



Save money and make healthy choices with this easy over-the-counter (OTC) benefit



Studies show that self-care for simple ailments with OTC medicines can save you time and money by preventing unnecessary doctor visits, avoidable hospital stays, and the use of prescription medication.

What is the over-the-counter benefit?

It is a purchase allowance, available with select plans, to buy OTC medicines and other health-related items.

How does it work?

Your benefit includes a monthly allowance. Any unused balance rolls over to the next month. You can purchase OTC products from the convenience of your own home. There is no need to carry a special OTC card with you when you shop. You will receive an OTC catalog with hundreds of products from which to choose. It includes detailed instructions about how to place your order, which you can do online or by telephone.

You will get the OTC catalog in the mail. If you have questions about how to use the benefit, please call the number on the catalog.

Here are some items you can order:

- **Allergy, Cold, Flu, and Sinus**
Cough Syrup, Expectorant
- **Antacids & Acid Reducers**
Antacid Chewables
- **Anti-Fungal & Anti-Itch**
Hydrocortisone 1% Cream
- **Dental & Denture Care**
Pepsodent Toothpaste
- **Ear Care**
Ear Wax Removal System with Rubber Bulb
- **First Aid & Medical Supplies**
Triple Antibiotic Ointment First Aid Kit
- **Incontinence Supplies**
Bladder Control Products
- **Motion Sickness** Dimenhydrinate
- **Pain Reliever & Fever Reducers**
Acetaminophen and Ibuprofen
- **Personal Care**
Moisturizing Lotion with Aloe
- **Therapeutic Skin & Sun Care**
Sunscreen Lotion SPF 30

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