

Welcome to **OTCONLINE** *Ordering Made Easy!*

At **NO COST**  
To You!

Log on to our website:  
[www.freedomhealth.com](http://www.freedomhealth.com) and...

Start by  
clicking here



Medicare Plans

Members

Providers

Agents & Brokers

**OTC**

Quick Links

## OTC Mail Program - The Easy Way To Get Your Supplies

From our ordering portal you can now:

- Place a new order
- Track status of your order(s)
- Order anytime
- Review history of your order(s)
- Repeat a previous order
- and more...

Select your items from the list inside and log on to:  
[www.freedomhealth.com](http://www.freedomhealth.com)  
or call: 1-866-900-2688, TTY: 711

It's as easy as 1... 2... 3...

Go to [www.freedomhealth.com](http://www.freedomhealth.com), click on the "OTC" tab and then click on the "Member Login" button



2



We process your order

3



You receive  
supplies by mail

FRH200TC

## 2020 OTC Benefits At **NO COST** To You!

Receive from **\$25 to \$100** every month\*

in Over-the-Counter Drugs & Supplies  
based on plan selection and county.

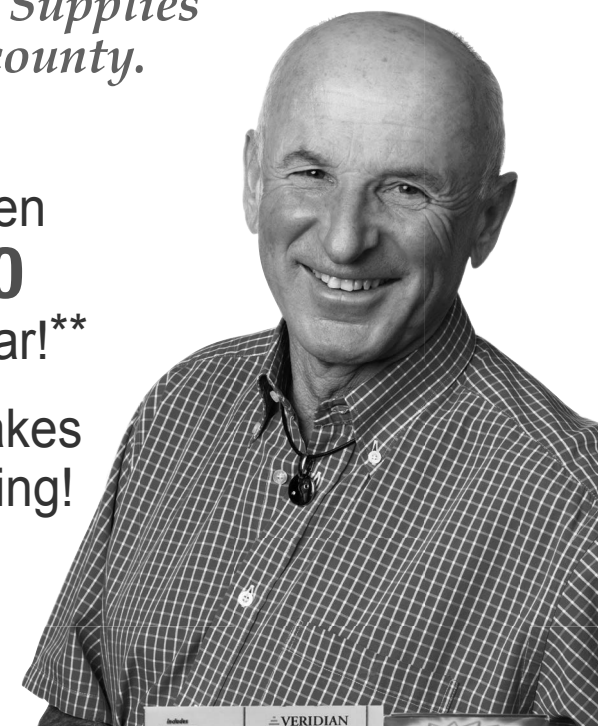
**ORDER  
ONLINE!**

it's quick  
and  
easy!

See back page  
for details...

That's savings between  
**\$300** and **\$1,200**  
over the course of a year!\*\*

And Freedom Health takes  
the hassle out of ordering!



Focused on **You**



\*Amount varies by plan and county. \*\*Based on a 12 month enrollment.

H5427\_OTCbrochure2020\_C

Save Time & Money in Over-the-Counter Supplies. Choose From the Following List:

Item	Item Description	Qty.	Price
<b>(1) Allergies</b>			
1A	Generic Comparable of Chlortrimeton	Chlorpheniramine Maleate 4mg	24 \$4
1B	Generic Comparable of Benadryl Elixir	Diphenhydramine HCl 12.5mg	118ml \$3
1C	Generic Comparable of Benadryl Caps	Diphenhydramine HCl 25mg	24 \$3
1D	Generic Comparable of Ocean Saline Nasal Spray	Deep Sea Nasal Saline 0.65%	44ml \$3
1E	Nasacort Allergy 24 Hour	Triamcinolone 55mcg	10.8ml \$15
1F	Flonase	Fluticasone Propionate (glucocorticoid) 50mcg	9.9ml \$15
<b>(2) Analgesics</b>			
2A	Generic Comparable of Tylenol Ex 500mg	Acetaminophen Tabs 500 mg	100 \$4
2B	Generic Comparable of Bayer Aspirin	Aspirin 325mg	100 \$3
2C	Generic Comparable of Zostrix	Trixaicin Capsicum 0.025% (Capsaicin)	60g \$7
2E	Generic Comparable of Advil	Ibuprofen 200mg FC Tab.	24 \$3
2F	Generic Comparable of Ben Gay	Muscle Rub	35g \$3
2G	Generic Comparable of Aleve	Naproxen Sodium 220 mg CPL	50 \$7
2H	Generic Comparable of Bayer Aspirin Low Dose 81 mg	Aspirin EC (Delayed Release) 81mg	120 \$4
2I	Generic Comparable of Tylenol PM	Acetaminophen 500mg/Diphenhydramine HCl 25mg	50 \$5
2J	Generic Comparable of Bayer Aspirin Low Dose Chewable	Aspirin 81mg Chewable	36 \$4
2K	Generic Comparable of Icy Hot Patch	Cold and Hot Patch	5 \$8
2L	Generic Comparable of Excedrin	Headache Formula-Aspirin/Acetaminophen/Caffeine	100 \$7
2M	Aspercreme	Aspercreme with 4% Lidocaine Maximum Strength	76g \$6
<b>(3) Antacids</b>			
3A	Generic Comparable of Tums-Ex	Calcium Carbonate 750mg	96 \$5
3B	Generic Comparable of Gas-X	Gas Relief Tablets	100 \$5
3C	Generic Comparable of Zantac 75	Ranitidine 75mg	30 \$9
3D	Generic Comparable of Alka Seltzer	Antacid & Pain Relief	12 \$6
<b>(4) Anti-Diarrheals</b>			
4A	Generic Comparable of Imodium	Loperamide 2mg	12 \$4
4B	Generic Comparable of Pepto Bismol	Pink Bismuth Tablets (chewable)	30 \$5
<b>(5) Anti-Hemorrhoids</b>			
5A	Generic Comparable of Cortaid Maximum Strength	Hydrocortisone Oint, USP 1%	28g \$6
5B	Generic Comparable of Preparation H	Prompt Relief Hem Ointment	57g \$7
5C	Generic Comparable of Preparation H Suppositories	Hemorrhoidal Suppositories	12 \$13
<b>(6) Cough/Cold</b>			
6A	Generic Comparable of Robitussin Sugar-Free Dm	Sugar-Free Cough Syrup	118ml \$5
6B	Generic Comparable of Vicks	Medicated Chest Rub	100g \$6
6C	Mucinex Dm	Mucinex DM 600mg	20 \$20
6D	Generic Comparable of Afrin Nasal Spray	Nasal Spray	15ml \$3

Item	Item Description	Qty.	Price
6H	Generic Comparable of Tylenol Sinus Congestion & Pain	Sinus-Acetaminophen/Phenylephrine HCl	24 \$5
6I	Generic Comparable of Chloraseptic	Sore Throat Spray	177ml \$5
6K	Halls Sugar-Free Cough Drops	Sugar-Free Cough Drops	25 \$4
6L	Generic Comparable of Mucus Relief	Expectorant-Guaifenesin 400 mg	30 \$7
6M	Generic Comparable of Cepacol	Cepacol	16 \$5
<b>(7) Eye Care</b>			
7A	Generic Comparable of Collyrium Eye Wash	Eye Wash	118ml \$4
7B	Generic Comparable of Visine	Redness Reliever Eye Drops	15ml \$4
7C	Generic Comparable of Visine Tears	Artificial Tears	15ml \$4
7E	Generic Comparable of Zaditor	Eye-Itch Relief Antihistamine	5ml \$15
<b>(8) First Aid Creams &amp; Ointments &amp; Antiseptics</b>			
8A	Generic Comparable of Benadryl Cream	Anti-Itch Cream	28g \$5
8B	Generic Comparable of Bacitracin	Bacitracin	14g \$6
8C	Generic Comparable of Lotrimin	Clotrimazole 1% Cream	28g \$7
8D	Generic Comparable of Cortisone	Hydrocortisone Cream	28g \$5
8E	Generic Comparable of Zinc Oxide	Zinc Oxide Ointment	28g \$8
8F	Generic Comparable of Neosporin	Triple-Antibiotic Ointment	28g \$6
8G	Generic Comparable of Micatin	Miconazole Nitrate 2%	28g \$4
8H	Generic Comparable of Debrox	Ear Wax Removal	15ml \$4
<b>(9) First Aid Supplies</b>			
9A	Generic Comparable of Ace Bandage 3"	Elastic Bandage	1 \$4
9B	Butterfly Closure	Butterfly Closures	10 \$2
9C	Cotton Balls	Cotton Balls	100 \$4
9D	Ice Bag	Ice Bag 9"	1 \$9
9E	Generic Comparable of J&J Gauze	Gauze Rolls - Assorted sizes	3 \$4
9F	Digital Thermometer	Digital Thermometer	1 \$5
9G	Generic Comparable of Q-Tips	Cotton Swabs	300 \$5
<b>(10) Laxatives</b>			
10A	Generic Comparable of Colace	Docusate Sodium 100mg	100 \$5
10B	Generic Comparable of Fibercon	Fiber-Lax 500mg	60 \$9
10C	Generic Comparable of Miralax	Clear Lax Powder	119g \$11
10D	Generic Comparable of Fleet Enema	Enema-Saline Laxative	133ml \$3
<b>(11) Miscellaneous Items</b>			
11A	Digital Blood Pressure Kit*	Automatic Blood Pressure Kit	1 \$25
11B	Blood Pressure Kit*	Manual Self Taking Blood Pressure Kit	1 \$19
11C	Generic Comparable of Band Aid	Adhesive Bandage	50 \$3
11D	Generic Comparable of Coppertone Sunscreen Lotion	Sunscreen Lotion SPF-30	118ml \$10
11E	Generic Comparable of Dramamine	Motion Sickness Relief Tablets	12 \$4
11F	Pill Organizer	One Day At a time Medicine Organizer-Weekly	1 \$7
11G	DEX4 Glucose Tablets	Glucose Tablets	50 \$8
11H	Pill Splitter	Pill Splitter	1 \$5
11I	Eye Glass Wipes	Wipes and Lens Cleaner Pack	1 box \$4

Item	Item Description	Qty.	Price
11J	Estroven	Multi-Symptom Menopause Relief	30 \$20
<b>(12) Topical Foot &amp; Topical Oral</b>			
12A	Callus Remover	Callus Removers	6 \$4
12C	Callus Cushion	Callus Cushions	6 \$3
12E	Dental Flossers	Dental Flossers	36 \$3
12G	Generic Comparable of Polident	Denture Cleanser	40 \$7
12H	Toothpaste	Toothpaste	76g \$4
12I	Toothbrush	Toothbrush	1 \$3
12J	Generic Comparable of Fixodent	Denture Adhesives ADH CRM Fresh	39g \$5
<b>(13) Vitamins &amp; Minerals*</b>			
13A	Fish Oil	Fish Oil - 1200mg	90 \$9
13B	ProSight	Supplement for Eyes	60 \$6
13C	Allbee With C	B Complex with C	100 \$8
13D	Vitamin B	B Complex	100 \$8
13E	Vitamin C	Vitamin C 500mg	100 \$8
13F	Generic Comparable of Centrum	Multivitamin & Mineral	60 \$6
13G	Folic Acid	Folic Acid 800mcg	100 \$5
13H	Glucosamine Chondroitin	Glucosamine Chondroitin	60 \$15
13J	Vitamin E	Vitamin E 400 IU	100 \$8
13K	Vitamin D	Vitamin D 1000 IU	100 \$5
13L	Antioxidant Tablets	Antioxidant Tablets	50 \$7
13M	Selenium	Selenium 200mcg	60 \$7
13N	Timed Release Niacin	Timed Release Niacin 500mg	60 \$10
13O	Generic Comparable of Lactaid Tab	Lactase Enzyme Supplement	50 \$9
13P	Ferrous Sulfate	Ferrous Sulfate - 325mg	100 \$3
13Q	Generic Comparable of Citracal Calcium Citrate	Calcium Citrate & Vitamin D	60 \$7
13R	Generic Comparable of Bayer One A Day Women's	One A Day Women's Multivitamin	60 \$10
13S	Generic Comparable of Os-Cal*	Oyster Calcium + Vitamin D	100 \$4
13T	CoQ10	CoQ10 100mg	30 \$10
13U	Vitamin B12	Vitamin B12 1000 mcg	50 \$8
13V	Emergen-C	1000mg Vitamin C Plus Vitamin D & Zinc	10 \$10
<b>(14) Smoking Cessation</b>			
14B	Generic Comparable of Nicorette 4mg	Stop Smoking Gum-Nicotine Polacrilex Gum 4mg	40 \$24
<b>(15) Sleep-Aids</b>			
15A	Generic Comparable of Simply Sleep	Sleep-tabs 25 mg	24 \$4
15B	Melatonin-Sleep Aid	Melatonin Tablet 3mg	60 \$8
<b>(16) Adult Incontinence</b>			
16A	Diapers	Adult Protective Diapers, Small 20-28"	20 \$20
16B	Diapers	Adult Protective Diapers, Medium 28-40"	20 \$20
16C	Diapers	Adult Protective Diapers, Large 40-56"	20 \$20
16D	Diapers	Adult Protective Diapers, X-Large 56-68"	20 \$20
16E	Wipes	Adult Wipes	48 \$3

\*These items are considered dual purpose items. Prior to ordering these items, the enrollee must have an appropriate conversation with the enrollee's personal provider who verbally recommends the OTC item for a specific diagnosable condition.

DISCLAIMERS:

1. OTC items may only be purchased for the enrollee; it is prohibited to purchase supplies for family members, and friends.
2. The following supplies are not covered as they are non-eligible supplies: Alternative Medicines (Includes botanicals, herbals, probiotics, homeopathic, and nutraceuticals), baby supplies, contraceptives, convenience & comfort supplies (insoles, gloves, etc.), cosmetics, food products or supplements, replacement & attachments such as contact lens containers or batteries.
3. To minimize mailing costs the plan may impose a limited ordering quantity per purchase.
4. Items, quantity and size may change depending on availability.
5. This benefit is only available if your plan offers the OTC service as a benefit. Orders will be shipped via UPS or USPS. Please allow 7-14 business days to receive your order from the time the order is placed.
6. Please consult with your doctor before using any OTC products.

7. All OTC supplies are generic comparable of Brand item. Any branded item may be substituted for its Generic Comparable based on availability.
8. All items are shipped based on manufacturer availability.
9. All items may not be available all the time.
10. If Generic Item is not acceptable, plan will not ship Brand Name Item.
11. The plan does not allow to rollover any remaining OTC benefits into the next month.
12. Items may vary based on the manufacturer and availability (For example, caplets, tablets, capsule or soft gels may be substituted for one another.
13. For all people who have diabetes (insulin and non-insulin users) supplies to monitor your blood glucose: Blood glucose monitor, blood glucose test strips, lancet devices and lancets, and glucose-control solutions for checking the accuracy of test strips and monitors are available through the Plan Mail-Order service by calling Member Services. Authorization and/or a prescription may be required from a physician.
14. The plan may ship an item label for children if the dosage for children and adults are the same.

Select from the items listed above and log on to:  
**www.freedomhealth.com** or call: **1-866-900-2688, TTY/TDD: 711**

Please call our Member Service Department at 1-800-401-2740 for additional information. From October 1 to March 31, we are open 7 days a week from 8 a.m. to 8 p.m. EST. From April 1 to September 30, we are open Monday through Friday, 8 a.m. to 8 p.m. EST.

Freedom Health, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Freedom Health, Inc. cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. Freedom Health, Inc. konfòm ak lwa sou dwa sivil Federal ki aplikab yo e li pa fè diskriminasyon sou baz ras, koulè, peyi orijin, laj, enfimite oswa sèks. Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-401-2740 (TTY: 711). Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-401-2740 (TTY: 711).