

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

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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

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/

--	--

/

--	--	--	--

First Name

[illegible]

Last Name

[illegible]

MI

1

Street Number

--	--	--	--	--	--

Street Name

[illegible]

Apt/Suite #

--	--	--	--	--

City

[illegible]

State

--	--

Zip Code

					-				
--	--	--	--	--	---	--	--	--	--

Daytime Phone

--	--	--	--

Email (Optional)

[illegible]Please check box if this is a new address ☐

		@								
--	--	---	--	--	--	--	--	--	--	--

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 \$.

Total Order \$.

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.

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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
15	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
16	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
17	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
18	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <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"/> <input type="text"/>	<input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
			Subtotal	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>

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.