



Health Plans

## Over-the-Counter Catalog 2022

## Your Over-the-Counter Benefit

We are dedicated to helping our members maintain their health and save money. Health First Health Plans members receive an allowance every three months to pay for items like pain relievers, first aid items, and allergy medicine. This quarterly allowance can be spent at large pharmacies, like CVS, Walmart, and Walgreens, and local pharmacies in your own neighborhood!

**Some of our participating partners include:**



**DOLLAR GENERAL**

*Walgreens*

---

### How it works

Once you enroll with Health First Health Plans, you will receive an over-the-counter (OTC) debit card in the mail. On the first day of each quarter, your allowance will be added to your card to buy eligible over-the-counter items like those listed in this catalogue.

**Credit will be added on:**

- January 1
- April 1
- July 1
- October 1

## How to Use Your Benefit

### Step 1: Activation

When you receive your card in the mail, you will need to activate it. Instructions will be provided, or you can simply give us a call! You can also visit **myotccard.com** to activate your card, check your balance, find retailers near you and browse approved products. Please note, your OTC card is a debit card. Your credit was not used to issue this card.

### Step 2: Visit a participating retailer

You may use your card at any participating retailer nationwide. Remember to take your card with you—you will need the card to pay for your eligible items. Check out like you would normally with any other regular purchase, and there is no need to check out at the pharmacy!

### Step 3: Check out

When you check out, just swipe your card to pay. You can use your OTC card to pay for eligible items up to your available card balance. Any remaining balance will carry over until your next purchase, but not to the next quarter. Don't forget to spend your money each quarter!



**Can't make it to the store?** You can have items delivered to your home. Give your Care Team a call, and we can help you place an order over the phone for home delivery at no additional charge to you.

### **Haven't received your card in the mail or misplaced it?**

Reach out to your Care Team at **1.800.716.7737**, (TDD/TYY 1.800.955.8771). You can also contact the OTC Network at 1.888.682.2400 or **myotccard.com**.

## Download the Mobile App

The OTC Network app is a fast and convenient way to manage your over-the-counter benefit.

### Check your card balance:

- Search for the OTC Network app on your smart phone and download it from the App Store or Google Play
- Enter your card number from the debit card you received in the mail
- View your balance

### Find eligible items:

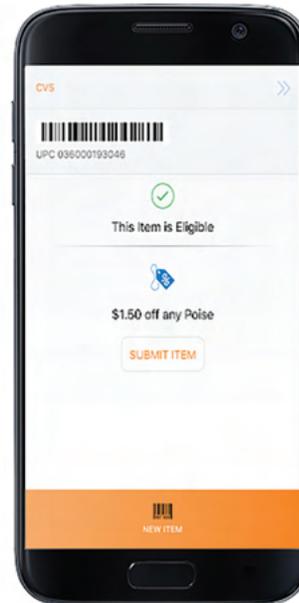
Find a retailer



Scan item



Check eligibility



### Questions?

Please reach out to the OTC Network at **1.888.682.2400**. You can also contact your Care Team at **1.800.716.7737**, (TDD/TTY 1.800.955.8771).

## Eligible Over-the-Counter Items

Your over-the-counter benefit can be used to pay for dozens of items to help you maintain your health. Items listed here are just a sample of the type of items you can buy. You can select brand name or generic versions of the items listed below. To check the eligibility of specific items by retailer download the mobile app, OTC Network, or go online at **myotccard.com**.



### Eligible over-the-counter categories include:

- Pg. 6 Batteries
- Pg. 6 Cold and Allergy
- Pg. 6 Compression Support
- Pg. 7 Diabetes Care
- Pg. 7 Digestive Health
- Pg. 8 Ear and Eye Care
- Pg. 8 Feminine Care
- Pg. 8 First Aid
- Pg. 9 Foot Care
- Pg. 10 Health Support
- Pg. 10 Home Diagnostics and Patient Aids For Daily Living
- Pg. 11 Home Health Care
- Pg. 11 Incontinence
- Pg. 12 Oral Care
- Pg. 13 Pain Relief
- Pg. 13 Patient Skin Care
- Pg. 13 Physical Fitness and Exercise Equipment
- Pg. 13 Skin Care
- Pg. 13 Smoking Deterrents
- Pg. 14 Sun Care
- Pg. 14 Vitamins and Dietary Supplements
- Pg. 14 Weight Management and Nutritional Food

## Eligible Over-the-Counter Items

### Batteries

Hearing Aid Batteries

### Cold and Allergy

Cough, Cold, Flu and Sinus Liquids

Cough, Cold, Flu and Sinus Tabs and Caps

Mixed/Miscellaneous Cough, Cold, Flu and Sinus

Cold and Flu Preventatives/Symptom Reducers

Sore Throat Pain Relief Throat and Cough Drops

Mixed/Miscellaneous Cough Drops, Sore Throat Relief

Allergy Liquids

Allergy Tabs and Caps

Mixed/Miscellaneous Allergy

Allergy Nasal Sprays, Drops and Inhalers

Decongestant Nasal Sprays, Drops and Inhalers

Nasal Moisturizers and Washes

Nasal Strips, Dilators and Snore Relief

Mixed/Miscellaneous Nasal Medicated Lip Treatments

Asthma Preparations

Vapor Products (Includes Waterless Vaporizers)

Vaporizers, Humidifiers and Accessories

Mixed/Miscellaneous Respiratory Treatments

### Compression Support

Mixed/ Miscellaneous Low Compression (8-15mmHg)

Low Compression-Men's and Unisex Knee High (8-15 mmHg)

Low Compression-Men's and Unisex Thigh High (8-15 mmHg)

Low Compression-Women's Knee High (8-15 mmHg)

Low Compression-Women's Thigh High (8-15 mmHg)

Low Compression-Waist High and Pantyhose (8-15 mmHg)

Mixed/Miscellaneous Moderate to High Compression

Moderate to High Compression-Men's and Unisex Knee High

Moderate to High Compression-Men's and Unisex Thigh High

## Eligible Over-the-Counter Items

Moderate to High Compression-Women's Knee High

Moderate to High Compression-Women's Thigh High

Moderate to High Compression-Waist High and Pantyhose

Moderate to High Compression-Sleeves, Garments and Lymphedema Treatments

### Diabetes Care

Sharps Containers and Supplies

Mixed/Miscellaneous Diabetes Care Accessories

Diabetes Neuropathy and Skin Care

Diabetes Cough, Cold and Allergy

Diabetes Supplements

Urine Test Strips

Urine Test Tabs

Mixed/Miscellaneous Urine Testing

### Digestive Health

Antacid Liquids

Antacid Tabs and Caps

Multi-Symptom Products

Acid Controllers Nausea and Motion Sickness

Mixed/Miscellaneous Stomach and Nausea Remedies

Fiber Products

Enemas, Laxative Suppositories, Kits, Etc.

Non-Liquid Laxatives (Non-Fiber) and Combination Stool-Softener Products

Laxative Liquids and Combination Stool-Softener Products

Stool Softeners

Mixed/Miscellaneous Laxatives

Anti-Diarrheal Tabs and Caps

Anti-Diarrheal Liquids

Diarrhea-Related Oral Rehydration Therapy

Mixed/Miscellaneous Anti-Diarrheals

Lactose Intolerance

Digestive Health Prebiotics and Probiotics

Anti-Gas Mixed/Miscellaneous

## Eligible Over-the-Counter Items

Anti-Gas Hemorrhoid Treatments  
Hemorrhoid Wipes and Washes  
Mixed/Miscellaneous Hemorrhoid Preparations

### Ear and Eye Care

Soft Lens Multi-Purpose Solutions  
Soft Lens Saline Solutions  
Soft Lens Cleaners  
Soft Lens Rewetting Drops  
Gas Permeable and Hard Lens Care  
Mixed/Miscellaneous Contact Lens Care  
Eye Relief Products  
Dry Eye Relief  
Eye Wash  
Mixed/Miscellaneous Eye Preparations (Includes Sleep Masks)  
Reading Glasses  
Magnifying Glasses  
Mixed/Miscellaneous Reading Glasses and Magnifying Glasses  
Ear Drops and Syringes  
Mixed/Miscellaneous Ear Care  
Lipoflavonoids  
Hearing Aids

### Feminine Care

Feminine Antifungal

### First Aid

Adhesive and Liquid Bandages  
Alginate and Collagen Dressings  
Gauze, Non-Stick and Absorbent Dressings  
Hydrocolloid and Hydrogel Dressings  
Foam Dressings  
Mixed/Miscellaneous Wound and Surgical Dressings  
Transparent Dressings  
Topical Antibiotics and Antimicrobials

## Eligible Over-the-Counter Items

Wound, Burn and Skin Treatments (Includes Epsom Salt)  
Mixed/Miscellaneous Wound Treatments and Skin Relief (Includes Witch Hazel)  
Scar Treatments  
Skin Protectants (Includes Petroleum Jelly)  
Lice Treatments and Accessories  
Mixed/Miscellaneous Antiparasitic Treatments  
Pinworm and Ringworm Treatments  
First Aid Kits  
Mixed/Miscellaneous First Aid Kits and Supplies  
Finger Cots and Splints  
General Itch Treatments  
Jock Itch Treatments  
Chronic Itch Treatments  
Poison Ivy, Oak and Sumac Treatments  
Mixed/Miscellaneous Itch Treatments  
First Aid Tapes and Adhesive Wraps  
Rubbing Alcohol  
Hydrogen Peroxide  
Saline Solutions and Sprays  
Povidone Iodine  
Mixed/Miscellaneous Wound Washes and Cleansers  
Protective Gloves

### Foot Care

Corn, Callus and Bunion Pads  
Corn and Callus Removers  
Antifungal Powders  
Antifungal Creams and Liquids  
Antifungal Sprays  
Nail Fungus Treatments  
Mixed/Miscellaneous Antifungal Treatments  
Wart Remover Pads and Liquids  
Mixed/Miscellaneous Wart Removers  
Foot Pain Relief

## Eligible Over-the-Counter Items

### Health Supports

Elastic Bandages

Protective Guards

Mixed/Miscellaneous Elastic Bandages and Athletic Treatments

Ankle and Foot

Hand and Wrist

Elbow and Arm

Knee

Thigh, Calf and Shin

Joint Warmers and Arthritis

Mixed/Miscellaneous Braces

Hot/Cold Therapy

Electric Heating Pads

Mixed/Miscellaneous Hot/Cold Therapy

Abdominal Supports

Rib Belts

Mixed/Miscellaneous Abdominal Supports and Rib Belts

Hernia Supports and Suspensories

Sacro and Back Braces

Arm Slings and Cervical Collars

Shoulder and Clavicle Braces

Mixed/Miscellaneous Orthopedic and Surgical Support

### Home Diagnostics and Patient Aids For Daily Living

Stethoscopes and Accessories

Thermometers, Fever Strips and Accessories

Blood Pressure Kits and Accessories

Drug and Alcohol Tests

Mixed/Miscellaneous Home Diagnostics/ Tests

Cholesterol Meters and Testing Kits

Pulse Oximeters and Heart Rate Monitors

Bathing and Oral Hygiene Aids

Mixed/Miscellaneous Patient Aids For Daily Living

Night Lights

Mobility Safety: Stair Rails, Stair Treads, Temporary Mobility Ramps

## Eligible Over-the-Counter Items

Eating and Drinking Aids  
Grooming and Dressing Aids  
Medical Alert IDs and Devices  
Medicine Dosers, Pillboxes, Organizers and Reminders  
Reachers, Grippers and Lifts  
Reading, Writing and Telephone Aids

### Home Health Care

Bathtub Safety and Accessories  
Bathtub and Toilet Rails and Frames  
Elevated Toilet Seats and Accessories  
Grab Bars and Handles  
Sitz Baths and Bidets  
Hand Held Showers  
Mixed/Miscellaneous Bathroom Safety  
Specialized Ankle and Foot Braces/Supports/Splints  
Specialized Elbow and Arm Braces/Supports/Splints  
Specialized Knee Hinged Braces/Supports/Splints  
Specialized Knee Immobilizer Braces/Supports/Splints  
Specialized Wrist and Hand Braces/Supports/Splints  
Specialized Shoulder and Clavicle Braces/Supports/Splints  
Specialized Thigh and Calf Braces/Supports/Splints  
Mixed/Miscellaneous Specialized Orthopedic Braces/Supports/Splints  
Canes for the Visually Impaired

### Home Health Care

Disposable Underwear  
Disposable Briefs and Undergarments  
Disposable Underpads  
Disposable Pads, Shields, Guards and Drip Collectors  
Mixed/Miscellaneous Disposable Incontinence  
Reusable Garments  
Reusable Underpads  
Mixed/Miscellaneous Reusable Incontinence

## Eligible Over-the-Counter Items

Perineal - Only Cleansers and Washes  
Perineal - Only Wipes and Towelettes  
Perineal - Only Moisturizers, Barriers and Protectants  
Perineal - Only Antifungals  
Deodorizers  
Mixed/Miscellaneous Incontinence Personal Care  
Oral

### Oral Care

Regular Toothpaste and Tooth Powder  
Sensitive Toothpaste and Treatments  
Whitening Toothpaste  
Mixed/Miscellaneous Toothpaste and Treatments  
Manual Toothbrushes  
Battery Toothbrushes and Refills  
Rechargeable Toothbrushes and Refills  
Mixed/Miscellaneous Toothbrushes and Accessories  
Denture Adhesives  
Denture Cleaners and Accessories  
Denture Repair and Pain Relief  
Mixed/Miscellaneous Denture Care  
Floss and Flossers  
Interdental  
Gum Care  
Dental Gum  
Mixed/Miscellaneous Interdental, Floss and Gum Care  
Oral Pain Relief and Mouth Sores  
Dry Mouth  
Temporary Dental Repair  
Mixed/Miscellaneous Oral Remedies (Includes Fluoride Treatments)

## Eligible Over-the-Counter Items

### Pain Relief

Adult Acetaminophen

Feminine Pain Relief

Adult Aspirin and Combinations

Adult Ibuprofen and Other Anti- Inflammatories

Mixed/Miscellaneous Internal Pain Relief

Adult Nighttime Pain Relief

Adult Specialty Pain Relief

External Muscle/Joint Pain Relief Patches and Pads

External Muscle/Joint Pain Relief Creams, Ointments and Gels

External Muscle/Joint Pain Relief Lotions, Liquids, Roll-Ons and Sprays

TENS Units and Replacement Pads

Mixed/Miscellaneous External Pain Relief

Sleep Aids and Sedatives

Stimulants

### Patient Skin Care

Moisturizers, Barriers and Protectants

Antifungals

Mixed/Miscellaneous Patient Skin Support

### Physical Fitness and Exercise Equipment

Pedometers and Fitness Trackers

### Skin Care

Acne Creams, Gels, Lotions and Patches

Acne Soaps and Cleansers

Acne Astringents and Toners

Mixed/Miscellaneous Facial and Body Acne Medications

### Smoking Deterrents

Nicotine Patches

Nicotine Gum and Lozenges

Mixed/Miscellaneous Smoking Deterrents

## Eligible Over-the-Counter Items

### Sun Care

Sun Protection (< SPF 50)  
Sun Protection (SPF 50+)  
Mixed/Miscellaneous Sun Protection  
Sport Sun Protection

### Vitamins and Dietary Supplements

Multivitamins  
Eye Health Vitamins  
Mixed/Miscellaneous Multivitamins  
Vitamin B and Vitamin B Complex  
Vitamin C  
Vitamin E  
Mixed/Miscellaneous Single Entity Vitamins  
Vitamin D  
Joint Health (Including Glucosamine)  
Menopause Support (Soy)  
Enzymes, Amino Acids and Hormones  
CoQ10 Only (UBIQUINOL)  
Heart Health and Essential Fatty Acids (Fish Oil, Flax, GLA, Etc.)  
General Health Prebiotics and Probiotics  
Calcium  
Iron  
Mixed/Miscellaneous Mineral Supplements  
Multi-Minerals

### Weight Management and Nutritional Foods

Food Scales  
Weight Management Tabs and Caps  
Diuretics  
Weight Loss Cleansing and Detox  
Mixed/Miscellaneous Diuretics and Weight Loss Cleansing and Detox



Learn more at **myHFHP.org**  
**1.800.716.7737**, (TDD/ TTY 1.800.955.8771)

We are available Monday to Friday from 8 a.m. to 8 p.m.  
and Saturdays from 8 a.m. to noon. From October 1 to March 31,  
we're available seven days a week from 8 a.m. to 8 p.m.



Health Plans

Y0089\_MPINF09771\_C(10/2021)