capsaicin Analgesic Pain Relief Cream 2.1oz Tube 1Ct	1 EA	-	\$7.00
1190	Adult Low-Dose Enteric Aspirin Tablet 81mg 120Ct	1 BT	81 mg	\$3.00
1067	GoodSense Epsom Salt 16oz 1Ct	1 BT	-	\$3.00
1205	Medline Naproxen Sodium Tablet 220mg 100Ct	1 BT	220 mg	\$6.00



1187

### Aspercreme with Lidocaine Pain Relieving Cream 2.7oz 1Ct

Temporarily relieves minor pain associated with arthritis, simple backache, muscle strains, sprains, bruises and cramps.



1209

### Ultra Strength Muscle Rub Cream 3oz 1Ct

For temporary relief of minor aches and pains of muscles and joints. Active ingredient is 10% menthol.



1205

### Medline Naproxen Sodium Tablet 220mg 100Ct

Effective relief for pain associated with toothaches and headaches.

## Stomach Remedies

Item No.	Description	Pkg.	Strength	Price
1215	Famotidine Acid Reducer Heartburn Tablet 10mg 30Ct	1 BX	10 mg	\$5.00
2055	Flavored Extra Strength Alkum Antacid Tablet 750mg 96Ct	1 EA	750 mg	\$4.00
1216	GoodSense Effervescent Antacid + Pain Relief Tablets 36Ct	1 BX	Tablet	\$6.00
1731	GeriCare Chewable Gas Relief Tablets 80mg 100Ct	1 EA	80 mg	\$7.00
1218	Flavored Reg Strength Alkum Antacid Tablets 500mg 150Ct	1 EA	500 mg	\$4.00
1234	Medline Senna Natural Vegetable Laxative Tablets 8.6mg 100Ct	1 BT	8.6 mg	\$4.00
2059	Omeprazole Delayed-Release Antacid Tablet 20mg 42Ct	1 BX	20 mg	\$19.00
1222	Ultra Calcium Carbonate Antacid Soft Chew 1177mg 36Ct	1 BG	1177 mg	\$6.00
1727	GoodSense ClearLax Powder Laxative 4.1oz 1Ct	1 BT	-	\$6.00
1733	Loperamide Anti-Diarrheal Caplets 2mg 12Ct	1 EA	2 mg	\$3.00
1221	Guardian PinkBismuth Stomach Relief Liquid 8oz 1Ct	1 BT	-	\$5.00
1231	GeriCare Milk of Magnesia 12oz	1 BT	-	\$4.00
1240	Docusate Sodium Stool Softener Softgel 100mg 100Ct	1 EA	100 mg	\$4.00
1239	Bismatrol Chewable Antacid Tablets 200mg 30Ct	1 BX	200 mg	\$5.00
1217	Geri-Lanta Reg Strength Antacid & Antigas Liquid 12oz 1Ct	1 BT	-	\$5.00
1730	Ultra Strength Simethicone Gas Softgels 180mg 60Ct	1 BT	180 mg	\$6.00
1228	GoodSense Loperamide HCl Anti-Diarrhea Liquid 4oz 1Ct	1 BT	-	\$5.00
1232	GoodSense Motion Sickness Tablets 50mg 12Ct	1 BX	50 mg	\$3.00
1237	Medline Pure & Gentle Saline Enema Laxative 4.5oz 1Ct	1 EA	-	\$1.00

## Stop Smoking

Item No.	Description	Pkg.	Strenght	Price
1213	Rugby Nicotine Stop Smoking Patch Step One 21mg 14Ct	1 BX	21 mg	\$30.00
1726	GoodSense Nicotine Gum 2mg Mint 110Ct	110 BX	2 mg	\$30.00
1211	GoodSense Nicotine Polacrilex Lozenges 4mg 72Ct	1 PK	4 mg	\$30.00
1214	Rugby Nicotine Stop Smoking Patch Step Three 7mg 14Ct	1 BX	7 mg	\$30.00
1725	GoodSense Nicotine Polacrilex Lozenges 2mg 72Ct	1 PK	2 mg	\$30.00
1210	GoodSense Nicotine Gum 4mg Mint 110Ct	110 BX	4 mg	\$30.00
1212	Rugby Nicotine Stop Smoking Patch Step Two 14mg 14Ct	1 BX	14 mg	\$30.00

# Mobility

## Braces & Supports

Item No.	Description	Pkg.	Size	Price
1172	Medline Knee Support with Removable U-Buttress S 1Ct	1 EA	Small	\$19.00
2018	CURAD Universal Elastic Back Support Retail 1Ct	1 EA	Universal	\$17.00
1509	CURAD Performance Elastic Pull-Over Wrist Support XL 1Ct	1 EA	XLarge	\$4.00
1171	Medline Knee Support with Removable U-Buttress M 1Ct	1 EA	Medium	\$12.00
1704	Medline Carpal Tunnel Glove with Flexible Splint Size M	1 EA	Medium	\$12.00
1165	IMAK RSI Smart Glove PM Carpal Tunnel Night Brace	1 EA	Universal	\$28.00
1742	Medline Knee Support with Removable U-Buttress XL 1Ct	1 EA	XLarge	\$13.00
1705	Medline Carpal Tunnel Glove with Flexible Splint Size S	1 EA	-	\$12.00
1655	EVENup Shoe Lift Size L	1 EA	Large	\$28.00
1170	Medline Knee Support with Removable U-Buttress L 1Ct	1 EA	Large	\$13.00
1741	CURAD Adjustable Knee Support Patella Cutout 1Ct	1 EA	Universal	\$16.00
1176	Medline Neoprene Slip-On Elbow Support S 1Ct	1 EA	Small	\$8.00
1511	CURAD Performance Elastic Pull-Over Wrist Support S 1Ct	1 EA	Small	\$4.00
1174	Medline Neoprene Slip-On Elbow Support L 1Ct	1 EA	Large	\$8.00
1510	CURAD Performance Elastic Pull-Over Wrist Support M 1Ct	1 EA	Medium	\$4.00
1654	AliMed EVENup Orthotic Shoe Lift M 1Ct	1 EA	Medium	\$28.00
1175	Medline Neoprene Slip-On Elbow Support M 1Ct	1 EA	Medium	\$8.00
1184	CURAD Performance Elastic Pull-Over Wrist Support L 1Ct	1 EA	Large	\$4.00
1703	Medline Carpal Tunnel Glove with Flexible Splint L 1Ct	1 EA	Large	\$12.00
1512	Medline Neoprene Slip-On Elbow Support XL 1Ct	1 EA	XLarge	\$8.00
1508	CURAD Universal Thumb Brace Retail 1Ct	1 EA	-	\$4.00
1504	CURAD Performance Dual Strap Elbow Support Microban 1Ct	1 EA	-	\$7.00
2010	CURAD Neoprene Open Heel Ankle Support Size L 1Ct	1 EA	Large	\$9.00

## Fall Prevention

Item No.	Description	Pkg.	Weight Capacity	Price
1772	Medline Plug-In LED Nightlight 2Ct	2 PK	-	\$8.00
1008	Medline Nonslip Tub and Stair Safety Treads 8Ct	1 EA	-	\$3.00
1004	Medline Guardian Economy Raised Toilet Seat 1Ct	1 EA	250 lbs	\$20.00
1005	Medline Rubber Bath Mat 13.4x29 White 1Ct	1 EA	-	\$12.00
1634	Medline Guardian Toilet Safety Rails 2Ct	1 EA	300 lbs	\$27.00
1635	Medline Handheld Shower Kit 1Ct	1 EA	-	\$20.00
1010	Medline Stainless Steel Bathtub Safety Grab Bar 1Ct	1 EA	250 lbs	\$30.00

## Fitness & Rehab

Item No.	Description	Pkg.	Color	Price
1934	Deluxe Electric Moist Heat Pad	1 EA	-	\$27.00
1041	Medline Accu-Therm Reusable Hot/Cold Gel Pack 5x10 1Ct	1 EA	-	\$1.00
1639	CURAD Hot or Cold Therapy Water Bottle 1Ct	1 BX	Red	\$6.00


# Personal Care

## Arthritis

Item No.	Description	Pkg.	Size	Price
1701	CURAD Arthritis Relief Compression Gloves L 1Pair	1 PR	Large	\$8.00
1702	CURAD Arthritis Relief Compression Gloves M 1Pair	1 PR	Medium	\$8.00



## Compression Garment Sizing Guide



**Length**  
Measure from the bend in the knee to the bottom of the heel.

**Calf Circumference**  
Measure around the widest point of the calf.

**Ankle Circumference**  
Measure around the ankle bones.

Ankle	Calf	Size
7"-7 7/8"	10"-13"	A
8"-8 7/8"	12"-15"	B
9"-9 7/8"	14"-17"	C
10"-10 7/8"	16"-19"	D
11"-11 7/8"	18"-21"	E
12"-12 7/8"	20"-23"	F
13"-13 7/8"	22"-26"	G

## Compression Garments

Item No.	Description	Pkg.	Color	Price
1663	CURAD Knee Compression Hosiery 15-20mmHg Blk G Regular 1Pr	1 EA	Black	\$11.00
1658	CURAD Knee Compression Hosiery 15-20mmHg Blk B Regular 1Pr	1 EA	Black	\$11.00
1657	CURAD Knee Compression Hosiery 15-20mmHg Blk A Reg 1Pr	1 EA	Black	\$11.00
1735	Copper Fit Compression Sock Black L/XL 1Pr	1 EA	Black	\$11.00
1691	CURAD Knee Compression Hosiery 15-20mmHg Tan G Regular 1Pr	1 EA	Tan	\$11.00
1660	CURAD Knee Compression Hosiery 15-20mmHg Blk D Reg 1Pr	1 EA	Black	\$11.00
1125	CURAD Cushion Compression Sock 15-20mmHg Wh B Reg 1Pr	1 EA	White	\$16.00
1685	CURAD Knee Compression Hosiery 15-20mmHg Tan A Reg 1Pr	1 EA	Tan	\$11.00
1689	CURAD Knee Compression Hosiery 15-20mmHg Tan E Regular 1Pr	1 EA	Tan	\$11.00
1123	CURAD Cushion Compression Sock 15-20mmHg Wh C Reg 1Pr	1 EA	White	\$16.00
1661	CURAD Knee Compression Hosiery 15-20mmHg Blk E Reg 1Pr	1 EA	Black	\$11.00
1687	CURAD Knee Compression Hosiery 15-20mmHg Tan C Regular 1Pr	1 EA	Tan	\$11.00
2185	CURAD Cushion Compression Sock 15-20mmHg Wh A Reg 1Pr	1 EA	White	\$16.00

1688	CURAD Knee Compression Hosiery 15-20mmHg Tan D Regular 1Pr	1 EA	Tan	\$11.00
1690	CURAD Knee Compression Hosiery 15-20mmHg Tan F Regular 1Pr	1 EA	Tan	\$11.00
1686	CURAD Knee Compression Hosiery 15-20mmHg Tan B Regular 1Pr	1 EA	Tan	\$11.00
1736	Copper Fit Compression Sock Black S/M 1Pr	1 EA	Black	\$11.00
1662	CURAD Knee Compression Hosiery 15-20mmHg Blk F Regular 1Pr	1 EA	Black	\$11.00
1692	CURAD Cushion Compression Sock 15-20mmHg Wh D Reg 1Pr	1 EA	White	\$16.00
1659	CURAD Knee Compression Hosiery 15-20mmHg Blk C Regular 1Pr	1 EA	Black	\$11.00

## Eye & Ear Care

Item No.	Description	Pkg.	-	Price
1037	Ketotifen Fumarate Eye Itch Relief Drops, 0.17oz	1 EA	-	\$14.00
1036	GoodSense Irritation Relief Eye Drops 15 mL 1 Count	1 EA	-	\$3.00
1630	Artificial Tears Lubricant Eye Drops 1/2oz 1Ct	1 EA	-	\$3.00
1035	Dr. Sheffield's Ear Wax Removal Drops 15mL 1Ct	1 EA	-	\$4.00
1631	Refresh Plus Lubricant Eye Drops Single Containers 30Ct	30 BX	-	\$19.00

## Feminine Care

Item No.	Description	Pkg.	Absorbency	Price
1815	Fiore Light Daily Panty Liners Long 40Ct	40 BX	Light	\$4.00

## Hand Sanitizers

Item No.	Description	Pkg.	-	Price
1071	Medline Spectrum Advanced Hand Sanitizer Wipes 6x6.75 160Ct	1 EA	-	\$8.00
1402	Antiseptic Alcohol Hand Rub 4oz 1Ct	1 EA	-	\$3.00
1070	Germ-X Moisturizing Hand Sanitizer 8oz	1 EA	-	\$4.00
1401	Hand-E-Foam Alcohol-Free Hand Sanitizer 8oz 1Ct	1 EA	-	\$10.00

## Leg & Foot Care

Item No.	Description	Pkg.	Size	Price
1473	Medline Plantar Fasciitis Relief Sleeve S 1 Count	1 EA	Small	\$16.00
1678	Medline Clear Gel Toe Caps S/M 10Ct	1 PK	Small/ Medium	\$25.00
1441	Medline Gel Hammer Toe Crest 1Ct	1 EA	-	\$5.00

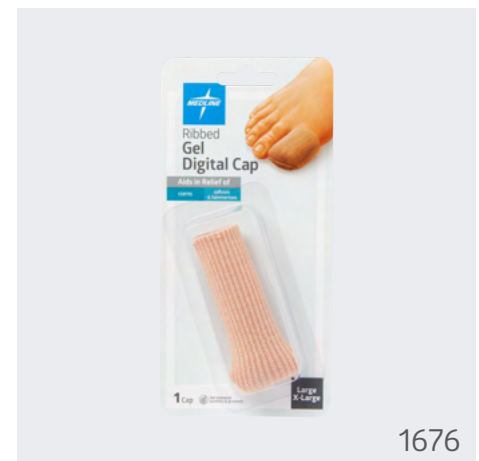
1433	GoodSense Corn Cushions	1 PK	Universal	\$3.00
1431	Pedifix Visco-Gel Big Toe Hallux Bunion Guard 1Ct	1 EA	-	\$5.00
1471	Medline Plantar Fasciitis Relief Sleeve L 1 Count	1 EA	Large	\$17.00
1677	Medline Clear Gel Toe Caps L/XL 10Ct	1 PK	Large/ Xlarge	\$22.00
1673	Pedifix Peel-Away Adjustable Heel Lift Retail M 1Ct	1 PK	Medium	\$10.00
1974	Silipos Therastep Gel Toe Protector 1Ct	1 EA	-	\$7.00
1468	GoodSense Lamb's Wool Toe Padding 3/8oz 1Ct	1 EA	-	\$5.00
1675	Medline Gel Ribbed Digital Toe Caps S/M 1Ct	1 EA	Small/ Medium	\$7.00
1132	CURAD Medioplast Wart Remover Pads 2x3 1Ct	1 EA	-	\$2.00
1472	Medline Plantar Fasciitis Relief Sleeve M 1 Count	1 EA	Medium	\$17.00
1470	Medline Plantar Fasciitis Relief Sleeve XL 1 Count	1 EA	XLarge	\$17.00
1664	GoodSense Medicated Corn Removers 9Ct	1 PK	-	\$5.00
1672	Pedifix Peel-Away Adjustable Heel Lift Retail L 1Ct	1 PK	Large	\$10.00
1674	Pedifix Peel-Away Adjustable Heel Lift Retail S 1Ct	1 PK	Small	\$10.00
1676	Medline Gel Ribbed Digital Toe Caps L/XL 1Ct	1 EA	Large/ Xlarge	\$7.00
1666	Pedifix Washable Arch Binder M 1Pr	1 BX	Medium	\$9.00
1665	Pedifix Washable Arch Binder S 1Pr	1 BX	Small	\$9.00
1667	Pedifix Washable Arch Binder L 1Pr	1 BX	Large	\$9.00
1440	Medline Gel Hallux Bunion Guard 1Ct	1 EA	-	\$5.00
1668	Pedifix Washable Arch Binder XL 1Pr	1 BX	XLarge	\$10.00



1677



1472



1676

### Medline Clear Gel Toe Caps L/XL 10Ct

All-gel toe caps condition and soften the skin while protecting toes. Helps relieve corns, blisters and ingrown nails.

### Medline Plantar Fasciitis Relief Sleeve M 1 Count

Slip-on sleeve helps relieve symptoms associated with plantar fasciitis and chronic heel pain.

### Medline Gel Ribbed Digital Toe Caps L/XL 1C

Comfortable, stretchable fabric is coated with gel for cushioning support of ingrown toenails, corns, hammertoes and toe tips.

## Oral Care

Item No.	Description	Pkg.	Color	Price
1162	Super Poligrip Original Denture Adhesive Cream 2.4oz 1Ct	1 EA	Pink	\$11.00
1149	Conair InterPlak Rechargeable Cordless Toothbrush 1Ct	1 EA	White/Blue	\$30.00
1492	Medline Mouth Moisturizer Oral Gel 3g Pkt 1Ct	1 EA	-	\$1.00
1491	GoodSense Lip Balm Regular 1Ct	1 EA	-	\$2.00
1880	Tongue Scraper With Brushes 2/Pk	1 PK	Multicolor	\$5.00
1494	Fresh Mint Sensitive Teeth Toothpaste 4.3oz 1Ct	1 TB	-	\$3.00
1155	Denture Cleanser Tablets 90 Count	90 BX	-	\$7.00
1154	Freshmint Waxed Mint Dental Floss 100yd	1 EA	-	\$3.00
1495	Sunstar Tongue Cleaner Brush 1Ct	1 EA	White/Blue	\$2.00
1876	Denture Brush With Easy-Grip Handle	1 PK	Multicolor	\$4.00
1485	Extra Strength Denture Adhesive Mint 2oz 1Ct	1 TB	Blue	\$4.00
1161	Pepsodent Complete Care Toothpaste 5.5oz 1Ct	1 TB	-	\$2.00
1158	Medicated Lip Treatment 2Ct	1 PK	-	\$3.00
1487	GUM Proxabrush Go-Betweens Teeth Cleaners 10Ct	1 PK	-	\$5.00
1482	Biotene Dry Mouth Moisturizing Spray 1.5oz 1Ct	1 EA	-	\$12.00
1163	Medline Super Soft Wrapped Adult Toothbrush 1Ct	1 EA	Light Blue	\$1.00
1150	Colgate Optic White Battery Powered Toothbrush 1Ct	1 EA	White	\$9.00
1152	Medtech Oral BrushPicks 275Ct	1 PK	-	\$5.00
1157	GoodSense Mint Flossers 90Ct	1 BG	-	\$3.00
1479	Aim Cavity Protection Mint Gel Toothpaste 5.5oz 1Ct	1 TB	-	\$2.00
1488	InterPlak Rechargeable Toothbrush Replacement Heads 2Ct	2 PK	White	\$17.00
1480	Biotene Alcohol-Free Dry Mouth Mouthwash 16oz 1Ct	1 EA	-	\$12.00
1151	Colgate Optic White Battery Toothbrush Brush Heads 2Ct	1 PR	White	\$8.00
1160	Dr. Sheffield's Oral Toothache Relief Gel .33oz 1Ct	1 TB	-	\$3.00

## Skin Care + Hair Care

Item No.	Description	Pkg.	-	Price
1076	CareAll Petroleum Jelly 13oz 1Ct	1 EA	-	\$4.00
1051	Medline Nonsterile Cotton Balls Medium 1in 200Ct	200 BG	-	\$3.00
1720	GoodSense Soothing Oatmeal Bath Treatment 8Ct	1 BX	-	\$7.00
1717	Medline Soothe & Cool Protect Vitamin A&D Skin Ointment 4oz 1Ct	1 EA	-	\$3.00
2054	SPF 50 Sunscreen Sport Stick 0.65oz 1Ct	1 EA	-	\$5.00
1718	Medline Soothe & Cool Cornstarch Body Powder 14oz 1Ct	1 EA	-	\$3.00
2191	Simply Soft Cotton Swabs 300Count	1 PK	-	\$3.00

2045	MyDerm Aloe Gel 16oz 1Ct	1 BT	-	\$5.00
1716	Gentell Vitamin A&D+E Ointment 13oz 1Ct	1 EA	-	\$6.00
1645	Major Calamine Lotion 6oz 1Ct	1 BT	-	\$4.00
1517	Remedy Phytoplex Hydraguard Silicone Skin Cream 4oz 1Ct	1 EA	-	\$4.00
1246	Remedy Phytoplex Skin Cream Moisturizer Scented 8oz 1Ct	1 EA	-	\$5.00
2046	Remedy Intensive Skin Hydraguard-D Barrier Cream 4oz 1Ct	1 EA	-	\$3.00
1605	Gentell Zinc Oxide Skin Protectant Ointment 16oz 1Ct	1 EA	-	\$11.00
1527	SPF 50 Sunscreen Lotion 8oz Bottle 1Ct	1 EA	-	\$7.00
1430	Medline Soothe & Cool No-Rinse Body Cleanser 8oz 1Ct	1 EA	-	\$3.00
1428	Remedy Phytoplex No-Rinse Foam Cleanser 8oz 1Ct	1 EA	-	\$4.00
1115	Remedy Phytoplex Z-Guard Skin Protectant Paste 4oz 1Ct	1 EA	-	\$6.00
1251	MyDerm Aloe Gel Lidocaine Pain Reliever 8oz 1Ct	1 BT	-	\$7.00
1252	Solar Screen SPF 30 Ultra Sunscreen Lotion 8oz 1Ct	1 BT	-	\$9.00

## Wipes & Cloths

Item No.	Description	Pkg.	Wipe Container Type	Price
1719	Medline FitRight Aloe Quilted Personal Wipes 48Ct	1 PK	Soft Pack with Flip Top Lid	\$3.00
1722	Medline Ultrasoft Disposable Dry Cleansing Cloth 10x13in 50Ct	1 BG	Bag	\$3.00
1516	Remedy Phytoplex Scented Barrier Cream Cloths Dimeth 8Ct	1 PK	Soft Pack	\$4.00
1116	ReadyFlush Biodegradable Flushable Wipes Scented 24 Ct	1 PK	Soft Pack	\$3.00
1723	Medline Ultrasoft Disposable Dry Cleansing Cloth 12x14in 90Ct	90	Bag	\$4.00
1117	ReadyFlush SELECT Biodegradable Flushable Wipes 48Ct	1 PK	Soft Pack with Flip Top Lid	\$4.00
1103	Medline FitRight Aloe Personal Wipes Scented 100Ct	1 PK	Soft Pack with Flip Top Lid	\$3.00
1724	Medline Ultrasoft Disposable Dry Cleansing Cloth 7x13in 30Ct	1 BG	Soft Pack with Flip Top Lid	\$2.00

# Vitamins & Supplements

## Letter Vitamins

Item No.	Description	Pkg.	Strength	Price
1752	Niacin B Vitamin Tablets 100mg 100Ct	1 BT	100 mg	\$4.00
1753	Vitamin B Complex Tablets 100Ct	1 BT	-	\$3.00
1291	Vitamin B12 Tablet 500mcg 100Ct	1 BT	500 mcg	\$3.00
2076	21st Century Vitamin C 500mg Tablets 250Ct	1 BT	500 mg	\$8.00
1286	21st Century Vitamin A Softgels 10,000IU 110Ct	1 EA	10000 IU	\$4.00
1295	Vitamin D3 Tablets 50mcg 250Ct	1 BT	2000 IU	\$6.00
1293	Vitamin C Ascorbic Acid Tablet 500mg 100Ct	1 BT	500 mg	\$4.00
1751	ImmuBlast Immune System Chewable Tablet 32Ct	1 BT	-	\$6.00
1750	Vitamin C-500 Chewable Tablets 500mg 110Ct	1 BT	500 mg	\$6.00
2063	Beta Carotene 25,000 IU With Vitamin A 100Ct	1 BT	25000 IU	\$7.00
1271	Folic Acid Supplement 400mcg 100Ct	1 BT	400 mcg	\$4.00
2078	Vitamin E Softgel 90mg 100Ct	1 BT	90 mg	\$7.00
1292	GeriCare Vitamin B-6 Tablet 100mg 100Ct	1 EA	100 mg	\$5.00

## Minerals

Item No.	Description	Pkg.	Strength	Price
1269	Ferrous Sulfate Iron Tablet 325mg 100Ct	1 BT	325 mg	\$3.00
1745	GeriCare Magnesium Oxide Tablet 400mg 120Ct	1 BT	400 mg	\$5.00

## Multivitamins

Item No.	Description	Pkg.	Form	Price
1261	Multivitamin with Minerals for Seniors Age 50+ 100Ct	1 BT	Tablet	\$5.00
1276	Sentry Multivitamin with Minerals 130Ct	1 BT	Tablet	\$7.00
1267	21st Century Healthy Eyes Multivitamin and Mineral Supplement with Lutein 60Ct	1 BT	Tablet	\$6.00
1744	Yum-V's Adult Gummy Multivitamins 60Ct	1 BT	Gummy	\$10.00

## Supplements

Item No.	Description	Pkg.	Strength	Price
1756	GeriCare Ferrous Sulfate Iron Supplement Elixir 220mg 16oz 1Ct	1 BT	220 mg/5mL	\$5.00
1746	Mason Natural L-Lysine Tablet 500mg 100Ct	1 BT	500 mg	\$7.00
1743	Alpha Lipoic Acid Capsules 300mg 50Ct	1 BT	300 mg	\$17.00
1749	Calcium with Vitamin D3 Tablet 600mg 300Ct	1 BT	600 mg	\$13.00
1275	PlusPharma Melatonin Tablets 5mg 30Ct	1 BT	5 mg	\$3.00
2065	21st Century Glucosamine Chondroitin Triple Strength 750mg/600mg 60Ct	1 BT	750 mg + 600 mg	\$12.00
1754	GoodSense Chocolate Calcium Chews 650mg 60Ct	1 EA	650 mg	\$9.00
1280	Omega-3 Fish Oil Softgels with Vitamin E 1000mg 90Ct	1 BT	1000 mg	\$9.00
1755	21st Century Triple Strength Glucosamine & Chondroitin 750mg 100Ct	1 BT	750 mg + 600 mg	\$25.00
2061	Antioxidant Support Dietary Supplement 60Ct	1 BT	-	\$11.00
1270	Flaxseed Oil Softgel 1000mg 60Ct	1 BT	1000 mg	\$6.00
1757	True Plus Glucose Chewable Tablet 4g 50Ct	1 BT	4 g	\$6.00
1258	Biotin Dietary Supplement Tablets 500mcg 60Ct	1 BT	500 mcg	\$4.00
2064	Chromium Picolinate Tablets 200mcg 100Ct	1 BT	200 mcg	\$7.00
1259	Calcium Tablet 600mg 150Ct	1 BT	600 mg	\$5.00
1265	Coenzyme Q10 Softgel 100mg 30Ct	1 BT	100 mg	\$8.00
1748	Chewable Calcium with Vitamin D3 Tablet 500mg 60Ct	1 BT	500 mg	\$7.00
1632	Bausch + Lomb AREDS2 PreserVision Eye Vitamin 120Ct	1 BT	-	\$30.00
1734	Natural Psyllium Fiber Powder Supplement 10oz 1Ct	1 EA	-	\$9.00
1747	Calcium with Vitamin D3 Tablet 630mg 100Ct	1 BT	315 mg + 250 IU	\$6.00
1732	Major Lactase Dairy Digestive Aid Caplets 3,000FCC 60Ct	1 BT	3,000 FCC	\$8.00

# Get Over-the-Counter products every quarter!

## Order Online

<https://livewell.medline.com/CNC>

## OTC Product Catalog is for the following plans:

Care N' Care Classic (HMO)

Southwestern Health Select (HMO)

Care N' Care Choice (PPO)


Care N' Care Choice Plus (PPO)

Care N' Care Choice Premium (PPO)

Care N' Care Choice (MA-Only)

## Questions or Need Assistance?

Contact your Customer Experience Team by phone or email.

 Call: 1-877-374-7993 (TTY 711)

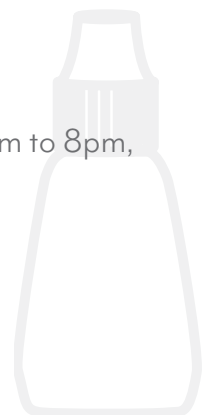
 Email: [yourteam@cnchealthplan.com](mailto:yourteam@cnchealthplan.com)

October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30, 8am to 8pm, CST, Monday through Friday.

Brought to you by:



**LiveWell™**  
**OTC Benefits Solution**



Care N' Care Insurance is an HMO and PPO plan with a Medicare contract. Enrollment in Care N' Care depends on contract renewal.  
Y0107\_22\_110\_M