

2023 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 CenterWell Pharmacy. You can have over-the-counter (OTC) items like cough medicine, sunscreen, and bandages mailed right to you.

Call CenterWell Pharmacy at **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:

CenterWell 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

2023 Humana Gold Plus Integrated Health and Wellness Order Form



907CW



MEMBER INFORMATION

Member ID (found on Humana ID card)

Date of Birth

Gender

 Male
 Female

First Name

Last Name

MI

Street Number

Street Name

Apt/Suite #

City

State

Zip Code

Daytime Phone

Evening Phone

Please check box if this is a new address

Call CenterWell Pharmacy at **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 FedEx, 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. CenterWell 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 (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)

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Date of Birth

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907ACW



First name

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Last name

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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 to: CenterWell 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

Bathroom safety

Product code	Product name	Compare to	Package count	Price
Bathtub & Shower				
417	Bath bench with arms and back**	Essential Medical Supply Shower Bench with Back	1	\$60
418	Bath bench with arms, no back**	Essential Medical Supply Shower Bench	1	\$50
371	Bath mat**	Bath mat	1	\$12
494	Handheld shower	Handheld shower	1	\$22
373	Tub and stair safety treads	Tub and stair safety treads	8	\$8
421	Tub safety bar**	Drive Medical Tub Safety Bar	1	\$40
Grab Bars				
491	Grab bar, knurled chrome, 12"	Grab bar, knurled chrome, 12"	1	\$15
492	Grab bar, knurled chrome, 24"	Grab bar, knurled chrome, 24"	1	\$18
493	Grab bar, knurled chrome, 32"	Grab bar, knurled chrome, 32"	1	\$22
Toilet				
372	Raised toilet seat - 250 lbs. capacity, universal fit**	Raised toilet seat - 250 lbs. capacity	1	\$26
420	Toilet safety rails**	Nova® Toilet Safety Rails	1	\$35

Cough, Cold and Allergy

Product code	Product name	Compare to	Package count	Price
Allergy & Sinus Relief				
113	Cetirizine HCL 10 mg**	Zyrtec® 10 mg	30	\$12
496	Fexofenadine 180 mg	Allegra®	30	\$15
361	Levocetirizine 5 mg**	Xyzal®	35	\$10
110	Loratadine 10 mg	Claritin®	30	\$10
622	Loratadine 10 mg orally disintegrating tablets**	Claritin® RediTabs	30	\$10
290	Loratadine liquid 5 mg/5 ml**	Children's Claritin®	4 oz.	\$9
228	Nasal decongestant PE max strength	Sudafed® PE Tablets	36	\$6
095	Nasal decongestant spray	Afrin®	1 oz.	\$6
097	Sinus-Acetaminophen/phenylephrine HCL	Tylenol® Sinus	24	\$7
293	Triamcinolone allergy nasal spray	Nasacort® Allergy 24 hour	0.57 oz.	\$18

If you receive a generic, it will be 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 healthcare provider about the appropriateness of this OTC item.

Allergy Eye Drops				
546	Bausch + Lomb Alaway® Antihistamine Eye Drops	Bausch + Lomb Alaway® Antihistamine Eye Drops	.34 oz.	\$15
291	Eye itch relief 0.025% eye drops	Zaditor®	0.17 oz.	\$13
556	Pataday® Once Daily Relief ⁺⁺	Pataday® Once Daily Relief	2.5 ml	\$22
557	Pataday® Twice Daily Relief ⁺⁺	Pataday® Twice Daily Relief	5 ml	\$20
Cough, Cold & Flu				
260	Cough and cold high blood pressure tablets*	Coricidin® HBP Cough and Cold	16	\$7
321	Cough formula expectorant	Robitussin®	8 oz.	\$7
210	Cough suppressant/expectorant, sugar-free ⁺⁺⁺	Robitussin® Sugar Free DM	4 oz.	\$5
096	Cough suppressant/nasal decongestant/expectorant*	Robitussin® CF	4 oz.	\$7
237	Daytime cold and flu softgels*	DayQuil™	16	\$7
111	Expectorant - guaifenesin 400 mg	Mucus Relief 400 mg	30	\$9
589	Guaifenesin, extended release, 600 mg	Guaifenesin, extended release, 600 mg	20	\$18
043	Medicated chest rub	Vicks VapoRub®	100 gm	\$7
498	Theraflu MultiSymptom Severe Cold*	Theraflu MultiSymptom Severe Cold with Green Tea & Honey Lemon Hot Liquid Powder for Cough & Cold Relief	6	\$12
Nasal Care				
497	Nasal rinse kit	NeilMed® Sinus Rinse™	1	\$18
362	Nasal strips - medium	Breathe Right® Nasal Strips	30	\$11
325	Saline nasal spray	Ocean® Saline Nasal Spray	3 oz.	\$7
424	Steam inhaler**	Vicks® Steam Inhaler	1	\$14
Throat Lozenges & Spray				
423	Cough drops, honey lemon	Halls® Cough Drops	30	\$3
629	Cough drops, honey lemon, sugar-free	Halls® Cough Drops, Sugar free	25	\$3
117	Menthol/Benzocaine sore throat lozenges	Cepacol® Lozenges	18	\$7
220	Phenol/Oral anesthetic sore throat spray	Chloraseptic®	6 oz.	\$7

Diabetes Management

Product code	Product name	Compare to	Package count	Price
Compression Dress Socks, 8-15 mmHg				
501	Compression dress socks 8 - 15 mmHg, black - Small	Curad®	1 pair	\$16
500	Compression dress socks 8 - 15 mmHg, black - Medium	Curad®	1 pair	\$16

If you receive a generic, it will be 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.

499	Compression dress socks 8 - 15 mmHg, black - Large	Curad®	1 pair	\$16
Compression Stockings, 15-20 mmHg				
265	Compression stockings 15-20mmHg regular beige size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	JOBST®	1 pair	\$13
266	Compression stockings 15-20mmHg regular beige size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	JOBST®	1 pair	\$13
267	Compression stockings 15-20mmHg regular beige size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	JOBST®	1 pair	\$13
268	Compression stockings 15-20mmHg regular beige size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	JOBST®	1 pair	\$13
269	Compression stockings 15-20mmHg regular beige size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	JOBST®	1 pair	\$13
270	Compression stockings 15-20mmHg regular beige size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	JOBST®	1 pair	\$13
271	Compression stockings 15-20mmHg regular beige size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	JOBST®	1 pair	\$13
329	Compression stockings 15-20mmHg regular black size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	JOBST®	1 pair	\$13
330	Compression stockings 15-20mmHg regular black size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	JOBST®	1 pair	\$13
331	Compression stockings 15-20mmHg regular black size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	JOBST®	1 pair	\$13
332	Compression stockings 15-20mmHg regular black size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	JOBST®	1 pair	\$13
333	Compression stockings 15-20mmHg regular black size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	JOBST®	1 pair	\$13
334	Compression stockings 15-20mmHg regular black size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	JOBST®	1 pair	\$13
335	Compression stockings 15-20mmHg regular black size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	JOBST®	1 pair	\$13
Crew Socks, 8-15 mmHg				
376	Diabetes circulatory crew socks 8-15mmHg black - Small	Diabetes circulatory crew socks 8-15mmHg black - Small	1 pair	\$10
375	Diabetes circulatory crew socks 8-15mmHg black - Medium	Diabetes circulatory crew socks 8-15mmHg black - Medium	1 pair	\$10
374	Diabetes circulatory crew socks 8-15mmHg black - Large	Diabetes circulatory crew socks 8-15mmHg black - Large	1 pair	\$10
377	Diabetes circulatory crew socks 8-15mmHg black - XL	Diabetes circulatory crew socks 8-15mmHg black - XL	1 pair	\$10

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

381	Diabetes circulatory crew socks 8-15mmHg white - Small	Diabetes circulatory crew socks 8-15mmHg white - Small	1 pair	\$10
380	Diabetes circulatory crew socks 8-15mmHg white - Medium	Diabetes circulatory crew socks 8-15mmHg white - Medium	1 pair	\$10
379	Diabetes circulatory crew socks 8-15mmHg white - Large	Diabetes circulatory crew socks 8-15mmHg white - Large	1 pair	\$10
382	Diabetes circulatory crew socks 8-15mmHg white - XL	Diabetes circulatory crew socks 8-15mmHg white - XL	1 pair	\$10
Diabetes Management Items				
502	Diabetic blood sugar log book	Diabetic blood sugar log book	1	\$11
368	Diabetic foot care telescoping inspection mirror	Telescoping Mirror	1	\$12
408	Diabetic skin relief body lotion	Gold Bond® Ultimate Diabetics' Dry Skin Relief Hydrating Lotion	4.5 oz.	\$11
272	Diabetic skin relief foot cream	Gold Bond® Diabetic Skin Relief Foot Cream	3.4 oz.	\$11
305	Glucose tablets (6 pack of 10 tablets)	DEX4® Glucose Tablets	60	\$12
274	Sharps container	BD™ Home Sharps Container	1	\$7

Digestive Health

Product code	Product name	Compare to	Package count	Price
Antacids/Heartburn/Gas Relief				
032	Antacid/Anti-gas liquid	Mylanta®	12 oz.	\$8
203	Calcium carbonate antacid - regular strength	Tums® Regular Strength	150	\$7
215	Effervescent antacid & pain relief	Alka-Seltzer®	36	\$8
323	Esomeprazole 20 mg ⁺⁺	Nexium® 24HR	28	\$17
320	Extra strength gas relief softgels	Gas-X® Extra Strength	48	\$8
261	Famotidine 20 mg ⁺⁺	Pepcid® 20 mg	25	\$8
112	Omeprazole 20 mg ⁺⁺	Prilosec OTC®	14	\$10
Anti-diarrheal				
318	Anti-diarrheal caplets - loperamide 2 mg ⁺⁺	Imodium® A-D	24	\$7
115	Pink bismuth - chewable tablets ⁺⁺	Pepto-Bismol® Chewable Tablets	30	\$7
Anti-nausea/Vomiting & Motion Sickness				
505	Meclizine 25 mg ⁺⁺	Bonine®	100	\$8
120	Motion sickness tablets - dimenhydrinate 50 mg ⁺⁺	Dramamine®	12	\$6
351	Nausea relief liquid	Emetrol®	4 oz.	\$7
Fiber & Dairy Digestive				
116	Dairy digestive supplement- lactase enzyme	Lactaid® Tablets	60	\$10
415	Fiber gummies	Vitafusion™ Fiber Well Gummies	90	\$16
208	Fiber laxative tablets	FiberCon®	90	\$9

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

258	Psyllium fiber laxative capsules	Metamucil® Capsules	160	\$11
359	Psyllium fiber supplement orange smooth texture powder	Metamucil®	13 oz.	\$13
360	Psyllium fiber supplement orange smooth texture powder - sugar-free	Metamucil® Sugar Free	10 oz.	\$12
Hemorrhoid Care				
031	Anti-hemorrhoidal ointment	Preparation H®	2 oz.	\$7
216	Hemorrhoidal suppositories	Preparation H® Suppositories	12	\$7
358	Medicated hemorrhoidal pads	Tucks® Pads	100	\$8
Laxatives/Constipation/Softener				
093	Bisacodyl 5 mg	Dulcolax®	25	\$7
503	Glycerin suppositories	Fleet®	25	\$5
504	Laxative (bisacodyl) 10 mg suppositories	Laxative (bisacodyl) 10 mg suppositories	12	\$7
033	Milk of magnesia - laxative/antacid	Phillips® Milk of Magnesia	12 oz.	\$7
264	Polyethylene glycol 3350 ⁺⁺	MiraLAX®	8.3 oz.	\$10
233	Senna laxative tablets	Senokot®	100	\$10
101	Stool softener capsules ⁺⁺	Colace®	100	\$7

Fall Prevention

Product code	Product name	Compare to	Package count	Price
Canes				
526	Cane for vision impaired ^{**}	Cane for vision impaired	1	\$20
527	Cane with offset handle ^{**}	Cane with offset handle	1	\$20
529	Folding cane ^{**}	Folding cane	1	\$18
386	Quad cane, Large Base -300 lbs. capacity ^{**}	Quad cane, Large base - 300 lbs. capacity	1	\$25
387	Quad cane, Small base -300 lbs. capacity ^{**}	Quad cane, Small base - 300 lbs. capacity	1	\$25
Dressing Aids				
619	Extra-long shoe horn with sock remover	Extra-long shoe horn with sock remover	1	\$13
594	Sock assistance device	Sock assistance device	1	\$13
Fall Safety				
524	Bed pan	Bed pan	1	\$10
532	Non-skid slipper socks	Non-skid slipper socks	1 pair	\$3
419	Plug-in LED night lights	Plug-In LED Night Lights	2	\$9
625	Transfer belt with handles, wide	Transfer Belt with Handles, Wide	1	\$19
Mobility Assistance				
525	Bedside Stool with Handle ^{**}	Bedside Stool with Handle	1	\$57
531	Grabber Reacher Tool	Grabber Reacher Tool	1	\$15

If you receive a generic, it will be 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.

Replacement Cane Tips				
628	Replacement cane tips, 1/2" (fits product 386)	Replacement cane tips, 1/2"	4	\$9
626	Replacement cane tips, 3/4" (fits products 527 & 529)	Replacement cane tips, 3/4"	2	\$9
627	Replacement cane tips, 5/8" (fits product 387)	Replacement cane tips, 5/8"	4	\$9

First Aid

Product code	Product name	Compare to	Package count	Price
Bandages & Supplies				
508	Butterfly closures	Butterfly closures	12	\$4
509	Cloth tape 1" x 10 yards	Cloth tape 1" x 10 yards	1	\$5
036	Cotton swabs	Q-Tips® cotton swabs	300	\$6
510	Curad® adhesive bandages - fingertip	Curad® adhesive bandages - fingertip	100	\$8
511	Curad® adhesive bandages - knuckles	Curad® adhesive bandages - knuckles	100	\$8
512	Curad® bandage variety pack	Curad® bandage variety pack	200	\$10
519	Curad® non-stick pads 3" x 4"	Curad® non-stick pads 3" x 4"	10	\$5
514	Curad® Quick Stop Blood controlling bandages	Curad® Quick Stop blood controlling bandages	30	\$6
515	Curad® silicone bandages	Curad® silicone bandages .75" x 3"	20	\$6
517	Curad® spray bandage ⁺	Curad® spray bandage	1.35 oz.	\$10
226	Elastic bandage 4"	Ace® bandage	1	\$5
425	Elastic bandage 6"	Ace® bandage	1	\$9
520	Gauze sponges 4" x 4"	Gauze sponges 4" x 4"	50	\$8
431	Paper tape 2" x 10 yards	Curad® paper tape	1	\$8
324	Plastic bandages	Band-Aids®	200	\$9
384	Waterproof adhesive bandages	Waterproof adhesive bandages	100	\$9
Burn Relief				
507	Burn relief spray	Burn relief spray	2 oz.	\$5
516	Curad® Soothe & Cool burn bandages, Instant Cooling, Assorted Sizes	Curad® Soothe & Cool Burn bandages, instant cooling, assorted sizes	8	\$9
Hot & Cold Therapies				
428	Hot water bottle	Hot water bottle	1	\$10
430	Ice bag	Ice bag	1	\$7
310	Reusable cold compress	ACE™ Cold Compress	1	\$7
Kits				
518	Curad® wound care kit (gauze pads, non-stick pad, paper tape)	Curad® wound care kit (gauze pads, non-stick pad, paper tape)	25 pieces	\$9
385	First aid kit, 175 pieces	Curad® First Aid Kit	1 kit	\$12

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

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

Ointments & Gels				
513	Curad® Germ Shield gel	Curad® Germ Shield gel	0.5 oz.	\$7
432	Petroleum jelly	Vaseline®	4 oz.	\$4
231	Triple antibiotic ointment plus	Neosporin® + Pain Relief	1 oz.	\$7
Sanitizers				
035	Alcohol prep pads ⁺⁺	Curad® Alcohol Swabs	100	\$4
506	Antiseptic spray	Antiseptic Spray	2 oz.	\$5
427	Hand sanitizer ⁺	Purell®	8 oz.	\$4
521	Hand sanitizer wipes ⁺	Purell®	160	\$12
429	Hydrogen peroxide	Hydrogen peroxide	16 oz.	\$2
433	Rubbing alcohol ⁺	Rubbing alcohol	16 oz.	\$3

Fitness Devices

Product code	Product name	Compare to	Package count	Price
Exercise Equipment				
528	Foam roller	Foam roller	1	\$17
534	Resistance band, medium resistance	Theraband®	1	\$9
Exercise Trackers				
441	Pedometer	Pedometer	1	\$20

Home Medical

Product code	Product name	Compare to	Package count	Price
Blood Pressure Devices & Cuff				
242	Blood pressure home kit (manual pump w/stethoscope) ^{**}	Blood pressure home kit (manual pump w/stethoscope)	1	\$18
245	Digital blood pressure monitor ^{**}	Digital blood pressure monitor	1	\$50
591	Extra-Large blood pressure cuff	Extra-Large blood pressure cuff	1	\$20
Breathing Aids				
455	Peak flow meter	Peak flow meter	1	\$18
Cushions & Pillows				
443	CPAP memory foam pillow ^{**}	CPAP memory foam pillow	1	\$60
444	CPAP pillow - fiber filled ^{**}	CPAP pillow - fiber filled	1	\$45
447	Foam ring cushion	Carex®	1	\$21
450	Hypoallergenic pillow ^{**}	Hypoallergenic pillow	1	\$25
451	Lumbar cushion	Carex®	1	\$25

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

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^{**}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.

Heating Pad/Wrap				
244	Electric heating pad - standard**	Sunbeam® electric heating pad	1	\$29
448	Heating pad for shoulder and neck**	Sunbeam® electric	1	\$40
Humidifiers & Accessories				
449	Humidifier, ultra-sonic cool mist**	Honeywell® humidifier - ultrasonic	1	\$50
535	Warm mist humidifier with steam inhaler**	Crane	1	\$50
536	Warm mist steam inhaler pads	Crane	12	\$13
Medical Bracelets				
452	Medical bracelet - diabetes	Medical bracelet	1	\$21
453	Medical bracelet - heart patient	Medical bracelet	1	\$21
Medication Aids & Disposal				
257	7-day pill box	7-day pill box	1	\$10
370	Medication disposal powder	DisposeRx™	3	\$11
458	Medication lock	Pillpod	1	\$22
456	Pill bottle opener with magnifying glass	Pill bottle opener with magnifying glass	1	\$7
457	Pill splitter & crusher	Pill splitter & crusher	1	\$9
Personal Protective Aids				
486	Cloth face masks limit 1 pack per month/3 packs per quarter	Cloth face masks	3 masks	\$14
485	Disposable face masks limit 3 packs per month/9 packs per quarter	Disposable face masks	10 masks	\$10
345	Disposable gloves - non-latex	Curad®	100	\$10
Pulse Oximeters				
309	Pulse oximeter**	Pulse oximeter	1	\$50
593	Talking pulse oximeter**	Talking pulse oximeter	1	\$60
Scales				
247	Digital bathroom scale**	Digital bathroom scale	1	\$24
530	Food scale	Food scale	1	\$20
461	Talking digital bathroom scale**	Talking digital bathroom scale	1	\$35
Sensory Aids				
445	Digital hearing amplifier**	Clearon hearing amplifier	1	\$50
446	Magnifying glass	Magnifying glass	1	\$10
463	Weighted utensil set	Weighted utensil set	1	\$40
Thermometers				
048	Oral thermometer	B-D® Oral Thermometer	1	\$7
462	Talking ear and forehead thermometer**	DualScan® Thermometer, Audio	1	\$30

If you receive a generic, it will be 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.

Incontinence

If you experience incontinence, we're here to help you find the right products for you. Below is a chart to help you choose the product(s) you need.

Absorbency level ↓	Usage	Tab-style or Briefs	Underwear or Pull on	Pads
	Day	Unisex: <ul style="list-style-type: none"> Extra absorbency tab-style disposable briefs <ul style="list-style-type: none"> Small, Medium, Large, XL, XXL Ultra Absorbency tab-style disposable briefs <ul style="list-style-type: none"> Small, Medium, Large, XL, XXL 	For women: <ul style="list-style-type: none"> Incontinence Underwear <ul style="list-style-type: none"> Small/Medium, Large/XL For men: <ul style="list-style-type: none"> Incontinence Underwear <ul style="list-style-type: none"> Small/Medium, Large/XL Unisex: <ul style="list-style-type: none"> Incontinence Underwear, heavy absorbency - XXL 	For women: <ul style="list-style-type: none"> Panty liner Bladder control pad <ul style="list-style-type: none"> Light Moderate Maximum For men: <ul style="list-style-type: none"> Bladder control guards
Extended or overnight	Unisex: <ul style="list-style-type: none"> Extended wear high capacity tab-style briefs <ul style="list-style-type: none"> Small, Medium, Large, XL 		For women: <ul style="list-style-type: none"> Bladder control pad, Ultimate 	

Product code	Product name	Compare to	Package count	Price
Clean & Protect				
307	Diaper rash ointment	Desitin® Ointment	2 oz.	\$8
369	Flushable cleansing cloths	Cottonelle®	40	\$5
Pads & Guards				
366	Bladder control guards for men	FitRight® Active Bladder Guards for Men	52	\$14
595	Bladder control pad for women - Light	FitRight®	20	\$8
596	Bladder control pad for women - Moderate	FitRight®	16	\$8
597	Bladder control pad for women - Maximum	FitRight®	10	\$8
598	Bladder control pad for women - Ultimate	FitRight®	10	\$8
599	Panty liner - long	Panty liner - long	40	\$8
Tab-Style Briefs				
396	Adult incontinence tab-style disposable briefs, Extra absorbency - Small, for waist size 20"-32"	FitRight® Disposable Briefs, Extra Absorbency - Small	20	\$17
395	Adult incontinence tab-style disposable briefs, Extra absorbency - Medium, for waist Size 32"-44"	FitRight® Disposable Briefs, Extra Absorbency - Medium	20	\$17
394	Adult incontinence tab-style disposable briefs, Extra absorbency - Large, for waist size 44"-56"	FitRight® Disposable Briefs, Extra Absorbency - Large	20	\$17
397	Adult incontinence tab-style disposable briefs, Extra absorbency - XL, for waist size 56"-64"	FitRight® Disposable Briefs, Extra Absorbency - XL	20	\$17

If you receive a generic, it will be 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.

398	Adult incontinence tab-style disposable briefs, Extra absorbency - XXL, for waist size 60"-70"	FitRight® Disposable Briefs, Extra Absorbency - XXL	20	\$17
401	Adult incontinence tab-style disposable briefs, Ultra absorbency - Small, for waist size 20"-32"	FitRight® Disposable Briefs, Ultra Absorbency - Small	20	\$17
400	Adult incontinence tab-style disposable briefs, Ultra absorbency - Medium, for waist size 32"-44"	FitRight® Disposable Briefs, Ultra Absorbency - Medium	20	\$17
399	Adult incontinence tab-style disposable briefs, Ultra absorbency - Large, for waist size 44"-56"	FitRight® Disposable Briefs, Ultra Absorbency - Large	20	\$17
402	Adult incontinence tab-style disposable briefs, Ultra absorbency - XL, for waist size 56"-64"	FitRight® Disposable Briefs, Ultra Absorbency - XL	20	\$17
403	Adult incontinence tab-style disposable briefs, Ultra absorbency - XXL, for waist size 60"-70"	FitRight® Disposable Briefs, Ultra Absorbency - XXL	20	\$17
540	Extended wear high capacity tab-style briefs - Small, for waist size 19"-31"	Extended wear high capacity tab-style briefs - Small	30	\$25
539	Extended wear high capacity tab-style briefs - Medium, for waist size 27"-43"	Extended wear high capacity tab-style briefs - Medium	15	\$24
538	Extended wear high capacity tab-style briefs - Large, for waist size 41"-59"	Extended wear high capacity tab-style briefs - Large	15	\$24
541	Extended wear high capacity tab-style briefs - XL, for waist size 57"-65"	Extended wear high capacity tab-style briefs - XL	15	\$24
Underpads & Chair Pads				
256	Absorbent underpads (disposable chux pads) 23" x 36"	Protection Plus® Disposable Underpads 23" x 36"	20	\$15
617	Chair pad, washable waterproof 21" x 22"	Chair pad, washable waterproof	1	\$12
537	Disposable underpads 36" x 36"	Disposable underpads 36" x 36"	50	\$35
542	Washable underpad 34" x 36"	Washable underpad 34" x 36"	1	\$10
Underwear				
602	Incontinence underwear for men - heavy absorbency, Small/Medium, for Waist Sizes 28" - 40"	FitRight®	20	\$17
603	Incontinence underwear for men - heavy absorbency, Large/XL, for Waist Sizes 40" - 56"	FitRight®	20	\$17
600	Incontinence underwear for women - heavy absorbency, Small/Medium, for Waist Sizes 28" - 40"	FitRight®	20	\$17
601	Incontinence underwear for women - heavy absorbency, Large/XL, for Waist Sizes 40" - 56"	FitRight®	20	\$17
604	Incontinence unisex underwear - XXL, for Waist Sizes 68" - 80"	FitRight®	20	\$19

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

Pain Relievers

Product code	Product name	Compare to	Package count	Price
Acetaminophen				
020	Acetaminophen 80 mg chewable ⁺⁺	Tylenol® Children's Chewable	30	\$7
294	Acetaminophen 325 mg ⁺⁺	Tylenol® Regular Strength	100	\$7
002	Acetaminophen 500 mg ⁺⁺	Tylenol® Extra Strength	100	\$7
605	Acetaminophen arthritis 650 mg	Acetaminophen arthritis 650 mg	24	\$8
353	Children's acetaminophen liquid	Children's Tylenol® 160 mg/5 ml	4 oz.	\$7
Aspirin & Aspirin Combo				
016	Aspirin low dose 81 mg EC	Bayer® Adult Low Strength EC	120	\$6
229	Enteric coated aspirin 325 mg ⁺⁺	Ecotrin®	100	\$7
125	Headache formula - aspirin/acetaminophen/caffeine	Excedrin®	100	\$9
Ibuprofen & Naproxen Sodium				
019	Ibuprofen 200 mg tablets	Advil®	50	\$5
094	Ibuprofen suspension (children's)	Children's Motrin®	4 oz.	\$8
283	Naproxen sodium 220 mg ⁺⁺	Aleve®	100	\$9
Patches				
213	Cold and hot patches	Icy Hot® Patch	5	\$8
365	Lidocaine patches	Salonpas® Lidocaine Patches	6	\$10
Topical Pain Relievers				
543	Arthritis pain gel ⁺⁺	Voltaren Gel	3.53 oz.	\$15
046	Muscle rub	BenGay®	4 oz.	\$8
344	Roll-on muscle relief	Biofreeze®	2.5 oz.	\$13
464	Spray-on muscle relief ⁺	BioFreeze® Spray	4 oz.	\$13
119	Topical analgesic - capsaicin cream 0.025%	Zostrix® Cream	2 oz.	\$9

Personal Care

Product code	Product name	Compare to	Package count	Price
Dental Floss, Flossers, Picks				
224	Dental floss, waxed	Dental floss, waxed	100 yards	\$5
391	Dental flossers	Dental flossers	90	\$5
554	Interdental brush picks	Gum®	275	\$6
555	Interdental gum brushes	Gum®	10	\$7
Denture Care				
225	Denture adhesive	Fixodent®	1.5 oz.	\$6
392	Denture brush	GUM® Denture Brush	1	\$6

If you receive a generic, it will be 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

319	Effervescent denture tabs	Efferdent®	90	\$7
553	Fixodent® Denture Adhesive	Fixodent® Denture Adhesive	2.4 oz.	\$9
Ear Care				
118	Earwax removal drops	Debrox® Earwax Removal Drops	0.5 oz.	\$7
559	Swimmer's ear solution	Debrox® Swimmer's Ear Drying Drops	1 oz.	\$8
Eye Care				
615	Bausch + Lomb Soothe® XP Emollient Eye Drops	Bausch + Lomb Soothe® XP Emollient Eye Drops	0.5 oz.	\$15
551	Contact lens solution	Opti-Free® Replenish®	12 oz.	\$10
219	Eye drops - redness reliever	Visine® Original	0.5 oz.	\$6
466	Folding reading glasses +1.50	Folding reading glasses +1.50	1	\$14
467	Folding reading glasses +1.75	Folding reading glasses +1.75	1	\$14
468	Folding reading glasses +2.00	Folding reading glasses +2.00	1	\$14
469	Folding reading glasses +2.25	Folding reading glasses +2.25	1	\$14
356	Lubricant eye drops	Refresh Optive® Lubricant Eye Drops	0.5 oz.	\$13
114	Lubricant eye drops (sterile)	Lubricant eye drops (sterile)	0.5 oz.	\$7
346	Lubricant eye gel	GenTeal®	0.34 oz.	\$12
405	Preservative free lubricant eye drops	Refresh Optive®	30 vials	\$15
Foot Care				
613	Antifungal foot powder, miconazole nitrate 2%	Zeasorb® AF	2.5 oz.	\$8
465	Bunion guard	Bunion Guard	1	\$9
473	Moleskin	Moleskin	3 strips	\$6
Oral Care				
544	Abreva® Cold Sore Treatment	Abreva® Cold Sore Treatment	.07 oz.	\$27
548	Biotene® Spray	Biotene® Spray	1.5 oz.	\$11
393	Dry mouth oral rinse	Biotene® Dry Mouth Oral Rinse	16 fl oz.	\$8
414	Medicated lip treatment - squeeze tubes or jars	Carmex®	2	\$6
295	Oral pain relief - benzocaine 20%	Orajel™ Maximum	0.5 oz.	\$7
Power Dental Flossers & Tips				
471	Battery-operated water jet**	Interplak® Battery-Operated Water Jet	1	\$35
472	Battery-operated water jet tips	Interplak® Battery-Operated Water Jet Tips	5	\$9
Toothbrushes & Accessories				
407	Rechargeable power toothbrush**	Rechargeable power toothbrush	1	\$30
406	Rechargeable power toothbrush replacement heads	Rechargeable power toothbrush replacement heads	2	\$23
284	Toothbrush	Toothbrush	3	\$6
Toothpaste				
545	Aim® Toothpaste	Aim® Toothpaste	5.5 oz.	\$5

If you receive a generic, it will be 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.

550	Colgate® Toothpaste	Colgate® Toothpaste	4 oz.	\$6
552	Crest® Toothpaste	Crest® Toothpaste	5.4 oz.	\$7
558	Pepsodent® Toothpaste	Pepsodent® Toothpaste	5.5 oz.	\$5
606	Sensodyne Toothpaste	Sensodyne Toothpaste	6 oz.	\$13
285	Toothpaste	Toothpaste	2	\$8

Skin Care

Product code	Product name	Compare to	Package count	Price
Allergy & Itch Relief				
217	Allergy cream - itch and pain relief	Benadryl® Extra Strength Cream	1 oz.	\$6
411	Soothing oatmeal bath treatment	Aveeno® Soothing Bath Treatment	8	\$10
Antifungal Creams				
038	Clotrimazole cream 1% ⁺⁺	Lotrimin AF®	0.5 oz.	\$7
218	Tolnaftate antifungal cream 1%	Tinactin® Cream	1 oz.	\$8
Skin Creams, Lotions & Gels				
560	Aloe vera with lidocaine	Aloe Vera with Lidocaine	20 oz.	\$10
037	Calamine lotion	Calamine Lotion	6 oz.	\$7
409	Eczema moisturizing cream	Aveeno® Active Naturals® Eczema Therapy Moisturizing Cream	5 oz.	\$13
322	Hydrocortisone cream 1% ⁺⁺	Cortaid®	2 oz.	\$7
561	Phytoplex calazime skin protectant	Phytoplex Calazime Skin Protectant	4 oz.	\$13
410	Psoriasis medicated ointment	Psoriasis Medicated Ointment	3.8 oz.	\$13
562	Skin protectant paste	Skin Protectant Paste	4 oz.	\$9
563	Skin repair cream	Remedy® Intensive Skin Therapy Skin Repair Cream	4 oz.	\$6
308	Vitamin A&D ointment	A&D® Original Ointment	4 oz.	\$7
Sun & Insect Care				
388	Insect bite relief	After Bite®	0.5 oz.	\$7
327	Insect repellent	Off® Deep Woods® Insect Repellent	6 oz.	\$11
306	Sunblock SPF 30	Coppertone® SPF 30	8 oz.	\$9
564	Sunscreen SPF 50	Sunscreen SPF 50	8 oz.	\$9
Wart & Callus				
241	Medicated callus remover	Dr. Scholl's®	6	\$7
296	Wart remover liquid	Compound W® Max Strength	0.31 oz.	\$9

Smoking Cessation

Product code	Product name	Compare to	Package count	Price
Gum				
123	Stop Smoking Gum - 2 mg [^]	Nicorette® 2 mg gum	50	\$20
124	Stop Smoking Gum - 4 mg [^]	Nicorette® 4 mg gum	50	\$20

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

Patches				
315	Nicotine transdermal 7 mg patch [^]	Nicotine transdermal patch	7	\$23
313	Nicotine transdermal 14 mg patch ^{^++}	Nicotine transdermal patch	7	\$23
314	Nicotine transdermal 21 mg patch [^]	Nicotine transdermal patch	7	\$23

Supports

Product code	Product name	Compare to	Package count	Price
Back				
337	Back support elastic - one size fits most	Futuro [®]	1	\$25
567	Back support with pulley system, Small/Medium	Back support with pulley system, Small/Medium	1	\$18
566	Back support with pulley system, Large/XL	Back support with pulley system, Large/XL	1	\$18
568	Back support with pulley system 2XL	Back support with pulley system 2XL	1	\$18
Hand, Wrist & Elbow				
565	Arthritis gloves, Small	Vive Arthritis Gloves	1 pair	\$18
364	Arthritis gloves, Medium	Vive Arthritis Gloves	1 pair	\$18
363	Arthritis gloves, Large	Vive Arthritis Gloves	1 pair	\$18
442	Carpal tunnel night brace	Futuro [®] Carpal Tunnel Night Brace	1	\$23
339	Elbow support	Futuro [®] Elbow Support	1	\$10
343	Wrist support	Futuro [®]	1	\$15
Knee, Ankle & Foot				
336	Ankle support	Futuro [®]	1	\$11
342	Knee support with stays, Small, 13-14" knee cap circumference	Futuro [®] Knee Support with stays	1	\$16
341	Knee support with stays, Medium, 14-16" knee cap circumference	Futuro [®] Knee Support with stays	1	\$16
340	Knee support with stays, Large, 16-18" knee cap circumference	Futuro [®] Knee Support with stays	1	\$16
357	Knee support with stays XL, 18-20" knee cap circumference	Futuro [®] Knee Support with stays	1	\$16
459	Plantar fasciitis relief sleeve	Plantar fasciitis relief sleeve	1 pair	\$12

Vitamins, Minerals and Supplements

Product code	Product name	Compare to	Package count	Price
Brain & Eye/Vision				
569	Bausch + Lomb PreserVision [®] AREDS 2 chewables	Bausch + Lomb PreserVision [®] AREDS 2 chewables	60	\$25
616	Brain health supplement	Neuriva, Coffee Fruit Extract 100 mg, Phosphatidylserine 100 mg	30	\$19
907	Eye care vitamins	Ocuvite [®] Extra	36	\$9

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

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

Immune Support & Antioxidants				
297	Antioxidant tablets	Antioxidant tablets	60	\$8
474	Immune support chewable tablets	Airborne®	32	\$9
Minerals				
298	Ferrous sulfate 325 mg	Feosol® 100	100	\$8
246	Liquid iron formulation 220 mg/5 ml	Liquid iron	16 oz.	\$9
302	Magnesium oxide 400 mg ⁺⁺	Mag-Ox® 400 mg	120	\$9
317	Organic sulfur MSM 1000 mg	Organic sulfur MSM 1000 mg	90	\$9
303	Potassium gluconate 595 mg	Potassium gluconate 595 mg	100	\$7
Multivitamins				
063	Complete senior vitamins and minerals	Centrum® Silver	60	\$10
011	Daily multivitamin and mineral	Centrum®	130	\$10
618	Diabetic multivitamin sugar-free gummies	Diabetic multivitamin sugar-free gummies	60	\$16
299	Gummy multivitamin	Multivitamin gummy	120	\$12
316	One daily men's multivitamin	One-A-Day Men's®	60	\$8
107	One daily women's multivitamin	One-A-Day Women's®	60	\$8
623	Prenatal vitamin	Prenatal vitamin	100	\$9
Nutritional Beverages & Thickener				
571	Ensure® Nutrition Shake, Chocolate, 8 oz.	Ensure®	24	\$55
577	Ensure® Nutrition Shake, Vanilla, 8 oz.	Ensure®	24	\$55
572	Food and beverage thickener	Thick-It® Food and Beverage Thickener	10 oz.	\$8
573	Glucerna® Diabetes Nutrition Shake, Chocolate, 8 oz.	Glucerna®	24	\$55
578	Glucerna® Diabetes Nutrition Shake, Vanilla, 8 oz.	Glucerna®	24	\$55
Supplements				
614	Apple cider vinegar (with the mother) 500 mg & ginger 1 mg gummies	Apple cider vinegar (with the mother) 500 mg & ginger 1 mg gummies	60	\$10
902	Co-Enzyme Q-10 30 mg	Co-Enzyme Q-10 30 mg	30	\$10
367	Co-Enzyme Q-10 100 mg	Co-Enzyme Q-10 100 mg	30	\$12
608	Elderberry gummies	Elderberry gummies	60	\$12
477	Flax seed oil 1000 mg softgels	Flax seed oil	90	\$10
609	Ginseng extract 100 mg	Ginseng extract 100 mg	60	\$15
412	Glucosamine chondroitin triple strength	Glucosamine chondroitin triple strength	100	\$25
278	Melatonin 5 mg	Melatonin 5 mg	100	\$8
479	Melatonin gummies, 5 mg	Vitajoy®	120	\$12
413	Omega-3 fish oil 1000 mg	Omega-3 fish oil 1000 mg	90	\$10
610	Papaya enzyme	Papaya enzyme	100	\$10
607	Probiotic	Probiotic	30	\$18

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

Vitamins A - Z				
250	Almebex Plus B-12	Almebex Plus B-12	473 ml	\$27
475	Biotin gummies	Vitafusion™	100	\$12
476	Calcium + Vitamin D3 gummies	Nature's Way® Alive!®	60	\$12
570	Calcium carbonate with Vitamin D3 600 mg - 400IU tablet	Calcium Carbonate with Vitamin D3 600 mg - 400IU tablet	100	\$11
109	Calcium citrate + Vitamin D3	Citracal® Caplets + D3	60	\$7
248	Chewable calcium with Vitamin D3 plus minerals	Caltrate® 600 + D3 Plus Minerals Chewable	60	\$9
240	Folic acid 800 mcg	Folic acid 800 mcg	100	\$7
300	Gummy Vitamin C 250 mg	Vitamin C 250 mg gummy	100	\$11
301	Gummy Vitamin D3 2000 IU	Vitamin D3 2000 IU gummy	120	\$11
481	Rena-vite vitamins	Rena-vite vitamins	100	\$15
909	Timed release niacin 500 mg ⁺⁺	Timed release niacin 500 mg	100	\$9
574	Vitamin B-12 500 mcg tablet	Vitamin B-12 500 mcg tablet	100	\$7
238	Vitamin B-12 1000 mcg	Vitamin B-12 1000 mcg	100	\$8
279	Vitamin B-12 5000 mcg sublingual	Vitamin B-12 5000 mcg sublingual	30	\$8
482	Vitamin B-Complex gummies	VitaFusion™	70	\$12
280	Vitamin B-Complex sublingual	Vitamin B-Complex sublingual	60	\$8
903	Vitamin B-Complex with B-12	Vitamin B-Complex with B-12	100	\$8
010	Vitamin C 500 mg	Vitamin C 500 mg	100	\$7
209	Vitamin D3 25 mcg (1000 UNIT)	Vitamin D3 25 mcg (1000 UNIT)	100	\$8
576	Vitamin D3 50 mcg (2000 UNIT)	Vitamin D3 50 mcg (2000 UNIT)	240	\$11
239	Vitamin D3 125 mcg (5000 UNIT)	Vitamin D3 125 mcg (5000 UNIT)	100	\$9
483	Vitamin D3 1250 mcg (50,000 UNIT)	Vitamin D3 1250 mcg (50,000 UNIT)	12	\$18
012	Vitamin E 400 IU synthetic	Vitamin E 400 IU synthetic	100	\$10

Women's Health

Product code	Product name	Compare to	Package count	Price
Urinary Health				
326	Urinary pain relief	AZO Urinary Pain Relief®	30	\$8
484	Urinary tract infection test strips	AZO Urinary Tract Infection Test Strips®	3	\$14
Vaginal Health				
041	Clotrimazole 1% vaginal cream	Gyne-Lotrimin® Cream	1.5 oz.	\$9
304	Miconazole 3 Combo Pack ⁺⁺	Monistat® 3 Combo Pack	3 day supply	\$13
624	Vaginal health probiotic	AZO Complete Feminine Balance™	30	\$29
611	Vaginal moisturizer	Vagisil®	8	\$21

If you receive a generic, it will be 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.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **1-800-787-3311 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Central time. However, please note that our automated phone system may answer your call after-hours, during weekends, and on holidays. We can help you at no cost to you. We can explain the document in English or in your preferred language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, language, medical or claims history, mental or physical disability, genetic information, or source payment. Discrimination is against the law. Humana and its subsidiaries comply with applicable state and federal civil rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618.
If you need help filing a grievance, call **1-800-787-3311** or if you use a TTY, call **711**.
- You can also file a civil rights complaint with the:
U.S. Department of Health and Human Services, Office for Civil Rights electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **1-800-787-3311 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

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

Multi-Language Insert

Multi-language Interpreter Services

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at **1-800-787-3311 (TTY: 711)**. Someone who speaks English can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al **1-800-787-3311 (TTY: 711)**. Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

簡體中文 (Simplified): 我们提供免费的翻译服务，帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务，请致电 **1-800-787-3311 (TTY: 711)**。我们的中文工作人员很乐意帮助您。这是一项免费服务。

廣東話 (Cantonese): 您對我們的健康或藥物保險可能存有疑問，為此我們提供免費的翻譯服務。如需翻譯服務，請致電 **1-800-787-3311 (TTY: 711)**。我們講中文的人員將樂意為您提供幫助。這是一項免費服務。

Tagalog (Tagalog – Filipino): Mayroon kaming libreng serbisyo sa pagsasaling-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa **1-800-787-3311 (TTY: 711)**. Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

Français (French): Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au **1-800-787-3311 (TTY: 711)**. Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

Tiếng Việt (Vietnamese): Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quý vị cần thông dịch viên xin gọi **1-800-787-3311 (TTY: 711)** sẽ có nhân viên nói tiếng Việt giúp đỡ quý vị. Đây là dịch vụ miễn phí.

Deutsch (German): Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter **1-800-787-3311 (TTY: 711)**. Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

한국어 (Korean): 당사는 의료 보험 또는 약품 보험에 관한 질문에 대해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 **1-800-787-3311 (TTY: 711)** 번으로 문의해 주십시오. 한국어를 하는 담당자가 도와 드릴 것입니다. 이 서비스는 무료로 운영됩니다.

Русский (Russian): Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону **1-800-787-3311 (TTY: 711)**. Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

العربية (Arabic): إننا نقدم خدمات المترجم الفوري المجانية للإجابة عن أي أسئلة تتعلق بالصحة أو جدول الأدوية لدينا. للحصول على مترجم فوري، ليس عليك سوى الاتصال بنا على **1-800-787-3311 (TTY: 711)**. سيقوم شخص ما يتحدث العربية بمساعدتك. هذه خدمة مجانية.

हिंदी (Hindi): हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं. एक दुभाषिया प्राप्त करने के लिए, बस हमें **1-800-787-3311 (TTY: 711)** पर फोन करें. कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है. यह एक मुफ्त सेवा है.

Italiano (Italian): È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero **1-800-787-3311 (TTY: 711)**. Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

Português (Portuguese): Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número **1-800-787-3311 (TTY: 711)**. Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

Kreyòl Ayisyen (French Creole): Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan **1-800-787-3311 (TTY: 711)**. Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

Polski (Polish): Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer **1-800-787-3311 (TTY: 711)**. Ta usługa jest bezpłatna.

日本語 (Japanese): 当社の健康健康保険と薬品処方薬プランに関するご質問にお答えするために、無料の通訳サービスがあります。通訳をご用命になるには、**1-800-787-3311 (TTY: 711)** にお電話ください。日本語を話す人が支援いたします。これは無料のサービスです。