



2019 OVER-THE-COUNTER BENEFIT CATALOG

A special health plan benefit with no cost to you as a member of True Blue Rx Gem or True Blue Rx Preferred.

Simply order online at bcidahootc.com, call 1-855-283-3784 (TTY: 711), or mail us your completed order form. Your order will be shipped FREE directly to your door.

Keep This Catalog Handy. Information on how to place your OTC order can be found on the next page.

Now you can save money on hundreds of items you need with your over-the-counter benefit. Here's how it works:

- Every quarter, you get a \$40 allowance to spend on the over-the-counter items in this catalog.
- Items in this catalog are intended for your use only. Please do not use your benefit to order for your friends or family members.
- Orders are available through home delivery only. Items may not be purchased at a local retail pharmacy or through any source other than this catalog.

Ordering

- Your order total cannot not exceed your benefit amount. Do not send any payment, as it cannot be accepted.
- Mailed orders are processed in the quarter they are received, not the quarter they were mailed. If you're ordering close to the end of the quarter, order online or by phone to make sure you get the most out of your benefit.

Shipping and Returns

- Due to the personal nature of these products, returns are not accepted.
- For delivery, please allow 7 - 10 business days from the time your order is placed.

The health information provided in the catalog is general in nature and is not medical advice or a substitute for professional healthcare. If you disenroll from Blue Cross of Idaho Care Plus, your OTC benefit will automatically terminate.



You can place an order online at bcidahootc.com. Remember to save your username and password to order again during your next benefit period.



You may place your order by mailing in the order form that comes with your catalog. If you're ordering near the end of the quarter, order online or call for fastest service.



If you have questions or would like to place an order over the phone, OTC advocates are available Monday – Friday from 6 a.m. to 9 p.m. (MST) at 1-855-283-3784 (TTY: 711). Language assistance is available.

On the following pages, you'll see a few special characters next to certain items. Here's what they mean:

** Part B/D - Under certain circumstances some items may be covered under either Part B or Part D. If you are eligible to get these items under Part B or Part D, you cannot get them through your OTC benefit. Talk to your doctor for help if you need an item marked 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 get these items under your plan, your doctor must recommend them to you for a specific diagnosed condition. Please talk to your doctor before placing an order for 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 talk to your doctor to make sure you're eligible before ordering.

Item #	Product	Packaging	Strength	Price
Allergy, Cold, Flu, Decongestant & Sinus				
1946	Allergy Relief Nasal Spray, 24-hr, Fluticasone Propionate	120 spray	50 mcg	\$24
1361	All-Nite Cold/Flu	4 oz	12.5 mg, 30 mg, 650 mg	\$6.50
1927	Benadryl Allergy Liqui-Gels Dye-Free	24 ct	25 mg	\$12
1360	Cepacol Sore Throat Lozenges	16 ct	-	\$8
1090	Cetirizine HCL Allergy Relief	14 ct	10 mg	\$7
1008	Chlorpheniramine Maleate Antihistamine	100 ct	4 mg	\$8
1166	Cough & Cold for High Blood Pressure	16 ct	-	\$7
1056	Cough Drops, Cherry	30 ct	5.8 mg	\$3
1182	Cough Drops, Sugar Free, Cherry	25 ct	5.8 mg	\$4
1833	Cough Drops, Honey Lemon	30 ct	-	\$3
1834	Cough Drops, Menthol	30 ct	-	\$3
1054	Cough Syrup, Expectorant	4 oz	200 mg / 10 ml	\$6
1323	Diabetic Tussin DM	4 oz	-	\$9.50
1009	Diphenhydramine Antihistamine	24 ct	25 mg	\$6
1308	Diphenhydramine Antihistamine	100 ct	25 mg	\$10
1180	Guaifenesin Cough Expectorant	60 ct	200 mg	\$10
1611	Loratadine Allergy Relief **	100 ct	10 mg	\$14.50
1178	Mucus Relief DM Expectorant & Cough Suppressant	30 ct	400 mg, 20 mg	\$10
1965	Mucus Relief DM Expectorant & Cough Suppressant, Extended Release	14 ct	1,200 mg, 60 mg	\$15
1357	Multi-Symptom Cold Formula	24 ct	10 mg, 5 mg, 325 mg	\$8
1881	Nasacort	60 spray	-	\$24
1922	Nasal Decongestant Inhaler - Levmetamfetamine	.007 oz	50 mg	\$8
1091	Nasal Decongestant Spray, 12 Hour	1 oz	0.05%	\$6
1931	Nasal Rinse Kit, Saline	1 kit	-	\$18

Item #	Product	Packaging	Strength	Price
1052	Nasal Spray, Saline	1.5 oz	0.65%	\$5.50
1176	Sore Throat Lozenges, Cherry	18 ct	-	\$6
1904	Sore Throat Spray, Cherry	6 oz	-	\$7
1352	Sudogest PE Nasal & Sinus Decongestant	36 ct	10 mg	\$7
1164	Vapor Rub	3.5 oz	4.7%, 1%	\$7
Antacids & Acid Reducers				
1313	Alka-Seltzer	36 ct	-	\$11
1006	Antacid / Anti-Gas Liquid	12 oz	-	\$7.50
1346	Antacid Chewables	150 ct	500 mg	\$7
1314	Effervescent Pain Reliever	36 ct	-	\$7
1949	Esomeprazole Magnesium, 24-hr Delayed Release Acid Reducer *	42 ct	20 mg	\$23
1108	Famotidine Acid Reducer *	30 ct	10 mg	\$7.50
1970	Omeprazole Acid Reducer *	42 ct	20 mg	\$25
1966	Omeprazole Acid Reducer, Delayed Release, Dissolvable *	42 ct	20 mg	\$26
1900	Ranitidine Acid Reducer	30 ct	75 mg	\$7.50
1800	Simethicone Anti-Gas Chewables	100 ct	80 mg	\$8
Anticandidal (yeast)				
1115	Clotrimazole 7-Day Treatment Vaginal Cream (with applicator)	45 gm	1%	\$10
1117	Miconazole 3-Day Treatment Vaginal Cream (with applicator)	1 kit	2%	\$16
1119	Tioconazole 1-Day Treatment Vaginal Cream (with applicator)	1 ct	6.5%	\$19
Anti-diarrheal, Laxatives & Digestive Health				
1316	Beano	30 ct	-	\$9
1128	Bisacodyl Enteric Coated Laxative	100 ct	5 mg	\$6.50
1045	Bismatrol Chewable Tablets	30 ct	262 mg	\$7.50

Item #	Product	Packaging	Strength	Price
1969	ClearLax Unflavored Powder	8.3 oz	17 g	\$13
1126	Docusate Sodium Stool Softener	100 ct	100 mg	\$8
1733	Enema	4.5 oz	-	\$5.50
1124	Ex-Lax	8 ct	15 mg	\$8
1125	Glycerin Suppository	25 ct	2 gm	\$7
1067	Lactase Capsules	60 ct	9000 FCC Units	\$10
1133	Loperamide HCL Anti-Diarrheal *	12 ct	2 mg	\$6
1354	Methylcellulose Fiber Therapy	16 oz	-	\$17
1011	Milk of Magnesia	12 oz	400 mg	\$6.50
1340	Natural Vegetable Laxative	13 oz	-	\$10
1967	Natural Vegetable Laxative	30.4 oz	-	\$16
1968	Natural Vegetable Laxative, Sugar free	15 oz	-	\$13
1317	Pepto-Bismol Cherry	12 oz	525 mg / 30 ml	\$11
1318	Pink Bismuth	8 oz	525 mg / 30 ml	\$7
1012	Polycarbophil Fiber Tablets	90 ct	625 mg	\$12
1130	Senna Plus Stool Softener Plus Laxative	60 ct	8.6 mg, 50 mg	\$7
Anti-fungal & Anti-itch				
1142	Bactine Solution	4 oz	-	\$10
1144	Caldyphen Clear Lotion Local Analgesic	6 oz	1%	\$8
1047	Clotrimazole Antifungal Athlete's Foot Cream	1.5 oz	1%	\$9.50
1140	Diphenhydramine HCL / Zinc Acetate Anti-Itch Cream	1 oz	-	\$6
1074	Hydrocortisone 1% Cream	1 oz	1%	\$6
1874	Medicated Antifungal Foot Powder Spray	4.6 oz	-	\$10.50
1135	Miconazole Nitrate 2% Antifungal Cream	1 oz	2%	\$9
1046	Terbinafine HCL Antifungal Cream	.5 oz	1%	\$11.50
1064	Tolnaftate Antifungal Cream	1.25 oz	1%	\$7

Item #	Product	Packaging	Strength	Price
Cold Sore & Medicated Lip Products				
1152	Abreva	2 gm	10%	\$24
1256	Blistex Lip Ointment	6 gm	-	\$5
1153	Herpecin-L Lip Balm	.1 oz	1%	\$10
1359	Releev Cold Sore Treatment	6 ml	0.13%	\$22.50
Dental & Denture Care				
1817	Biotene Dry Mouth Oral Rinse	16 oz	-	\$13
1747	Denture Brush	1 ct	-	\$6
1032	Denture Cleaning Tablets	40 ct	-	\$7
1653	Efferdent Plus Mint Tablets	36 ct	-	\$9
1843	Effergrip Denture Cream Adhesive	2.5 oz	-	\$9
1187	Fixodent	.75 oz	-	\$6.50
1751	Interdental Flossups	90 ct	-	\$5.50
1286	Oral Pain Relief	.5 oz	20%	\$7
1324	Polident Denture Cream	3.9 oz	-	\$9
1892	Polident Overnight	84 ct	-	\$12
1455	Reach Waxed Dental Floss - Mint	55 yd	-	\$5
1746	Tongue Cleaner	1 ct	-	\$6
1413	Toothbrush, Colgate, Adult Soft	1 ct	-	\$3
1450	Toothbrush, Rechargeable	1 ct	-	\$37
1948	Toothbrush, Soft 2-pack	2 ct	-	\$6
1412	Toothbrush, Tek Pro, Angled Soft	1 ct	-	\$3
1831	Toothpaste, Colgate	4 oz	-	\$6
1838	Toothpaste, Crest Sensi-Relief	4.1 oz	-	\$9.50
1414	Toothpaste, Pepsodent	5.5 oz	-	\$5.50
1903	Toothpaste, Sensitive Teeth	4.3 oz	-	\$7

Item #	Product	Packaging	Strength	Price
1716	Toothpaste, Ultrabrite Advanced Whitening	6 oz	-	\$6.50
1743	Water Jet Replacement Tips	5 ct	-	\$17
Diabetes				
1839	Diabetic Skin Relief Foot Cream	3.4 oz	-	\$12
1956	Diabetic Socks, Black, Medium 3-pack	3 pair	-	\$9
1957	Diabetic Socks, Black, Large 3-pack	3 pair	-	\$9
1958	Diabetic Socks, Black, X-Large 3-pack	3 pair	-	\$9
1953	Diabetic Socks, White, Medium 3-pack	3 pair	-	\$9
1954	Diabetic Socks, White, Large 3-pack	3 pair	-	\$9
1955	Diabetic Socks, White, X-Large 3-pack	3 pair	-	\$9
1959	Ultra Soft Padded Diabetic Sock, Black, Medium 2-pack	2 pair	-	\$11
1960	Ultra Soft Padded Diabetic Sock, Black, Large 2-pack	2 pair	-	\$11
1961	Ultra Soft Padded Diabetic Sock, Black, X-Large 2-pack	2 pair	-	\$11
1962	Ultra Soft Padded Diabetic Sock, White, Medium 2-pack	2 pair	-	\$11
1963	Ultra Soft Padded Diabetic Sock, White, Large 2-pack	2 pair	-	\$11
1964	Ultra Soft Padded Diabetic Sock, White, X-Large 2-pack	2 pair	-	\$11
Ear Care				
1742	Cotton Tipped Swabs	300 ct	-	\$5.50
1841	Ear Pain Relief Ear Drops	10 ml	-	\$13
1190	Ear Wax Removal Drops	15 ml	6.5%	\$7
1363	Ear Wax Removal System with Rubber Bulb	15 ml	6.5%	\$9
Eye Care				
1192	Artificial Tears Drops	.5 oz	-	\$6
1194	Artificial Tears Ointment	3.5 gm	-	\$9

Item #	Product	Packaging	Strength	Price
1199	Clear Eyes Eye Drops	.2 oz	-	\$6
1468	Multi-Purpose Contact Lens Solution	4 oz	-	\$8
1061	Redness Relief Eye Drops	15 ml	0.05%	\$5
First Aid & Medical Supplies				
1344	Adhesive Bandages *	60 ct	-	\$6
1803	After Bite Relief	.5 oz	-	\$10
1200	Alcohol Pads *	100 ct	70%	\$5
1808	Antiseptic Skin Cleanser	8 oz	-	\$11
1201	Antiseptic Towelettes	100 ct	-	\$7.50
1020	Bacitracin Ointment	1 oz	500 U / gm	\$6.50
1667	Band-Aid Clear Comfort-Flex Bandage, Assorted Sizes *	45 ct	-	\$8.50
1459	Bath Mat, Non-Skid	1 ct	-	\$15
1730	Bath Tub Safety Rail	1 ct	-	\$38
1223	Conforming Stretch Gauze Sterile Bandages - 3" x 4.1 yd *	12 ct	-	\$8
1763	Cotton Balls	200 ct	-	\$4.50
1669	Cotton Tipped Applicator - 6"	1000 ct	-	\$11.50
1732	Cushion, Foam Ring	1 ct	-	\$22
1466	Cushion, Gel / Foam Seat	1 ct	-	\$30
1731	Cushion, Lumbar	1 ct	-	\$20
1207	Elastic Bandage - 2" x 4.5 yd *	1 ct	-	\$6
1209	Elastic Bandage - 3" x 5 yd *	1 ct	-	\$6.50
1211	Elastic Bandage - 4" x 5 yd *	1 ct	-	\$7
1213	Elastic Bandage - 6" x 5 yd *	1 ct	-	\$8
1846	Fast Freeze, Pain Relief Spray	4 oz	-	\$13.50
1947	First Aid Kit, 20 piece	1 ct	-	\$6
1215	First Aid Kit, 75 Pieces	1 ct	-	\$10

Item #	Product	Packaging	Strength	Price
1738	First Aid Kit, 175 Pieces	1 ct	-	\$15
1726	Folding Cane Ergonomic Handle *	1 ct	-	\$20
1062	Hot/Cold Pack, 1 small & 1 large	1 ct	-	\$9
1228	Hydrogen Peroxide	16 oz	3%	\$5
1761	Ice Bag - 9"	1 ct	-	\$9
1796	Insect Repellant Spray - Deet	4 oz	30%	\$12
1229	Isopropyl Alcohol, Wintergreen	16 oz	70%	\$6.50
1798	Knurled Chrome Grab Bar - 12"	1 ct	-	\$19
1797	Knurled Chrome Grab Bar - 24"	1 ct	-	\$22
1202	Lantiseptic Skin Protectant Ointment	4 oz	50%	\$12
1326	Neosporin Plus	.5 oz	-	\$10
1840	Nitrile Exam Gloves	100 ct	-	\$12
1762	Pain Relief Mask	1 ct	-	\$8
1203	Povidone Iodine Solution Antiseptic	4 oz	-	\$7.50
1896	Procedural Face Masks with Earloops	50 ct	-	\$11
1777	Quad Cane, Small Base *	1 ct	-	\$25
1776	Quad Cane, Large Base *	1 ct	-	\$28
1729	Raised Toilet Seat	1 ct	-	\$35
1713	Rubbing Alcohol	16 oz	70%	\$6
1460	Shower Mat, Non-Skid	1 ct	-	\$17.50
1217	Tape, Paper Surgical - 1" x 10 yd *	1 ct	-	\$6
1218	Tape, Paper Surgical - 2" x 10 yd *	1 ct	-	\$7
1219	Tape, Silk Surgical - 1" x 10 yd *	1 ct	-	\$5.50
1220	Tape, Silk Surgical - 2" x 10 yd *	1 ct	-	\$7.50
1221	Tape, Transparent Surgical - 1" x 10 yd *	1 ct	-	\$5.50
1222	Tape, Transparent Surgical - 2" x 10 yd *	1 ct	-	\$7
1063	Thermometer, Digital 60 seconds	1 ct	-	\$6.50

Item #	Product	Packaging	Strength	Price
1285	Thermometer, Digital Ear	1 ct	-	\$25
1697	Thermometer, Flexible Tip, Digital 10 seconds	1 ct	-	\$11
1779	Toilet Safety Rails	1 set	-	\$40
1014	Triple Antibiotic Ointment	1 oz	-	\$8
1781	Warm or Cold Water Bottle, Rubber Latex	1 ct	-	\$10
Foot Care				
1238	Callus Remover Pads	6 ct	-	\$8
1236	Corn Remover Pads	9 ct	-	\$7.50
1240	Medicated Foot Powder	5 oz	-	\$7.50
Hemorrhoidal Preparations				
1066	Hemorrhoidal Ointment	2 oz	-	\$9
1247	Hemorrhoidal Suppository	12 ct	-	\$7
1364	Pre-moist Hemorrhoid Pads	100 ct	-	\$9
1248	Preparation H Cream	26 gm	-	\$12
1895	Preparation H Medicated Wipes	48 ct	-	\$11
Hormone Replacement				
1737	DHEA †	50 ct	50 mg	\$12
Incontinence Supplies				
1300	A & D Ointment	2 oz	-	\$7
1303	Adult Briefs, Medium - 32" to 44" *	12 ct	-	\$16
1304	Adult Briefs, Large - 45" to 58" *	12 ct	-	\$16
1305	Adult Briefs, X-Large - 59" to 64" *	15 ct	-	\$16
1811	Attends Discreet Men's Guard	20 ct	-	\$14
1810	Attends Discreet Men's Shield	20 ct	-	\$13
1813	Attends Discreet Women's Moderate Bladder Control Pad	20 ct	-	\$15.50
1812	Attends Discreet Women's Maximum Bladder Control Pad	20 ct	-	\$20

Item #	Product	Packaging	Strength	Price
1814	Attends Discreet Women's Ultimate Bladder Control Pad	20 ct	-	\$22
1815	Attends Discreet Women's Panty Liner	28 ct	-	\$9
1816	Attends Discreet Women's Ultrathin Pad	20 ct	-	\$11
1302	Barrier Cream	4 oz	-	\$9
1478	Bladder Control Shaped Pad, Moderate Absorbency *	24 ct	-	\$17
1479	Bladder Control Shaped Pad, Heavy Absorbency *	24 ct	-	\$17
1480	Bladder Control Shaped Pad, Maximum Absorbency *	18 ct	-	\$17
1021	Disposable Underwear, Medium - 34" to 44" *	20 ct	-	\$16
1026	Disposable Underwear, Large - 44" to 58" *	18 ct	-	\$16
1027	Disposable Underwear, X-Large - 58" to 68" *	14 ct	-	\$16
1928	Flushable Wipes	24 ct	-	\$8
1476	Underpad, Disposable - 23" x 24" *	50 ct	-	\$16
1299	Underpad, Disposable - 23" x 36" *	25 ct	-	\$12
1477	Underpad, Disposable - 30" x 30" *	10 ct	-	\$10
1348	Washcloth with Lanolin	64 ct	-	\$8.50
In-Home Diagnostics				
1935	Bathroom Scale †§	1 ct	-	\$40
1253	Blood Pressure Monitor, Desktop Automatic †	1 ct	-	\$40
1501	Blood Pressure Monitor, Wrist †	1 ct	-	\$30
1502	Blood Pressure Monitor, Wrist Talking †	1 ct	-	\$35
1416	EZ Detect Colon Cancer Test Kit †	1 ct	-	\$17
1505	Finger Pulse Oximeter †	1 ct	-	\$32
1771	Heart Rate Monitor Watch †	1 ct	-	\$40
1251	Home Access Cholesterol Test †	1 kit	-	\$32
1789	Peak Flow Meter †	1 ct	-	\$17

Item #	Product	Packaging	Strength	Price
Motion Sickness				
1263	Driminate Antiemetic	12 ct	50 mg	\$7
1366	Meclizine HCL Antiemetic	100 ct	12.5 mg	\$9
Pain Relievers & Fever Reducers				
1001	Acetaminophen	100 ct	325 mg	\$6.50
1600	Acetaminophen	100 ct	500 mg	\$7
1809	Arthritis Hot Pain Relief Cream	3 oz	10%	\$8.50
1311	Arthritis Pain Reliever	100 ct	650 mg	\$12
1924	Aspercreme	1.25 oz	-	\$7.50
1095	Aspirin **	100 ct	325 mg	\$5.50
1096	Aspirin, Enteric Coated **	100 ct	325 mg	\$6
1002	Aspirin, Enteric Coated, Low Dose **	120 ct	81 mg	\$6
1802	Aspirin, Low Dose, Chewables **	36 ct	81 mg	\$5.50
1367	Capsaicin External Analgesic	2 oz	0.025%	\$9.50
1944	Cold/Hot Menthol Medicated Patch	5 ct	5%	\$10
1861	Heating Pad, 12" X 15" *	1 ct	-	\$26
1942	Heating Pad, X-Large, 12" x 24" *	1 ct	-	\$35
1859	HeatWraps - Back & Hip	2 ct	-	\$11
1860	HeatWraps - Neck, Shoulder, & Wrist	3 ct	-	\$11
1004	Ibuprofen	100 ct	200 mg	\$8
1871	Lidocaine Patch **	5 ct	4%	\$13
1923	Menthol Gel	8 oz	2%	\$9
1365	Migraine Relief	100 ct	250 mg, 250 mg, 65 mg	\$8
1097	Naproxen	100 ct	220 mg	\$10
1332	Pain Reliever, PM - Extra Strength	100 ct	500 mg, 25 mg	\$9
1475	Pain Relieving Muscle Rub	2 oz	2.5%	\$6

Item #	Product	Packaging	Strength	Price
1739	Salonpas Pain Relief Patches	5 ct	-	\$14
1261	Wellpatch Migraine	4 ct	-	\$10
Pediculicide (lice treatment)				
1929	Lice Elimination Kit **	1 kit	-	\$29
1271	Lice Treatment Shampoo **	4 oz	-	\$11
1269	Permethrin Lice Treatment **	59 ml	1%	\$16
Personal Care				
1076	Acne Gel 10% Benzoyl Peroxide	1.5 oz	10%	\$8.50
1368	Ammonium Lactate Moisturizing Lotion	8 oz	12%	\$12
1065	Hand Sanitizer	8 oz	-	\$4.50
Sleep Aids				
1724	Nasal Strips, Medium	30 ct	-	\$13
1725	Nasal Strips, Large	30 ct	-	\$13
1276	Sleep Tablets	50 ct	25 mg	\$7.50
Smoking Cessation				
1372	Nicorelief Gum †**	50 ct	4 mg	\$25
1281	Nicotine Lozenges †**	72 ct	4 mg	\$40
1369	Nicotine Patch, Step 1 †**	14 ct	21 mg / 24 hr	\$35
1370	Nicotine Patch, Step 2 †**	14 ct	14 mg / 24 hr	\$35
1371	Nicotine Patch, Step 3 †**	14 ct	7 mg / 24 hr	\$35
Supportive Items				
1225	Ankle Support	1 ct	-	\$10
1767	Arthritis Gloves, Small	1 pair	-	\$27
1766	Arthritis Gloves, Medium	1 pair	-	\$27
1765	Arthritis Gloves, Large	1 pair	-	\$27
1487	Back Support Elastic - 24" to 46"	1 ct	-	\$23
1488	Back Support Elastic with Lumbar	1 ct	-	\$27

Item #	Product	Packaging	Strength	Price
1770	Carpal Tunnel Brace, Small	1 ct	-	\$25
1769	Carpal Tunnel Brace, Medium	1 ct	-	\$25
1768	Carpal Tunnel Brace, Large	1 ct	-	\$25
1398	Compression Knee High Socks, Men's Black, Medium (Shoe Size 8 - 10) †	1 pair	15 - 20 mmHg	\$18
1399	Compression Knee High Socks, Men's Black, Large (Shoe Size 10.5 - 12) †	1 pair	15 - 20 mmHg	\$18
1400	Compression Knee High Socks, Men's White, Medium (Shoe Size 8 - 10) †	1 pair	15 - 20 mmHg	\$18
1401	Compression Knee High Socks, Men's White, Large (Shoe Size 10.5 - 12) †	1 pair	15 - 20 mmHg	\$18
1409	Compression Knee High Socks, Women's Black, Small (Shoe Size 4-5)	1 pair	8 - 15 mmHg	\$18
1410	Compression Knee High Socks, Women's Black, Medium (Shoe Size 5.5 - 7.5)	1 pair	8 - 15 mmHg	\$18
1411	Compression Knee High Socks, Women's Black, Large (Shoe Size 8 - 10.5)	1 pair	8 - 15 mmHg	\$18
1406	Compression Knee High Socks, Women's Nude, Small (Shoe Size 4 - 5)	1 pair	8 - 15 mmHg	\$18
1407	Compression Knee High Socks, Women's Nude, Medium (Shoe Size 5.5 - 7.5)	1 pair	8 - 15 mmHg	\$18
1408	Compression Knee High Socks, Women's Nude, Large (Shoe Size 8 - 10.5)	1 pair	8 - 15 mmHg	\$18
1760	Deluxe Criss Cross Back Support, Small - 28" to 32"	1 ct	-	\$24
1759	Deluxe Criss Cross Back Support, Medium - 33" to 37"	1 ct	-	\$24
1758	Deluxe Criss Cross Back Support, Large - 38" to 42"	1 ct	-	\$24
1224	Elbow Support	1 ct	-	\$15
1465	Knee Stabilizer	1 ct	-	\$23
1481	Knee Support, Elastic, Small	1 ct	-	\$11
1482	Knee Support, Elastic, Medium	1 ct	-	\$11

Item #	Product	Packaging	Strength	Price
1483	Knee Support, Elastic, Large	1 ct	-	\$11
1484	Knee Support, Elastic, Small with Stays	1 ct	-	\$19
1485	Knee Support, Elastic, Medium with Stays	1 ct	-	\$19
1486	Knee Support, Elastic, Large with Stays	1 ct	-	\$19
1463	Night Wrist Support Smart Glove	1 ct	-	\$30
1457	Rib Belt - Female (one size fits most)	1 ct	-	\$19
1456	Rib Belt - Male (one size fits most)	1 ct	-	\$19
1230	Wrist Splint	1 ct	-	\$22
1227	Wrist Support	1 ct	-	\$10
Therapeutic Skin & Sun Care				
1821	Calamine Lotion	6 oz	-	\$7
1893	Moisturizing Body Lotion with Aloe	8 oz	-	\$7.50
1852	Scar Gel	50 gm	-	\$15
1284	Sunscreen Lotion SPF 30	3.5 oz	-	\$7.50
Vitamins & Minerals				
1805	Airborne Immune Support Chewables ‡	32 ct	-	\$16
1820	Biotin Gummy ‡	60 ct	5,000 mcg	\$13
1373	Calcium + Vitamin D ‡	60 ct	600 mg / 400 IU	\$7
1823	Calcium + Vitamin D Gummy ‡	60 ct	500 mg, 1000 IU	\$13
1291	Calcium Carbonate Supplement Tablets ‡	60 ct	600 mg	\$7
1420	Centrum Silver Chewables ‡	60 ct	-	\$18
1829	Coenzyme Q-10 ‡	30 ct	50 mg	\$12
1385	Daily Multiple Vitamin Tablets with Minerals ‡**	100 ct	-	\$8.50
1393	Daily Multivitamin ‡**	100 ct	-	\$8
1972	Daily Multivitamin Gummy ‡	120 ct	-	\$13
1375	Ferrous Gluconate Iron Supplement ‡**	100 ct	240 mg	\$7.50

Item #	Product	Packaging	Strength	Price
1376	Ferrous Sulfate Iron Supplement ***	100 ct	325 mg	\$7.50
1155	Fiber Tablets †	60 ct	500 mg	\$10
1741	Fish Oil, Soft Gels †	60 ct	1000 mg	\$8
1849	Flaxseed †	100 ct	1000 mg	\$11
1850	Folic Acid ***	100 ct	800 mcg	\$6.50
1003	Glucosamine / Chondroitin †	60 ct	250 mg, 200 mg	\$12
1114	Glucosamine Joint / Muscle †	60 ct	500 mg	\$11
1866	Immune Support Chewables †	50 ct	-	\$11.50
1417	Iron ***	110 ct	27 mg	\$8
1869	Leg Cramps Pain Relief Caplets †	50 ct	-	\$14
1418	Magnesium †	110 ct	250 mg	\$7
1879	Melatonin †	100 ct	5 mg	\$12
1971	Melatonin Gummy †	120 ct	5 mg	\$15
1378	Niacin ***	100 ct	100 mg	\$6
1930	Niacin, No Flush ***	60 ct	500 mg	\$11
1886	One Daily Men's Multivitamin †	100 ct	-	\$10
1887	One Daily Women's Multivitamin †	100 ct	-	\$10
1395	Rena-Vite †	100 ct	-	\$13.50
1392	Senior Multivitamin †	90 ct	-	\$11
1734	Stress Formula Tablets with Zinc †	60 ct	-	\$10
1379	Vitamin A †	100 ct	10,000 iu	\$8
1016	Vitamin B-1 †	100 ct	100 mg	\$7.50
1381	Vitamin B-12 †	100 ct	1000 mcg	\$11
1974	Vitamin B-12, Sublingual †	30 ct	5000 mcg	\$10
1388	Vitamin B-6 †	100 ct	100 mg	\$8
1382	Vitamin B-Complex †	100 ct	-	\$8

Item #	Product	Packaging	Strength	Price
1915	Vitamin B-Complex Gummy ‡	70 ct	-	\$13
1017	Vitamin C ‡	100 ct	500 mg	\$7.50
1916	Vitamin C Gummy ‡	60 ct	250 mg	\$12
1390	Vitamin D ***	100 ct	1000 iu	\$9
1384	Vitamin E, Soft Gels ‡	100 ct	400 iu	\$11
1419	Zinc Chelated ‡	100 ct	50 mg	\$7
Wart Remover				
1288	Dr. Scholl's Wart Removal System	20 ct	-	\$15
1075	Wart Remover, Liquid	9 ml	17%	\$10
1289	Wartners Wart Removal System	1 ct	-	\$19
Weight Loss				
1735	Vitafusion Fiber Weight Management ‡	90 ct	-	\$17.50

Blue Cross of Idaho Care Plus, Inc. is an HMO plan with a Medicare contract. Enrollment in Blue Cross of Idaho Care Plus depends on contract renewal. This information is not a complete description of benefits. Call 1-888-494-2583 (1-800-377-1363) for more information.

Nondiscrimination Statement: Discrimination is Against the Law

Blue Cross of Idaho complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Blue Cross of Idaho does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Blue Cross of Idaho:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Blue Cross of Idaho's Customer Service Department. Call 1-888-494-2583 (TTY: 1-800-377-1363), or call the customer service phone number on the back of your card.

If you believe that Blue Cross of Idaho has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with Blue Cross of Idaho's Grievances and Appeals

Department at:

Manager, Grievances and Appeals
3000 East Pine Avenue, Meridian, Idaho 83642
Telephone: (800) 274-4018 ext.3838, Fax: (208) 331-7493
Email: grievances&appeals@bcidaho.com
TTY: 1-800-377-1363

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our Grievances and Appeals team is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone 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 (TTY). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>. Reference: <https://federalregister.gov/a/2016-11458>

ATTENTION: If you speak Arabic, Chinese, French, German, Korean, Japanese, Persian (Farsi), Romanian, Russian, Serbo-Croatian, Spanish, Sudanese, Tagalog, Ukrainian, or Vietnamese, language assistance services, free of charge, are available to you. Call 1-888-494-2583 (TTY: 1-800-377-1363).

Arabic

ملطوحة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-494-2583 (رقم اهتف الصم ولابكم: 1-800-377-1363)

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-494-2583 (TTY: 1-800-377-1363)。

French ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-888-494-2583 (ATS: 1-800-377-1363).

German ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-888-494-2583 (TTY: 1-800-377-1363).

Japanese 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-888-494-2583 (TTY: 1-800-377-1363) まで、お電話にてご連絡ください。

Korean 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-494-2583 (TTY: 1-800-377-1363) 번으로 전화해 주십시오.

1-888-494-2583 تماس بگيرد. توجه: اگر به ايزن فارسی گفتگو می دينک، تسهيلات ي نابز و صديرت انگي ارن برياشما فرا مهمی دشابا (TTY: 1-800-377-1363)

Romanian ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-888-494-2583 (TTY: 1-800-377-1363).

Russian ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-494-2583 (телетайп: 1-800-377-1363).

Serbo-Croatian OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-888-494-2583 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 1-800-377-1363).

Spanish ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-494-2583 (TTY: 1-800-377-1363).

Sudanese MAANDO: To a waawi [Adamawa], e woodi ballooji-ma to ekkitaaki wolde caahu. Noddu 1-888-494-2583 (TTY: 1-800-377-1363).

Tagalog PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-888-494-2583 (TTY: 1-800-377-1363).

Ukrainian УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-888-494-2583 (телетайп: 1-800-377-1363).

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-494-2583 (TTY: 1-800-377-1363).

Persian-Farsi



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STEP 2 - PRODUCT SELECTION (Continued)

Cash, checks, credit cards or money orders are not accepted under this OTC benefit.

Item #	Product	Quantity	Unit Price	TOTAL
6	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
7	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
8	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
9	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
10	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
11	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
12	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
13	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
14	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
15	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
16	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
17	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
18	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
19	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
20	<input style="width: 100%;" type="text"/>	<input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>
Subtotal				\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>

Please do NOT include any payment.

This benefit is provided at no cost to you from Blue Cross of Idaho Care Plus Medicare Advantage plan.

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.

Blue Cross of Idaho Care Plus, Inc. is a Medicare Advantage plan with a Medicare and Idaho Medicaid contract. Enrollment in Blue Cross of Idaho Care Plus depends on contract renewal. This information is not a complete description of benefits. Call 1-888-494-2583 (1-800-377-1363) for more information. © Blue Cross of Idaho Care Plus, Inc. an independent licensee of the Blue Cross and Blue Shield Association, with services provided by Blue Cross of Idaho.