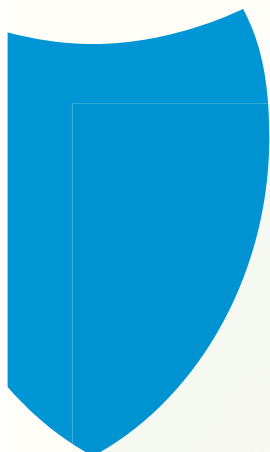


2019

Over-the-Counter (OTC) Product Catalog



Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association

As a member of Blue Shield of California Promise Health Plan, you have an OTC benefit every quarter. This benefit allows you to get OTC products you may need. Be sure to use your benefit amounts before the end of every quarter. Simply call **1-800-355-7913 (TTY: 711)** or mail your completed order form. Your order will be shipped directly to your door.

Remember to keep this catalog.

You will want to reference this catalog each time you place your order. Information on how to place your order can be found in the back of the catalog.



Promise Health Plan

| Item # | Product | Packaging | Strength | Price |
|---|---|-----------|--------------------------|---------|
| Allergy, Cold, Flu, Decongestant & Sinus | | | | |
| 1946 | Allergy Relief Nasal Spray, 24-hr, Fluticasone Propionate | 120 spray | 50 mcg | \$23.00 |
| 1361 | All-Nite Cold/Flu | 4 oz | 12.5 mg, 30 mg, 650 mg | \$7.50 |
| 1360 | Cepacol Sore Throat Lozenges | 16 ct | - | \$8.00 |
| 1090 | Cetirizine HCL Allergy Relief * | 14 ct | 10 mg | \$9.00 |
| 1426 | Children's Dimaphen | 4 oz | 1 mg / 5 ml, 3 mg / 5 ml | \$6.10 |
| 1428 | Children's Diphenhydramine HCL | 4 oz | 12.5 mg / 5 ml | \$6.60 |
| 1008 | Chlorpheniramine Maleate Antihistamine | 100 ct | 4 mg | \$7.00 |
| 1166 | Cough & Cold for High Blood Pressure | 16 ct | - | \$8.00 |
| 1056 | Cough Drops, Cherry | 30 ct | 5.8 mg | \$3.00 |
| 1182 | Cough Drops, Sugar Free, Cherry | 25 ct | 5.8 mg | \$4.00 |
| 1054 | Cough Syrup, Expectorant | 4 oz | 200 mg / 10 ml | \$5.50 |
| 1356 | Cromolyn Sodium Allergy Nasal Spray | 26 ml | - | \$20.00 |
| 1323 | Diabetic Tussin DM | 4 oz | - | \$9.60 |
| 1009 | Diphenhydramine Antihistamine | 24 ct | 25 mg | \$6.00 |
| 1308 | Diphenhydramine Antihistamine | 100 ct | 25 mg | \$9.00 |
| 1804 | Fexofenadine Allergy Relief | 30 ct | 180 mg | \$16.00 |
| 1180 | Guaifenesin Cough Expectorant | 60 ct | 200 mg | \$11.00 |
| 1611 | Loratadine Allergy Relief * | 100 ct | 10 mg | \$19.00 |
| 1178 | Mucus Relief DM Expectorant & Cough Suppressant | 30 ct | 400 mg, 20 mg | \$10.00 |
| 1965 | Mucus Relief DM Expectorant & Cough Suppressant, Extended Release | 14 ct | 1,200 mg, 60 mg | \$16.00 |
| 1357 | Multi-Symptom Cold Formula | 24 ct | 10 mg, 5 mg, 325 mg | \$8.40 |
| 1091 | Nasal Decongestant Spray, 12 Hour | 1 oz | 0.05% | \$7.00 |
| 1052 | Nasal Spray, Saline | 1.5 oz | 0.65% | \$6.00 |
| 1792 | Personal Steam Inhaler | 1 ct | - | \$50.00 |
| 1176 | Sore Throat Lozenges, Cherry | 18 ct | - | \$6.00 |
| 1352 | Sudogest PE Nasal & Sinus Decongestant | 36 ct | 10 mg | \$7.00 |
| 1164 | Vapor Rub | 3.5 oz | 4.7%, 1% | \$7.00 |
| Antacids & Acid Reducers | | | | |
| 1313 | Alka-Seltzer | 36 ct | - | \$10.00 |
| 1006 | Antacid / Anti-Gas Liquid | 12 oz | - | \$8.00 |

| Item # | Product | Packaging | Strength | Price |
|---|--|-----------|----------------|---------|
| 1346 | Antacid Chewables | 150 ct | 500 mg | \$6.00 |
| 1314 | Effervescent Pain Reliever | 36 ct | - | \$8.00 |
| 1949 | Esomeprazole Magnesium, 24-hr Delayed Release Acid Reducer * | 42 ct | 20 mg | \$19.00 |
| 1108 | Famotidine Acid Reducer * | 30 ct | 10 mg | \$7.30 |
| 1970 | Omeprazole Acid Reducer * | 42 ct | 20 mg | \$24.00 |
| 1966 | Omeprazole Acid Reducer, Delayed Release, Dissolvable * | 42 ct | 20 mg | \$24.00 |
| 1900 | Ranitidine Acid Reducer | 30 ct | 75 mg | \$8.00 |
| 1800 | Simethicone Anti-Gas Chewables | 100 ct | 80 mg | \$8.60 |
| Anticandidal (yeast) | | | | |
| 1115 | Clotrimazole 7-Day Treatment Vaginal Cream (with applicator) | 45 gm | 1% | \$11.00 |
| 1117 | Miconazole 3-Day Treatment Vaginal Cream (with applicator) | 1 kit | 2% | \$15.00 |
| 1119 | Tioconazole 1-Day Treatment Vaginal Cream (with applicator) | 1 ct | 6.5% | \$20.00 |
| Anti-diarrheal, Laxatives & Digestive Health | | | | |
| 1316 | Beano | 30 ct | - | \$9.40 |
| 1128 | Bisacodyl Enteric Coated Laxative | 100 ct | 5 mg | \$7.00 |
| 1045 | Bismatrol Chewable Tablets | 30 ct | 262 mg | \$7.00 |
| 1126 | Docusate Sodium Stool Softener | 100 ct | 100 mg | \$12.00 |
| 1733 | Enema | 4.5 oz | - | \$6.00 |
| 1124 | Ex-Lax | 8 ct | 15 mg | \$8.20 |
| 1125 | Glycerin Suppository | 25 ct | 2 gm | \$6.80 |
| 1067 | Lactase Capsules | 60 ct | 9000 FCC units | \$12.30 |
| 1133 | Loperamide HCL Anti-Diarrheal * | 12 ct | 2 mg | \$5.90 |
| 1354 | Methylcellulose Fiber Therapy | 16 oz | - | \$17.00 |
| 1011 | Milk of Magnesia | 12 oz | 400 mg | \$8.40 |
| 1340 | Natural Vegetable Laxative | 13 oz | - | \$12.00 |
| 1967 | Natural Vegetable Laxative | 30.4 oz | - | \$16.00 |
| 1968 | Natural Vegetable Laxative, Sugar free | 15 oz | - | \$14.00 |
| 1317 | Pepto-Bismol Cherry | 12 oz | 525 mg / 30 ml | \$12.00 |
| 1318 | Pink Bismuth | 8 oz | 525 mg / 30 ml | \$7.50 |
| 1012 | Polycarbophil Fiber Tablets | 90 ct | 625 mg | \$12.00 |
| 1130 | Senna Plus Stool Softener Plus Laxative | 60 ct | 8.6 mg, 50 mg | \$8.70 |

| Item # | Product | Packaging | Strength | Price |
|---|--|-----------|----------|---------|
| Anti-fungal & Anti-itch | | | | |
| 1142 | Bactine Solution | 4 oz | - | \$11.00 |
| 1144 | Caldyphen Clear Lotion Local Analgesic | 6 oz | 1% | \$9.50 |
| 1047 | Clotrimazole Antifungal Athlete's Foot Cream | 1.5 oz | 1% | \$8.00 |
| 1140 | Diphenhydramine HCL / Zinc Acetate Anti-Itch Cream | 1 oz | - | \$5.80 |
| 1074 | Hydrocortisone 1% Cream | 1 oz | 1% | \$5.80 |
| 1874 | Medicated Antifungal Foot Powder Spray | 4.6 oz | - | \$10.00 |
| 1135 | Miconazole Nitrate 2% Antifungal Cream | 1 oz | 2% | \$11.00 |
| 1046 | Terbinafine HCL Antifungal Cream | .5 oz | 1% | \$13.00 |
| 1064 | Tolnaftate Antifungal Cream | 1.25 oz | 1% | \$7.00 |
| Cold Sore & Medicated Lip Products | | | | |
| 1152 | Abreva | 2 gm | 10% | \$25.00 |
| 1256 | Blistex Lip Ointment | 6 gm | - | \$6.00 |
| 1255 | Carmex | 7.5 gm | - | \$5.00 |
| 1153 | Herpecin-L Lip Balm | .1 oz | 1% | \$9.00 |
| 1359 | Releev Cold Sore Treatment | 6 ml | 0.13% | \$25.00 |
| Dental & Denture Care | | | | |
| 1817 | Biotene Dry Mouth Oral Rinse | 16 oz | - | \$14.00 |
| 1032 | Denture Cleaning Tablets | 40 ct | - | \$6.00 |
| 1843 | Effergrip Denture Cream Adhesive | 2.5 oz | - | \$9.00 |
| 1187 | Fixodent | .75 oz | - | \$7.00 |
| 1751 | Interdental Flossups | 90 ct | - | \$6.00 |
| 1454 | Orajel Pain Relief | 7 gm | 20% | \$10.00 |
| 1286 | Oral Pain Relief | .5 oz | 20% | \$7.00 |
| 1324 | Polident Denture Cream | 3.9 oz | - | \$8.00 |
| 1455 | Reach Waxed Dental Floss - Mint | 55 yd | - | \$5.00 |
| 1413 | Toothbrush, Colgate, Adult Soft | 1 ct | - | \$5.00 |
| 1450 | Toothbrush, Rechargeable | 1 ct | - | \$38.20 |
| 1412 | Toothbrush, Tek Pro, Angled Soft | 1 ct | - | \$4.00 |
| 1414 | Toothpaste, Pepsodent | 5.5 oz | - | \$5.90 |
| 1716 | Toothpaste, Ultrabrite Advanced Whitening | 6 oz | - | \$7.00 |
| 1744 | Water Jet | 1 ct | - | \$45.00 |
| 1743 | Water Jet Replacement Tips | 5 ct | - | \$17.00 |
| Diabetes | | | | |
| 1839 | Diabetic Skin Relief Foot Cream | 3.4 oz | - | \$13.00 |

| Item # | Product | Packaging | Strength | Price |
|---|--|-----------|------------|---------|
| 1956 | Diabetic Socks, Black, Medium 3-pack | 3 pair | - | \$10.00 |
| 1957 | Diabetic Socks, Black, Large 3-pack | 3 pair | - | \$10.00 |
| 1958 | Diabetic Socks, Black, X-Large 3-pack | 3 pair | - | \$10.00 |
| 1953 | Diabetic Socks, White, Medium 3-pack | 3 pair | - | \$10.00 |
| 1954 | Diabetic Socks, White, Large 3-pack | 3 pair | - | \$10.00 |
| 1955 | Diabetic Socks, White, X-Large 3-pack | 3 pair | - | \$10.00 |
| 1959 | Ultra Soft Padded Diabetic Sock, Black, Medium 2-pack | 2 pair | - | \$12.00 |
| 1960 | Ultra Soft Padded Diabetic Sock, Black, Large 2-pack | 2 pair | - | \$12.00 |
| 1961 | Ultra Soft Padded Diabetic Sock, Black, X-Large 2-pack | 2 pair | - | \$12.00 |
| 1962 | Ultra Soft Padded Diabetic Sock, White, Medium 2-pack | 2 pair | - | \$12.00 |
| 1963 | Ultra Soft Padded Diabetic Sock, White, Large 2-pack | 2 pair | - | \$12.00 |
| 1964 | Ultra Soft Padded Diabetic Sock, White, X-Large 2-pack | 2 pair | - | \$12.00 |
| Ear Care | | | | |
| 1742 | Cotton Tipped Swabs | 300 ct | - | \$6.00 |
| 1190 | Ear Wax Removal Drops | 15 ml | 6.5% | \$6.30 |
| 1363 | Ear Wax Removal System with Rubber Bulb | 15 ml | 6.5% | \$9.50 |
| Eye Care | | | | |
| 1192 | Artificial Tears Drops | .5 oz | - | \$6.10 |
| 1194 | Artificial Tears Ointment | 3.5 gm | - | \$9.00 |
| 1199 | Clear Eyes Eye Drops | .2 oz | - | \$7.00 |
| 1196 | Eye Wash Solution | 4 oz | - | \$8.00 |
| 1468 | Multi-Purpose Contact Lens Solution | 4 oz | - | \$8.00 |
| 1061 | Redness Relief Eye Drops | 15 ml | 0.05% | \$6.00 |
| First Aid & Medical Supplies | | | | |
| 1344 | Adhesive Bandages * | 60 ct | - | \$7.00 |
| 1764 | Adjustable Transfer Bench | 1 ct | - | \$70.00 |
| 1200 | Alcohol Pads * | 100 ct | 70% | \$5.00 |
| 1201 | Antiseptic Towelettes | 100 ct | - | \$7.60 |
| 1020 | Bacitracin Ointment | 1 oz | 500 U / gm | \$6.25 |
| 1667 | Band-Aid Clear Comfort-Flex Bandage, Assorted Sizes * | 45 ct | - | \$9.00 |

| Item # | Product | Packaging | Strength | Price |
|--------|--|-----------|----------|----------|
| 1728 | Bath Bench with Back | 1 ct | - | \$65.00 |
| 1727 | Bath Bench without Back | 1 ct | - | \$55.00 |
| 1459 | Bath Mat, Non-Skid | 1 ct | - | \$18.00 |
| 1730 | Bath Tub Safety Rail | 1 ct | - | \$37.00 |
| 1223 | Conforming Stretch Gauze Sterile Bandages - 3" x 4.1 yd * | 12 ct | - | \$9.00 |
| 1836 | CPAP Pillow Fiber Filled | 1 ct | - | \$60.00 |
| 1837 | CPAP Pillow Memory Foam | 1 ct | - | \$100.00 |
| 1732 | Cushion, Foam Ring | 1 ct | - | \$22.00 |
| 1466 | Cushion, Gel / Foam Seat | 1 ct | - | \$30.00 |
| 1731 | Cushion, Lumbar | 1 ct | - | \$27.00 |
| 1207 | Elastic Bandage - 2" x 4.5 yd * | 1 ct | - | \$4.50 |
| 1209 | Elastic Bandage - 3" x 5 yd * | 1 ct | - | \$5.50 |
| 1211 | Elastic Bandage - 4" x 5 yd * | 1 ct | - | \$6.00 |
| 1213 | Elastic Bandage - 6" x 5 yd * | 1 ct | - | \$6.50 |
| 1846 | Fast Freeze, Pain Relief Spray | 4 oz | - | \$14.00 |
| 1947 | First Aid Kit, 20 piece | 1 ct | - | \$7.00 |
| 1215 | First Aid Kit, 75 Pieces | 1 ct | - | \$10.60 |
| 1738 | First Aid Kit, 175 Pieces | 1 ct | - | \$19.00 |
| 1726 | Folding Cane Ergonomic Handle * | 1 ct | - | \$22.00 |
| 1062 | Hot/Cold Pack, 1 small & 1 large | 1 ct | - | \$8.50 |
| 1795 | Humidifier, Ultra-Sonic Cool Mist | 1 ct | - | \$70.00 |
| 1228 | Hydrogen Peroxide | 16 oz | 3% | \$5.10 |
| 1796 | Insect Repellant Spray - Deet | 4 oz | 30% | \$13.00 |
| 1229 | Isopropyl Alcohol, Wintergreen | 16 oz | 70% | \$6.50 |
| 1202 | Lantiseptic Skin Protectant Ointment | 4 oz | 50% | \$10.60 |
| 1326 | Neosporin Plus | .5 oz | - | \$12.00 |
| 1840 | Nitrile Exam Gloves | 100 ct | - | \$12.00 |
| 1203 | Povidone Iodine Solution Antiseptic | 4 oz | - | \$7.00 |
| 1729 | Raised Toilet Seat | 1 ct | - | \$36.00 |
| 1950 | Raised toilet seat with arms | 1 ct | - | \$65.00 |
| 1460 | Shower Mat, Non-Skid | 1 ct | - | \$20.00 |
| 1217 | Tape, Paper Surgical - 1" x 10 yd * | 1 ct | - | \$4.70 |
| 1218 | Tape, Paper Surgical - 2" x 10 yd * | 1 ct | - | \$5.90 |
| 1219 | Tape, Silk Surgical - 1" x 10 yd * | 1 ct | - | \$5.00 |
| 1220 | Tape, Silk Surgical - 2" x 10 yd * | 1 ct | - | \$7.00 |

| Item # | Product | Packaging | Strength | Price |
|----------------------------------|---|-----------|----------|---------|
| 1221 | Tape, Transparent Surgical - 1" x 10 yd * | 1 ct | - | \$5.00 |
| 1222 | Tape, Transparent Surgical - 2" x 10 yd * | 1 ct | - | \$7.00 |
| 1063 | Thermometer, Digital 60 seconds | 1 ct | - | \$7.00 |
| 1285 | Thermometer, Digital Ear | 1 ct | - | \$23.00 |
| 1925 | Thermometer, Talking Ear and Forehead | 1 ct | - | \$50.00 |
| 1779 | Toilet Safety Rails | 1 set | - | \$50.00 |
| 1014 | Triple Antibiotic Ointment | 1 oz | - | \$8.00 |
| Foot Care | | | | |
| 1238 | Callus Remover Pads | 6 ct | - | \$7.00 |
| 1236 | Corn Remover Pads | 9 ct | - | \$7.00 |
| 1240 | Medicated Foot Powder | 5 oz | - | \$6.00 |
| Hemorrhoidal Preparations | | | | |
| 1066 | Hemorrhoidal Ointment | 2 oz | - | \$10.00 |
| 1247 | Hemorrhoidal Suppository | 12 ct | - | \$6.60 |
| 1364 | Pre-moist Hemorrhoid Pads | 100 ct | - | \$9.00 |
| 1248 | Preparation H Cream | 26 gm | - | \$13.00 |
| Incontinence Supplies | | | | |
| 1300 | A & D Ointment | 2 oz | - | \$6.60 |
| 1303 | Adult Briefs, Medium - 32" to 44" * | 12 ct | - | \$12.60 |
| 1304 | Adult Briefs, Large - 45" to 58" * | 12 ct | - | \$15.60 |
| 1305 | Adult Briefs, X-Large - 59" to 64" * | 15 ct | - | \$15.60 |
| 1811 | Attends Discreet Men's Guard | 20 ct | - | \$16.00 |
| 1810 | Attends Discreet Men's Shield | 20 ct | - | \$15.00 |
| 1812 | Attends Discreet Women's Maximum Bladder Control Pad | 20 ct | - | \$20.00 |
| 1813 | Attends Discreet Women's Moderate Bladder Control Pad | 20 ct | - | \$18.00 |
| 1815 | Attends Discreet Women's Panty Liner | 28 ct | - | \$14.00 |
| 1814 | Attends Discreet Women's Ultimate Bladder Control Pad | 20 ct | - | \$20.00 |
| 1816 | Attends Discreet Women's Ultrathin Pad | 20 ct | - | \$14.00 |
| 1302 | Barrier Cream | 4 oz | - | \$10.00 |
| 1478 | Bladder Control Shaped Pad, Moderate Absorbency * | 24 ct | - | \$16.00 |
| 1479 | Bladder Control Shaped Pad, Heavy Absorbency * | 24 ct | - | \$16.00 |

| Item # | Product | Packaging | Strength | Price |
|--|--|-----------|----------|---------|
| 1480 | Bladder Control Shaped Pad, Maximum Absorbency * | 18 ct | - | \$16.00 |
| 1021 | Disposable Underwear, Medium - 34" to 44" * | 20 ct | - | \$13.00 |
| 1026 | Disposable Underwear, Large - 44" to 58" * | 18 ct | - | \$13.00 |
| 1027 | Disposable Underwear, X-Large - 58" to 68" * | 14 ct | - | \$13.00 |
| 1928 | Flushable Wipes | 24 ct | - | \$8.00 |
| 1476 | Underpad, Disposable - 23" x 24" * | 50 ct | - | \$17.00 |
| 1299 | Underpad, Disposable - 23" x 36" * | 25 ct | - | \$16.00 |
| 1477 | Underpad, Disposable - 30" x 30" * | 10 ct | - | \$10.00 |
| 1348 | Washcloth with Lanolin | 64 ct | - | \$9.60 |
| 1935 | Bathroom Scale ‡§ | 1 ct | - | \$35.00 |
| 1253 | Blood Pressure Monitor, Desktop Automatic ‡ | 1 ct | - | \$40.00 |
| 1503 | Blood Pressure Monitor, Desktop Talking ‡ | 1 ct | - | \$50.00 |
| 1501 | Blood Pressure Monitor, Wrist ‡ | 1 ct | - | \$35.00 |
| 1502 | Blood Pressure Monitor, Wrist Talking ‡ | 1 ct | - | \$43.00 |
| 1416 | EZ Detect Colon Cancer Test Kit ‡ | 1 ct | - | \$17.00 |
| 1505 | Finger Pulse Oximeter ‡ | 1 ct | - | \$30.00 |
| 1771 | Heart Rate Monitor Watch ‡ | 1 ct | - | \$40.00 |
| 1251 | Home Access Cholesterol Test ‡ | 1 kit | - | \$30.00 |
| Motion Sickness | | | | |
| 1264 | Dramamine Chewables, Orange | 8 ct | 50 mg | \$9.00 |
| 1263 | Driminate Antiemetic | 12 ct | 50 mg | \$6.00 |
| 1366 | Meclizine HCL Antiemetic | 100 ct | 12.5 mg | \$11.00 |
| Pain Relievers & Fever Reducers | | | | |
| 1001 | Acetaminophen | 100 ct | 325 mg | \$7.00 |
| 1105 | Acetaminophen | 50 ct | 500 mg | \$6.00 |
| 1600 | Acetaminophen | 100 ct | 500 mg | \$9.00 |
| 1104 | Aleve | 100 ct | 220 mg | \$17.00 |
| 1311 | Arthritis Pain Reliever | 100 ct | 650 mg | \$13.00 |
| 1095 | Aspirin | 100 ct | 325 mg | \$4.90 |
| 1096 | Aspirin, Enteric Coated | 100 ct | 325 mg | \$6.00 |
| 1002 | Aspirin, Enteric Coated, Low Dose | 120 ct | 81 mg | \$6.00 |
| 1802 | Aspirin, Low Dose, Chewables | 36 ct | 81 mg | \$5.00 |
| 1367 | Capsaicin External Analgesic | 2 oz | 0.025% | \$11.40 |
| 1423 | Children's Acetaminophen Chewables | 30 ct | 80 mg | \$6.00 |

| Item # | Product | Packaging | Strength | Price |
|--------------------------------------|--|-----------|--------------------------|---------|
| 1421 | Children's Ibuprofen | 4 oz | 100 mg / 5 ml | \$8.20 |
| 1944 | Cold/Hot Menthol Medicated Patch | 5 ct | 5% | \$10.00 |
| 1861 | Heating Pad, 12" X 15" * | 1 ct | - | \$25.00 |
| 1942 | Heating Pad, X-Large, 12" x 24" * | 1 ct | - | \$35.00 |
| 1943 | Heating Pad Wrap For Shoulder, Neck, and Back, 25" x 26" * | 1 ct | - | \$55.00 |
| 1859 | HeatWraps - Back & Hip | 2 ct | - | \$12.00 |
| 1860 | HeatWraps - Neck, Shoulder, & Wrist | 3 ct | - | \$12.00 |
| 1004 | Ibuprofen | 100 ct | 200 mg | \$7.50 |
| 1871 | Lidocaine Patch | 5 ct | 4% | \$17.00 |
| 1257 | Menstrual Relief | 24 ct | - | \$7.00 |
| 1365 | Migraine Relief | 100 ct | 250 mg, 250 mg, 65 mg | \$9.90 |
| 1097 | Naproxen | 100 ct | 220 mg | \$11.00 |
| 1332 | Pain Reliever, PM - Extra Strength | 100 ct | 500 mg | \$10.00 |
| 1475 | Pain Relieving Muscle Rub | 2 oz | 2.5% | \$7.00 |
| 1739 | Salonpas Pain Relief Patches | 5 ct | - | \$13.00 |
| 1261 | Wellpatch Migraine | 4 ct | - | \$9.00 |
| Pediculicide (lice treatment) | | | | |
| 1271 | Lice Treatment Shampoo | 4 oz | - | \$14.00 |
| 1269 | Permethrin Lice Treatment | 59 ml | 1% | \$13.00 |
| Personal Care | | | | |
| 1076 | Acne Gel 10% Benzoyl Peroxide | 1.5 oz | 10% | \$7.20 |
| 1368 | Ammonium Lactate Moisturizing Lotion | 8 oz | 12% | \$13.00 |
| 1065 | Hand Sanitizer | 8 oz | - | \$5.00 |
| Sleep Aids | | | | |
| 1724 | Nasal Strips, Medium | 30 ct | - | \$14.00 |
| 1725 | Nasal Strips, Large | 30 ct | - | \$14.00 |
| 1276 | Sleep Tablets | 50 ct | 25 mg | \$7.10 |
| Smoking Cessation | | | | |
| 1372 | Nicorelief Gum ‡ | 50 ct | 4 mg | \$26.00 |
| 1369 | Nicotine Patch, Step 1 ‡ | 14 ct | 21 mg / 24 hr | \$39.00 |
| 1370 | Nicotine Patch, Step 2 ‡ | 14 ct | 14 mg / 24 hr | \$39.00 |
| 1371 | Nicotine Patch, Step 3 ‡ | 14 ct | 7 mg / 24 hr | \$39.00 |
| Supportive Items | | | | |
| 1225 | Ankle Support | 1 ct | - | \$10.50 |

| Item # | Product | Packaging | Strength | Price |
|--------|--|-----------|--------------|---------|
| 1767 | Arthritis Gloves, Small | 1 pair | - | \$23.00 |
| 1766 | Arthritis Gloves, Medium | 1 pair | - | \$23.00 |
| 1765 | Arthritis Gloves, Large | 1 pair | - | \$23.00 |
| 1487 | Back Support Elastic - 24" to 46" | 1 ct | - | \$25.00 |
| 1488 | Back Support Elastic with Lumbar | 1 ct | - | \$30.00 |
| 1770 | Carpal Tunnel Brace, Small | 1 ct | - | \$25.00 |
| 1769 | Carpal Tunnel Brace, Medium | 1 ct | - | \$25.00 |
| 1768 | Carpal Tunnel Brace, Large | 1 ct | - | \$25.00 |
| 1398 | Compression Knee High Socks, Men's Black, Medium (Shoe Size 8 - 10) ‡ | 1 pair | 15 - 20 mmHg | \$17.50 |
| 1399 | Compression Knee High Socks, Men's Black, Large (Shoe Size 10.5 - 12) ‡ | 1 pair | 15 - 20 mmHg | \$17.50 |
| 1400 | Compression Knee High Socks, Men's White, Medium (Shoe Size 8 - 10) ‡ | 1 pair | 15 - 20 mmHg | \$17.50 |
| 1401 | Compression Knee High Socks, Men's White, Large (Shoe Size 10.5 - 12) ‡ | 1 pair | 15 - 20 mmHg | \$17.50 |
| 1409 | Compression Knee High Socks, Women's Black, Small (Shoe Size 4-5) | 1 pair | 8 - 15 mmHg | \$17.50 |
| 1410 | Compression Knee High Socks, Women's Black, Medium (Shoe Size 5.5 - 7.5) | 1 pair | 8 - 15 mmHg | \$17.50 |
| 1411 | Compression Knee High Socks, Women's Black, Large (Shoe Size 8 - 10.5) | 1 pair | 8 - 15 mmHg | \$17.50 |
| 1406 | Compression Knee High Socks, Women's Nude, Small (Shoe Size 4 - 5) | 1 pair | 8 - 15 mmHg | \$17.50 |
| 1407 | Compression Knee High Socks, Women's Nude, Medium (Shoe Size 5.5 - 7.5) | 1 pair | 8 - 15 mmHg | \$17.50 |
| 1408 | Compression Knee High Socks, Women's Nude, Large (Shoe Size 8 - 10.5) | 1 pair | 8 - 15 mmHg | \$17.50 |
| 1224 | Elbow Support | 1 ct | - | \$14.60 |
| 1862 | Hip Protector, Small | 1 ct | - | \$40.00 |
| 1863 | Hip Protector, Medium | 1 ct | - | \$40.00 |
| 1864 | Hip Protector, Large | 1 ct | - | \$40.00 |
| 1865 | Hip Protector, X-Large | 1 ct | - | \$40.00 |
| 1465 | Knee Stabilizer | 1 ct | - | \$25.00 |
| 1481 | Knee Support, Elastic, Small | 1 ct | - | \$10.00 |
| 1482 | Knee Support, Elastic, Medium | 1 ct | - | \$10.00 |
| 1483 | Knee Support, Elastic, Large | 1 ct | - | \$10.00 |
| 1463 | Night Wrist Support Smart Glove | 1 ct | - | \$29.00 |

| Item # | Product | Packaging | Strength | Price |
|--|--|-----------|-----------------|---------|
| 1457 | Rib Belt - Female (one size fits most) | 1 ct | - | \$23.00 |
| 1456 | Rib Belt - Male (one size fits most) | 1 ct | - | \$23.00 |
| 1230 | Wrist Splint | 1 ct | - | \$20.00 |
| 1227 | Wrist Support | 1 ct | - | \$13.50 |
| Therapeutic Skin & Sun Care | | | | |
| 1070 | Aloe Vera Cream | 8 oz | - | \$7.00 |
| 1893 | Moisturizing Body Lotion with Aloe | 8 oz | - | \$8.00 |
| 1852 | Scar Gel | 50 gm | - | \$18.00 |
| 1284 | Sunscreen Lotion SPF 30 | 3.5 oz | - | \$8.00 |
| Vitamins & Minerals | | | | |
| 1820 | Biotin Gummy ‡ | 60 ct | 5,000 mcg | \$13.00 |
| 1373 | Calcium + Vitamin D ‡ | 60 ct | 600 mg / 400 u | \$6.50 |
| 1823 | Calcium + Vitamin D Gummy ‡ | 60 ct | 500 mg, 1000 IU | \$14.00 |
| 1291 | Calcium Carbonate Supplement Tablets ‡ | 60 ct | 600 mg | \$7.00 |
| 1420 | Centrum Silver Chewables ‡ | 60 ct | - | \$20.00 |
| 1422 | Children's Multivitamin Chewables ‡ | 100 ct | - | \$7.50 |
| 1829 | Coenzyme Q-10 ‡ | 30 ct | 50 mg | \$11.00 |
| 1385 | Daily Multiple Vitamin Tablets with Minerals ‡ | 100 ct | - | \$7.10 |
| 1393 | Daily Multivitamin ‡ | 100 ct | - | \$7.00 |
| 1972 | Daily Multivitamin Gummy ‡ | 120 ct | - | \$12.50 |
| 1375 | Ferrous Gluconate Iron Supplement ‡ | 100 ct | 240 mg | \$7.60 |
| 1376 | Ferrous Sulfate Iron Supplement ‡ | 100 ct | 325 mg | \$7.60 |
| 1741 | Fish Oil, Soft Gels ‡ | 60 ct | 1000 mg | \$12.00 |
| 1849 | Flaxseed ‡ | 100 ct | 1000 mg | \$14.00 |
| 1850 | Folic Acid ‡ | 100 ct | 800 mcg | \$6.50 |
| 1003 | Glucosamine / Chondroitin ‡ | 60 ct | 250 mg, 200 mg | \$13.00 |
| 1114 | Glucosamine Joint / Muscle ‡ | 60 ct | 500 mg | \$13.30 |
| 1417 | Iron ‡ | 110 ct | 27 mg | \$10.00 |
| 1869 | Leg Cramps Pain Relief Caplets ‡ | 50 ct | - | \$14.00 |
| 1418 | Magnesium ‡ | 110 ct | 250 mg | \$7.00 |
| 1377 | Magnesium Oxide ‡ | 100 ct | 250 mg | \$8.00 |
| 1378 | Niacin ‡ | 100 ct | 100 mg | \$7.00 |
| 1394 | Niacin ‡ | 100 ct | 500 mg | \$9.60 |
| 1930 | Niacin, No Flush ‡ | 60 ct | 500 mg | \$15.00 |
| 1976 | Omega & DHA Gummy ‡ | 120 ct | 275 mg, 50 mg | \$14.00 |
| 1886 | One Daily Men's Multivitamin ‡ | 100 ct | - | \$11.00 |

| Item # | Product | Packaging | Strength | Price |
|---------------------|----------------------------------|-----------|-----------|---------|
| 1887 | One Daily Women's Multivitamin ‡ | 100 ct | - | \$11.00 |
| 1274 | Prenatal Vitamins ‡ | 100 ct | - | \$10.00 |
| 1395 | Rena-Vite ‡ | 100 ct | - | \$14.00 |
| 1392 | Senior Multivitamin ‡ | 90 ct | - | \$10.00 |
| 1379 | Vitamin A ‡ | 100 ct | 10,000 iu | \$6.30 |
| 1016 | Vitamin B-1 ‡ | 100 ct | 100 mg | \$7.50 |
| 1389 | Vitamin B-12 ‡ | 100 ct | 500 mcg | \$8.00 |
| 1381 | Vitamin B-12 ‡ | 100 ct | 1000 mcg | \$11.20 |
| 1974 | Vitamin B-12, Sublingual ‡ | 30 ct | 5000 mcg | \$10.00 |
| 1380 | Vitamin B-6 ‡ | 100 ct | 50 mg | \$6.60 |
| 1388 | Vitamin B-6 ‡ | 100 ct | 100 mg | \$7.10 |
| 1382 | Vitamin B-Complex ‡ | 100 ct | - | \$8.20 |
| 1017 | Vitamin C ‡ | 100 ct | 500 mg | \$6.50 |
| 1916 | Vitamin C Gummy ‡ | 60 ct | 250 mg | \$12.00 |
| 1383 | Vitamin D ‡ | 100 ct | 400 iu | \$7.00 |
| 1390 | Vitamin D ‡ | 100 ct | 1000 iu | \$8.00 |
| 1978 | Vitamin D Gummy ‡ | 120 ct | 2000 iu | \$12.50 |
| 1391 | Vitamin E, Soft Gels ‡ | 100 ct | 100 iu | \$7.40 |
| 1384 | Vitamin E, Soft Gels ‡ | 100 ct | 400 iu | \$10.50 |
| 1419 | Zinc Chelated ‡ | 100 ct | 50 mg | \$7.40 |
| Wart Remover | | | | |
| 1288 | Dr. Scholl's Wart Removal System | 20 ct | - | \$16.00 |
| 1075 | Wart Remover, Liquid | 9 ml | 17% | \$10.00 |
| 1289 | Wartners Wart Removal System | 1 ct | - | \$18.00 |

Notes

[illegible]

Order Guidelines

You can order your Blue Shield Promise OTC products using the following methods:



Order By Mail

You may place your order by mailing in the order form that comes with your catalog.

If the end of the benefit period is approaching and you do not think your order form will be received in time, you may call in your order.



Order By Phone

If you have questions or would like to place an order over the phone, OTC Advocates are available Monday – Friday from 8:00am to 8:00pm PST at 1-800-355-7913 (TTY: 711).

- For delivery, please allow 7 - 10 business days from the time your order is placed.
- You must use your full benefit amount in one order. Unused benefits will not roll over into the next quarter.
- Your order total may not exceed your benefit amount. Cash, checks, credit cards or money orders are not accepted under this OTC benefit.
- Your order total will be applied to the benefit period in which the order is received.
- OTC products are intended for member use only to help with a health or medical need. Blue Shield of California Promise Health Plan prohibits the use of this benefit to order OTC items for family members and friends.
- Due to the personal nature of these products, returns are not accepted.
- Items in the 2019 Blue Shield Promise OTC Benefit Catalog may change throughout the year. A copy of this catalog is also available on the Blue Shield of California Promise Health Plan website at www.blueshieldca.com/promise/medicare. For up-to-date information, please call our OTC Advocates from Monday - Friday from 8:00am to 8:00pm PST at 1-800-355-7913 (TTY: 711).
- OTC items are available through home delivery only. Products may not be purchased at a local retail pharmacy or through any source other than the Blue Shield of California Promise Health Plan benefit channels listed above.

Notices

- If you disenroll from Blue Shield of California Promise Health Plan, your OTC benefit will automatically terminate.
- The health information provided in the catalog is general in nature and is not medical advice or a substitute for professional health care.
- Blue Shield of California Promise Health Plan is an HMO and an HMO SNP plan with a Medicare contract. Enrollment in Blue Shield of California Promise Health Plan depends on contract renewal.
- Esta información está disponible gratuitamente en otros idiomas. Comuníquese con Servicios para los Miembros: 1-800-544-0088 (TTY: 711), de 8:00am a 8:00pm, los 7 días de la semana desde el 1 de octubre hasta el 31 de marzo, y de lunes a viernes del 1 de abril al 30 de septiembre.
- You can get this information for free in other formats, such as large print, Braille or audio. Call 1-800-544-0088 (TTY: 711), 8:00am – 8:00pm, seven days a week from Oct. 1 - Mar. 31, and Monday through Friday from Apr. 1 - Sept. 30. The call is free.

** Part B/D - Under certain circumstances some items may be covered under either Part B or Part D. When you are eligible to receive these items under Part B or Part D you may not purchase these items through your Part C supplemental OTC benefit. For your convenience, we've marked these items with an (*).*

‡ Dual-purpose items are medicines and products that can be used for either a medical condition or for general health and well-being. In order to purchase these items under your plan, your personal physician must recommend them to you for a specific diagnosed condition. Please speak to your physician before ordering these items.

§ Scales are only available to members with congestive heart failure or liver disease in order to monitor weight changes. Scales are not allowable for other conditions or diseases. Please discuss with your healthcare provider before ordering.

Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association.

2019 BLUE SHIELD PROMISE OVER-THE-COUNTER (OTC) PRODUCT ORDER FORM



Promise Health Plan

STEP 1 - COMPLETE YOUR INFORMATION BELOW

Member ID (found on Plan member ID card)

[illegible]

Date of Birth

First Name

[illegible]

Last Name

[illegible]

MI

Street Number

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Street Name

[illegible]

Apt/Suite #

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City

[illegible]

State

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Zip Code

Daytime Phone

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Email (Optional)

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Please check box if this is a new address ☐

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STEP 2 - PRODUCT SELECTION

Cash, checks, credit cards or money orders are not accepted under this over-the-counter (OTC) benefit.

| Item # | Product | Quantity | Unit Price | TOTAL |
|--------|---------|----------|------------|-------|
| 1 | | | \$. | \$. |
| 2 | | | \$. | \$. |
| 3 | | | \$. | \$. |
| 4 | | | \$. | \$. |
| 5 | | | \$. | \$. |

Subtotal from Other Side \$

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Total Order \$

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To order additional products, please see reverse. Please mail the completed form back in the postage-paid envelope provided.

If you place your order using an order form, your order total will be applied to the month in which we receive your form. For example, if you mail your order form on June 29th, but we receive it on July 1st, your order total will be applied to your July benefit, not your June benefit.

H5928 19 173 MK V2 M Approved

STEP 2 - PRODUCT SELECTION (Continued)

Cash, checks, credit cards or money orders are not accepted under this over-the-counter (OTC) benefit.

| Item # | Product | Quantity | Unit Price | TOTAL |
|--------|----------------------|----------------------|-------------------------|-------------------------|
| 6 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
| 7 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
| 8 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
| 9 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
| 10 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
| 11 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
| 12 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
| 13 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
| 14 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
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| 18 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
| 19 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |
| 20 | <input type="text"/> | <input type="text"/> | \$ <input type="text"/> | \$ <input type="text"/> |

Subtotal \$

Please mail the completed form back in the postage-paid envelope provided.

If you place your order using an order form, your order total will be applied to the month in which we receive your form. For example, if you mail your order form on June 29th, but we receive it on July 1st, your order total will be applied to your July benefit, not your June benefit.