

2021

Over-the-Counter (OTC) Benefit Catalog

Get over-the-counter products every quarter at

NO COST TO YOU!



REMEMBER TO KEEP THIS CATALOG. You will want to reference this catalog each time you place your order.

Please check with your healthcare provider before taking OTC medicines.

Blue Cross and Blue Shield of Louisiana HMO offers Blue Advantage (HMO). Blue Cross and Blue Shield of Louisiana, an independent licensee of the Blue Cross and Blue Shield Association, offers Blue Advantage (PPO).

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Your 2021 over-the-counter (OTC) benefit is good for 50 credits per quarter at NO COST TO YOU!

UP TO A VALUE PER YEAR!

How Does it Work?

- » OTC items* can be mailed directly to your home at no cost to you.
- » Only one order per quarter is allowed.
- » Once your OTC order is made, please allow 10-14 business days from the date your order is placed for delivery. Due to the personal nature of these products, returns are not accepted.
- *Items and credits listed are subject to change (shipping, handling, and sales tax are included, so there is no cost to you).

- » Try to use all credits each quarter as benefit credits are not carried over to the next quarter and will not be rolled over to the following year.
- » Quarter 1 (January, February and March) Quarter 2 (April, May and June) Quarter 3 (July, August and September) Quarter 4 (October, November and December)
- » For the most up-to-date listing of OTC products available, please visit www.BlueAdvantageOTC.com

How Do I Place an Order?



Call us Toll Free: 1-866-440-1350 TTY 711

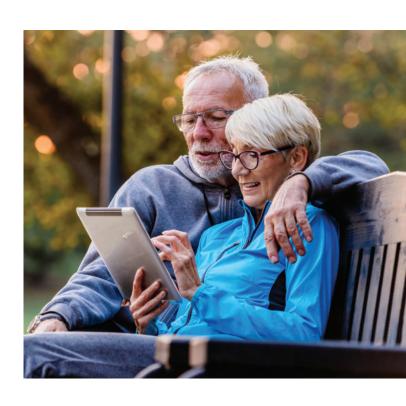
The order line is open Monday through Friday from 7 a.m. to 6 p.m. CST.

-or-



Submit Online at www.BlueAdvantageOTC.com

Then log in to your Member Portal.



ltem	Description		Details	Credits	
Analgesic & Pain Relievers					
01	STEDMINOPER AND	ACETAMINOPHEN TABLETS Compare to Tylenol® Extra Strength	100 ct 500 mg	7	
48	BHR Arthritis Pain Actornoghen Connect channes (so one pass factors of the pass factor	8 HR ARTHRITIS PAIN TABLETS Compare to Tylenol® 8HR Arthritis Pain	50 ct 650 mg	12	
03	Chemital Companition Chemital Companition Chemital Companition Phila Reference (SALID) DISTRICTS BASE LARGOST COMPLETE CAUGI PACTS	ASPIRIN CHEWABLE TABLETS Compare to St. Joseph® Low Dose Aspirin	36 ct 81 mg	4	
67	Randon ASPIRIL ASPIRITO	ASPIRIN TABLETS Compare to Genuine Bayer® Aspirin	100 ct 325 mg	6	
02	GERICARE TO THE PROPERTY OF T	ASPIRIN TABLETS Compare to Bayer® Low Dose	100 ct 81 mg	6	
04	Ibuprofen Takas Idi Nol ng Pain Ballour / Feor Robotor (NBAID) Don Ballour / Feor Robotor (NBAID) Control g Control	IBUPROFEN TABLETS Compare to Motrin® IB	100 ct 200 mg	11	

ltem	Description		Details	Credits
05	All Day Pain Relief Agrams bolan Mater 20 or grammer to	PAIN RELIEVING CAPLETS Compare to Aleve®	50 ct 220 mg	12
49	PAIN RELIEVING CREAM MAXIMUM STERNOTH PAIN RELIEVING CREAM MAXIMUM STERNOTH PAIN RELIEVING CREAM	PAIN RELIEVING CREAM Compare to Bengay®	3 oz	8
71	RELIEF That's Fast AZO Uldoury Pain Bole SAXUALWAN TENNOTE THE THE SAMUAL S	URINARY PAIN RELIEF TABLETS	12 ct 99.5 mg	13
Antacio	ds, Heartburn, G	as Relief & Motion Sickness		
09	MAJOR Hearthum Relief Management of the state of the st	ACID REDUCER TABLETS Compare to Original Strength Pepcid® AC	60 ct 10 mg	10
07	Antacid	ANTACID LIQUID Compare to Maalox® Advanced	12 fl oz	13
06	Antacid Tablets	ANTACID TABLETS Compare to Tums®	150 ct 500 mg	9

ltem	Description		Details	Credits
08	GERICARE ORGANIZATION SIMETHICONE TRACES USE PROPER TO A CASE SCHOOL SERVICE MARKET STATE OF MARKET TO A CASE SCHOOL SERVICE TO A CASE SCHOOL	CHEWABLE ANTI-GAS TABLETS Compare to Mylanta® Anti-Gas Tablets	100 ct 80 mg	9
10	STATE OF THE PARTY	HEARTBURN RELIEF TABLETS Compare to Prilosec® OTC	14 ct 20 mg	16
69	Mediates of 134 or 154	MECLIZINE ANTIEMETIC CAPLETS Compare to Dramamine®	100 ct 12.5 mg	12
Anti-Di	arrheal			
11	Nanok Bismatrol	ANTI-DIARRHEAL LIQUID Compare to Pepto-Bismol®	8 fl oz	15
12	Loperantide Bythochterile Robiet, 2mg Anti-Diarrheal Covicto me Symptom Other Symptom Anti-Diarrheal Covicto me Symptom 12 CARETE	ANTI-DIARRHEAL TABLETS Compare to Imodium® A-D	12 ct 2 mg	5
Anti-Fu	ıngal			
14	Antifungal Cream Consumer to the consumer to	ANTIFUNGAL CREAM Compare to Tinactin®	0.5 oz 1%	5

Item	Description		Details	Credits
13	Topy logical Cream 7 Day logical Cream 7 Day Vaginal Cream Gainerable Vaginal Cream Gainerable Vaginal Cream Gainerable Vaginal Cream	VAGINAL CREAM Compare to Gyne-Lotrimin® 7	1.5 oz 1%	10
Anti-He	emorrhoidal			
15	Perricon Sea con to the Common of the Commo	HEMORRHOIDAL OINTMENT Compare to Preparation-H®	2 oz	11
Cough,	Cold & Allergy			
16	Tables of old	ALLERGY TABLETS Compare to Zyrtec®	100 ct 10 mg	11
82	Benadryl ALLERGY LOUISGES TOTAL THE SECOND STATE OF THE SECOND	BENADRYL ALLERGY CAPSULES	24 ct 25 mg	14
85	Coricidin HBP Interpretation Control of the c	CORICIDIN HBP LIQUID GELS for Chest Congestion & Cough	20 ct	16
74	Coricidin () HBP	CORICIDIN HBP TABLETS for Cold & Flu	10 ct 325 mg	10

Item	Description		Details	Credits
17	Cough Cough	COUGH SYRUP Compare to Robitussin® Mucus Chest Congestion	4 fl oz	8
61	Full cosone Propionale Most Spray, USP Management of Propionale Most Spray, USP Management of Propional Most Spray, USP Management of Propional Most Most Management of Propional Most Most Most Most Most Most Most Most	FLUTICASONE PROPIONATE NASAL SPRAY Compare to FLONASE®	50 mcg Per Spray	25
20	HALLS	HALLS® COUGH DROPS (CHERRY FLAVOR)	30 ct	8
50	MALLS GUGA PRES GUGA PRES AND SOME OF SEC. A	HALLS® COUGH DROPS SUGAR FREE (HONEY LEMON FLAVOR)	25 ct	8
60	Allegy Red Allegy Falls	LORATADINE - ANTIHISTAMINE TABLETS Compare to CLARITIN®	100 ct 10 mg	12
18	Marcus Facilité Submarcus Grande Submarcus et le grande Submarcus et	MUCUS RELIEF TABLETS Compare to Mucinex® Tablets	60 ct 400 mg	10
19	Diabetic Tussin topercorat other states.	SUGAR FREE COUGH LIQUID Compare to Robitussin® Sugar Free	4 fl oz	14

Item	Description		Details	Credits
Eye & I	Ear Care			
84	Clear eyes. ACTION	CLEAR EYES TRIPLE ACTION EYE DROPS	0.5 fl oz	10
22	Ear Wax Remover Drops **But War Annual Control of the Control of	EARWAX DROPS Compare to Debrox®	0.5 fl oz	10
68	Healthy Eyes	HEALTHY EYE TABLETS with LUTEIN Compare to Ocuvite® with Lutein	60 ct	9
First A	id			
25	SHEET	CURAD® BANDAGES - SHEER	80 ct	7
90	First Aid Kit To refer the results of the results	FIRST AID KIT Compare to Johnson & Johnson®	70 items	13
23	## MAIOR MAINUM STRINGTH Hydrocortisone * 10 Hydrocortisone * 10 ## Maior Maximum Strength Hydrocortisone * 10 ## Hydroc	HYDROCORTISONE • 10 CREAM Compare to Cortizone 10®	1 oz 1%	5

Item	Description		Details	Credits
91	Primarke Pri	HYDROGEN PEROXIDE	8 fl oz	6
24	Triple Antibiotic ontends of the Company of the Com	TRIPLE ANTIBIOTIC OINTMENT Compare to Neosporin®	1 oz	7
Laxativ	ve, Stool & Cons	tipation Relief		
28	Daily Fiber Persentant The second of the s	FIBER SUPPLEMENT - SUGAR FREE (ORANGE FLAVOR) Compare to Metamucil®	10 oz	13
27	Perrigor To come of the control of	LAXATIVE POWDER Compare to MiraLAX®	4.1 oz	10
26	Stool Softener Sweeter of Contract Stool Softener	LAXATIVE SOFTGELS Compare to Surfak®	100 ct 240 mg	16
Oral Ca	are			
83	biotène or recum	BIOTENE ORAL RINSE	8 fl oz	12

ltem	Description	Details	Credits
52	BLISTEX® MEDICATED LIP BALM Second Payor Cliding Protection BLISTEX® MEDICATED LIP BALM	.15 oz	4
32	CREST® TOOTHPASTE	4.6 oz	8
75	DENTURE BRUSH	QTY: 1	8
30	EFFERDENT® TABLETS	44 ct	10
94	REACH® MINT WAXED FLOSS	55 yd	4
77	REACH® TOOTHBRUSH	QTY: 1	4
29	SUPER POLIGRIP® EXTRA CARE	2.2 oz	14

Item	Description		Details	Credits
76	TONGUE CLIFAINER	TONGUE CLEANER	QTY: 1	5
Person	al Care			
63	Controlliniii Underwood 1944 Caba Chia 1944 Caba Ch	ADULT BRIEFS - SIZES SMALL / MEDIUM (34" - 46" waist) Compare to Depends®	QTY: 20	29
64	Vicalisation Underword Stat CARP with Free beauty in which process Lep Lep 12-16	ADULT BRIEFS - SIZE LARGE (44" - 54" waist) Compare to Depends®	QTY: 18	29
65	*Control Chicago Chica	ADULT BRIEFS - SIZE X-LARGE (48" - 66" waist) Compare to Depends®	QTY: 14	29
38	Alcohol Swabs 70 Nameric Almini STERIE When the state of the state	ALCOHOL SWABS Compare to BD® Alcohol Swabs	100 ct	6
37	Shampon Shampon Shampon	BABY SHAMPOO Compare to Johnson's® Baby Shampoo	15 fl oz	15

Item	Description		Details	Credits
100	Sure Care Budder Control Pad Mily Made Control Pad Made Control	BLADDER CONTROL PADS - HEAVY	QTY: 16	10
95	Blood Pressure Monitor Monito	BLOOD PRESSURE MONITOR ADULT WRIST CUFF	1 ct	50
35	Glucose Tables Tables Ware tree	CHEWABLE GLUCOSE TABLETS (RASPBERRY FLAVOR) Compare to Dex 4® Fast Acting Glucose	10 ct 4 g	5
86	Cottonell	COTTONELLE® FLUSHABLE WIPES	42 ct	10
89	Cotton Swabs	COTTON SWABS Compare to Q-TIPS®	170 ct	4
36	ANII DANUIGO D	DANDRUFF SHAMPOO Compare to Selsun Blue® Dandruff Shampoo	7 fl oz	12
80	CEACED Control on Con	DIGITAL THERMOMETER	QTY: 1	14

ltem	Description		Details	Credits
103	DISPOSABLE FACE MASK THERE LIFES OF PROTECTION OF PROTECTI	DISPOSABLE FACE MASKS	50 ct	50
34	BOLD BOND CAMPAGE COLD BOND COLD	GOLD BOND® DIABETIC FOOT CREAM	3.4 oz	16
79	GOLD BOND RETURN BE OCCUPIED THE OCCUPIED T	GOLD BOND® ECZEMA LOTION	3 oz	12
88	Arrely Cotton Balls Vocation Balls	JUMBO COTTON BALLS	100 ct	4
53	Moisture Rescue	MOISTURIZER LOTION Compare to Vaseline® Intensive Care™	10 fl oz	14
54	Nasal Sprin Masal Sprin Millianshiper Troug man	NASAL SPRAY Compare to Ocean®	3 fl oz	8
104	ADDRAGE STATE OF THE PARTY OF T	PURELL HAND SANITIZER WITH ALOE	4 fl oz	10

Item	Description		Details	Credits
62	Cuik-Sort	REUSABLE COTTON UNDERPAD (30" x 35")	QTY: 1	29
33	Chapter with file	TOE NAIL CLIPPERS	QTY: 1	5
Vitami	ns & Minerals			
41	B-Complex and the second secon	B-COMPLEX PLUS VITAMIN C CAPLETS	100 ct	12
72	Bioding	BIOTIN TABLETS	120 ct 10,000 mcg	16
55	CO GO-10 When the state of the	CO Q-10 CAPSULES	30 ct 100 mg	13
39	SWAPOR FISH OIL FISH	FISH OIL OMEGA-3 SOFTGELS	100 ct 1000 mg	12

Item	Description		Details	Credits
44	FOLIC ACID 400 MCD WARNING TO THE PROPERTY OF	FOLIC ACID TABLETS	100 ct 400 mcg	5
47	Glucosamine Complex Camplex Co	GLUCOSAMINE PLUS VITAMIN D3 CAPLETS Compare to Osteo Bi-Flex® One Per Day	60 ct 1500 mg	30
78	Magnesium Ordin Magnesium Ordin data ny Banda Marian Santa Sa Santa Santa Santa Santa Santa Santa Santa Santa Santa Santa Sant	MAGNESIUM OXIDE TABLETS	120 ct 400 mg	8
58	Melatonin to the state of the s	MELATONIN TABLETS	90 ct 5 mg	11
92	Multivizamin Men SO+	MULTIVITAMIN MEN 50+ TABLETS	100 ct	16
46	CERTIFICATION OF THE PROPERTY	OYSTER SHELL CALCIUM PLUS VITAMIN D TABLETS	60 ct 500 mg	5
56	PROBIOTIC BLEND	PROBIOTIC BLEND CAPSULES	100 ct	18

Item	Description		Details	Credits
57	B-12 B-12 B-14 B-15 B-15 B-15 B-16 B-16 B-16 B-16 B-16 B-16 B-16 B-16	SUBLINGUAL B-12 VITAMINS TABLETS	110 ct 2500 mcg	14
40	C Susa	VITAMIN C TABLETS	110 ct 500 mg	8
42	D3 · W	VITAMIN D3 SOFTGEL CAPSULES	100 ct 2000 iu	12
43	E De service de la constant de la co	VITAMIN E SOFTGELS	110 ct 180 mg	12
93	Women's Multivitamin	WOMEN'S MULTIVITAMIN TABLETS	100 ct	14
98	CONTRACTOR OF THE PARTY OF THE	ZINC TABLETS	110 ct 50 mg	9

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Notice of Non-Discriminatory Practices

Blue Cross and Blue Shield of Louisiana and its subsidiary, HMO Louisiana, Inc., comply with applicable federal civil rights laws and do not exclude people or treat them differently on the basis of race, color, national origin, age, disability or sex.

Blue Cross and Blue Shield of Louisiana and its subsidiary:

- Provide 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)
- Provide 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, call Customer Service at 1-866-508-7145 (TTY 711). Our phone lines are open 8 a.m. to 8 p.m., 7 days a week from October – March and 8 a.m. to 8 p.m., Monday – Friday from April – September.

If you believe that Blue Cross or its subsidiary 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 in person or by mail, fax or email.

In person: 5525 Reitz Avenue · Baton Rouge, LA 70809

By mail: Section 1557 Coordinator • P. O. Box 98012 • Baton Rouge, LA 70898-9012

225-295-2300

1-800-711-5519 (TTY 711)

Fax: 225-298-7240 (Attention: Government Programs)

Email: Section1557Coordinator@bcbsla.com

If you need help filing a grievance, our Section 1557 Coordinator 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, D.C. 20201 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

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Blue Advantage from Blue Cross and Blue Shield of Louisiana HMO is an HMO plan with a Medicare contract. Blue Advantage from Blue Cross and Blue Shield of Louisiana is a PPO plan with a Medicare contract. Enrollment in either Blue Advantage plan depends on contract renewal.

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Multi-Language Interpreter Services

ENGLISH: ATTENTION: If you speak a non-English language, language assistance services, free of charge, are available to you. Call 1-866-508-7145 (TTY: 711).

SPANISH: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-508-7145 (TTY: 711).

FRENCH: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-508-7145 (ATS : 711).

FRENCH CREOLE: ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-866-508-7145 (TTY: 711).

VIETNAMESE: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-508-7145 (TTY: 711).

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 1-866-508-7145 (TTY: 711)。

ملاحظة: إذا كنت تتحدث العربية ، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 7145-866-508-1 (رقم 8ARABIC: رقم 8ARABIC: (رقم 8714-866-508-1-10).

TAGALOG: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-866-508-7145 (TTY: 711).

KOREAN: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-866-508-7145 (TTY: 711)번으로 전화해 주십시오.

PORTUGUESE: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-866-508-7145 (TTY: 711).

LAOTIAN: ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການ ບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣ 1-866-508-7145 (TTY: 711).

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。1-866-508-7145 (TTY: 711) まで、お電話にてご連絡ください。

URDU: کال دو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں ۔ کال -866-508-7145 (TTY: 711). کریں .

GERMAN: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-508-7145 (TTY: 711).

PERSIAN (FARSI): اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با (TTY: 711) 366-508-1 تماس بگیرید.

RUSSIAN: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-866-508-7145 (телетайп: 711).

THAI: เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-866-508-7145 (TTY: 711).

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