



# Health Solutions

## 2019



Your **Medicare Health** Team

### Over-the-Counter (OTC) Item Catalog



Keep this booklet handy where you can easily get to it. You'll need it to look up the OTC items you want to order.

## How to place an order

### There are two ways to place an order:

#### Online:



Visit: [peopleshealth.otchs.com](http://peopleshealth.otchs.com)

#### Phone:



Call: **1-888-628-2770**; TTY: **1-877-672-2688** Monday through Friday, 8:00 a.m. to 7:00 p.m. Central Time

- You can order up to three times each calendar quarter up to your benefit amount.
  - Quarter 1 (January, February and March)
  - Quarter 2 (April, May and June)
  - Quarter 3 (July, August and September)
  - Quarter 4 (October, November and December)
- You pay \$0 for the items in this catalog. The retail prices are listed and are important to note because your plan has set a maximum dollar amount that you can order each quarter. See your plan coverage documents for your quarterly maximum amount.
- Unused amounts in a quarter will not carry over to the next quarter or the next year.
- You may order up to a quantity of fifteen (15) of each item each quarter; however, blood pressure monitors are limited to one (1) of each per year. Covered items may change during the year.
- Orders will be shipped to your home at no extra cost to you. Please allow **7 - 10** business days for delivery.
- **Return Policy:** If you receive a damaged item, please call the number above within 30 days after receiving your order. An identical replacement item will be shipped. No other returns or exchanges are allowed.
- In order to purchase certain items, your physician must recommend it to you for a specific diagnosed condition. These are known as Dual Purpose items, and they are marked with a “●”. Please speak with your physician before ordering these items.
- The products on this list are intended for member use only to help with a health or medical need. Ordering OTC items for family members and friends is prohibited.

**If you have not received your order within 10 business days,**

call **1-888-628-2770 (TTY: 1-877-672-2688)**, Monday through Friday, 8:00 a.m. to 7:00 p.m. Central Time



Health Solutions



## Allergy

Code	Product	Compared to	Quantity	Retail Price
A2	Allergy relief tablets	Benadryl	24 CT	\$ 3.99
A10	Loratadine 10mg	Claritin	10 CT	\$ 6.99
A53	Allergy cetirizine 10mg tablets	Zyrtec	14 CT	\$ 9.99
A59	Fluticasone Nasal Spray 60 Metered Sprays	Flonase	0.34 OZ	\$ 14.99

## Baby Care



Code	Product	Compared to	Quantity	Retail Price
B10	Diaper rash ointment	Desitin	2 OZ	\$ 3.99
B11	Pure Corn Starch Powder	No comparable	4 OZ	\$ 1.99
B34	Cotton Swabs	No comparable	50 CT	\$ 0.99



## Cold Remedies

Code	Product	Compared to	Quantity	Retail Price
C1	Nasal spray regular	Afrin sinus	1 OZ	\$ 5.49
C3	Cold flu & sore throat max	Mucinex Fast-max	6 OZ	\$ 9.99
C7	Medicated chest rub	Vicks Vaporub	3.5 OZ	\$ 5.99
C8	Digital Thermometer	No comparable	1 CT	\$ 4.99
C11	Sore Throat lozenges	Cepacol	18 CT	\$ 3.99
C12	Tussin CF Max Strength	Robitussin CF	4 OZ	\$ 5.49

You will receive the generic equivalent of all items.



## Cold Remedies

Code	Product	Compared to	Quantity	Retail Price
C13	Tussin DM	Robitussin DM	4 OZ	\$ 4.99
C16	Nasal decongestant tabs	Sudafed PE	18 CT	\$ 4.49
C19	Chest congestion relief 400mg	Humibid e	60 CT	\$ 9.49
C24	Daytime cold/flu soft gels	Vicks Dayquil	16 CT	\$ 4.49
C40	Tussin DM Sugar Free	Robitussin DM	8 OZ	\$ 7.99
C41	Cold Remedy Sugar Free	Zicam	25 CT	\$ 9.99
C52	Saline Nasal Spray	Ocean	1.5 OZ	\$ 3.49
C54	Nighttime cold/flu soft gels	Vicks Nyquil	16 CT	\$ 4.49
C56	Sinus acetaminophen	Tylenol Sinus Headache (Daytime)	24 CT	\$ 4.99
C57	Sore throat spray	Chloraseptic	6 OZ	\$ 4.49
C60	Cough & Cold HBP	Coricidin	16 CT	\$ 5.99
C64	Air Shield Orange Tablets	Emergen-C	10 CT	\$ 6.49
C65	Honey Lemon SF Cough Drops	Halls	25 CT	\$ 1.99



## Digestive Health

Code	Product	Compared to	Quantity	Retail Price
D1	Effervescent Pain Relief	Alka seltzer	36 CT	\$ 4.49
D2	Stool softener	Colace	100 CT	\$ 9.99
D4	Gas relief E/S soft gels	Gas X Extra Strength	30 CT	\$ 4.49
D5	BeanAid Capsules	Beano	30 CT	\$ 5.99
D6	Glycerin suppositories Adult	Fleet Glycerin	25 CT	\$ 3.99
D7	Ranitidine 75mg ★	Zantac 75	30 CT	\$ 7.99

★ Could be covered under Part B or D

You will receive the generic equivalent of all items



## Digestive Health

Code	Product	Compared to	Quantity	Retail Price
D8	Heartburn relief tablets	Gaviscon	100 CT	\$ 6.49
D9	Omeprazole Tabs ★	Prilosec	14 CT	\$ 12.99
D10	Daily Fiber SF	Metamucil	10 OZ	\$ 7.99
D11	Bisacodyl laxative tabs	Dulcolax	25 CT	\$ 4.49
D12	Anti-Diarrheal tablets	Imodium A-D	12 CT	\$ 5.49
D13	Pink Bismuth Chewable Tabs	Pepto-Bismol	30 CT	\$ 3.99
D15	Motion sickness tabs	Dramamine	12 CT	\$ 3.99
D17	Fiber capsules	Metamucil	160 CT	\$ 10.99
D21	Medicated Hemorrhoidal Wipes	Preparation H	48 CT	\$ 5.99
D22	Hemorrhoidal suppositories	Preparation H suppositories	12 CT	\$ 4.99
D23	Hemorrhoidal ointment	Preparation H ointment	2 OZ	\$ 7.49
D24	Milk of Magnesia	Phillips	12 OZ	\$ 5.99
D25	Laxative Bisacodyl Suppositories USP 10mg	Dulcolax	4 CT	\$ 5.99
D40	Antacid calcium ES tablets	Tums E-X	96 CT	\$ 3.99

## Eye Care



Code	Product	Compared to	Quantity	Retail Price
E1	Dry Eye Relief	Visine Tears	0.5 OZ	\$ 4.49
E2	Eye Drops Redness Relief	Visine Red Eye	0.5 OZ	\$ 3.49
E4	Eye Itch Relief	Zaditor	0.17 OZ	\$ 10.99
E17	Eye Wash	No comparable	4 OZ	\$ 5.99

★ Could be covered under Part B or D  
You will receive the generic equivalent of all items



## First Aid

Code	Product	Compared to	Quantity	Retail Price
F3	Heavy Duty Fabric Anti-Bacterial Bandages	No comparable	20 CT	\$ 3.99
F4	Calamine Lotion Plus	Caladryl	6 OZ	\$ 4.99
F5	Hydrocortisone cream 1%	Cortizone	1 OZ	\$ 4.99
F9	Clear bandages	No comparable	45 CT	\$ 3.99
F11	Anti-itch cream	Benadryl Anti-itch cream	1 OZ	\$ 4.99
F21	Iodine	No comparable	1 OZ	\$ 2.49
F22	Merthiolate	No comparable	2 OZ	\$ 4.99
F30	Triple Antibiotic Ointment	Neosporin	1 OZ	\$ 8.49
F31	Antiseptic Skin Cleanser	Hibiclens	8 OZ	\$ 9.99
F32	Epsom Salt	No comparable	22 OZ	\$ 4.99
F33	Wart removal	Compound W	0.5 OZ	\$ 5.99
F37	Alcohol Prep Pads ★	No comparable	36 CT	\$ 0.99
F44	First Aid Kit	No comparable	30 PC	\$ 2.99
F45	Zinc Oxide Ointment	No comparable	1 OZ	\$ 3.99
F46	Cotton Balls	No comparable	130 CT	\$ 3.99
F47	Finger Injury Kit	No comparable	KIT	\$ 7.49
F48	Rubbing Alcohol Wipes	No comparable	40 CT	\$ 5.49
F49	Witch Hazel Spray	T.N Dickinson's	6 OZ	\$ 7.99
F50	Gauze Pad Non Stick 2x3 ★	No comparable	25 CT	\$ 5.99
F51	Gauze Pad 4x4 ★	No comparable	25 CT	\$ 7.49
F52	Gauze Pad 3x3 ★	No comparable	25 CT	\$ 6.49
F53	Gauze Roll 4" 2yds ★	No comparable	1 CT	\$ 3.99
F62	First Aid tape ★	No comparable	1 CT	\$ 1.99

★ Could be covered under Part B or D

You will receive the generic equivalent of all items



## First Aid

Code	Product	Compared to	Quantity	Retail Price
F68	Petroleum Jelly	Vaseline	2.5 OZ	\$ 3.49
F69	Butterfly Closures	No comparable	12 CT	\$ 3.49



## Home Diagnostics

Code	Product	Compared to	Quantity	Retail Price
H71 •	BP Monitor Upper Arm Semi Auto 8.7" x 16.5"	No comparable	EACH	\$ 24.99
H72 •	BP Monitor Upper Arm Manual 8.7" x 12.6"	No comparable	EACH	\$ 17.99



## Incontinence

Code	Product	Compared to	Quantity	Retail Price
I74	Bladder Control Pads	Poise	20 CT	\$ 5.99
I83	Unisex Overnight Underwear XL 58"- 68"	Depend	12 CT	\$ 13.99
I84	Unisex Overnight Underwear L 44"- 58"	Depend	14 CT	\$ 13.99
I85	Unisex Underwear S/M Adjustable 28"- 40"	Depend	18 CT	\$ 13.99
I86	Underpads XL 23"x 36"	No comparable	18 CT	\$ 9.99



## Miscellaneous

Code	Product	Compared to	Quantity	Retail Price
M75	Mosquito repellent w/ 30% DEET	No comparable	6 OZ	\$ 6.49
M76	Mosquito repellent DEET Free	No comparable	6 OZ	\$ 6.49

• Dual-purpose item: Please speak with your physician before ordering these items.  
You will receive the generic equivalent of all items.



## Oral Care



Code	Product	Compared to	Quantity	Retail Price
O10	Denture Adhesive Regular	Fixodent	2.4 OZ	\$ 4.49
O12	Toothbrush (Soft)	Basics Toothbrush	EACH	\$ 0.99
O22	Denture Cleanser tabs (Mint)	Polident	84 CT	\$ 5.49
O35	Dental Floss Waxed	J & J Dental Floss	100 YD	\$ 2.49
O45	Sensitive Toothpaste Extra Whitening	Sensodyne	4 OZ	\$ 4.99
O46	Dry Mouth Spray	Biotene	1.5 OZ	\$ 7.49
O52	Oral Pain Relief	Anbesol Gel	0.33 OZ	\$ 5.99
O71	Flosser Picks	No comparable	90 CT	\$ 2.99



## Pain Relievers

Code	Product	Compared to	Quantity	Retail Price
P1	Ibuprofen 200mg	Advil	50 CT	\$ 4.49
P2	Muscle rub	Bengay	3 OZ	\$ 5.99
P4	Enteric Aspirin 81mg	Bayer Low Dose	120 CT	\$ 5.49
P6	Acetaminophen 500mg	Tylenol E/S	100 CT	\$ 6.99
P8	Chewable Aspirin 81mg	Bayer Low Dose Chewable	36 CT	\$ 2.49
P10	Elastic Bandage ★	Futuro elastic bandages	1 CT	\$ 3.99
P14	Hot/Cold Patches	Icy Hot Medicated Patch	5 CT	\$ 6.99
P17	Headache Relief Caplets	Excedrin E/S	100 CT	\$ 7.49
P19	Naproxen 220mg ★	Aleve	24 CT	\$ 4.49

★ Could be covered under Part B or D  
You will receive the generic equivalent of all items





## Pain Relievers

Code	Product	Compared to	Quantity	Retail Price
P22	Knee Support Sleeve L	No comparable	1 CT	\$ 13.49
P23	Wrist Support Strap	No comparable	1 CT	\$ 9.99
P24	Ankle Support Sleeve L	No comparable	1 CT	\$ 10.99
P25	Compression Sleeve Elbow L	No comparable	1 CT	\$ 15.99
P26	Lidocaine Cream	Aspercreme	2.7 OZ	\$ 7.99
P27	Lidocaine Patch	Aspercreme	5 CT	\$ 8.99
P34	Hot/Cold Multi-compress	No comparable	1 CT	\$ 8.99
P36	Reusable Ice Pack	No comparable	1 CT	\$ 4.99
P45	Acetaminophen Pain Reliever PM	Tylenol PM	24 CT	\$ 4.49
P46	Urinary Relief max strength	Azo	12 CT	\$ 4.99
P50	Menstrual Pain relief max	Midol Complete	24 CT	\$ 4.99
P51	Aspirin enteric coated 325mg	Ecotrin	125 CT	\$ 6.49
P66	Sleep aid	Simply Sleep	24 CT	\$ 3.99



## Personal Care

Code	Product	Compared to	Quantity	Retail Price
S1	Sunblock SPF 45	Neutrogena Ultra Sheer	3 OZ	\$ 8.49
S3	Skin Therapy Lotion	Gold Bond	5.5 OZ	\$ 5.99
S4	Acne treatment 10%	Clearasil - Daily Clear	1 OZ	\$ 4.99
S5	Oil Free Acne Wash	Neutrogena	6 OZ	\$ 3.99
S23	Hand sanitizer	No comparable	2 OZ	\$ 0.99
S27	Facial Tissue	No comparable	15 CT	\$ 0.57

You will receive the generic equivalent of all items.



## Personal Care

Code	Product	Compared to	Quantity	Retail Price
S28	Cleansing Wipes	No comparable	64 CT	\$ 4.99
S30	Miconazole 7 Day Vaginal Cream	Monistat	7 CT	\$ 7.99
S33	Maxi Reg	Always Maxi	24 CT	\$ 3.49

## Foot Care



Code	Product	Compared to	Quantity	Retail Price
T2	Tolnaftate Antifungal Cream	Tinactin Cream	1 OZ	\$ 6.99
T4	Odor Control Spray Powder	Odor-Eaters	4 OZ	\$ 4.99
T5	Moleskin Padding	Dr Scholl's	2 CT	\$ 2.49
T35	Liquid Corn & Callous Remover	Dr Scholl's	0.5 OZ	\$ 3.99
T36	Diabetic Socks S/M	No comparable	2 CT	\$ 8.99
T37	Diabetic Socks L/XL	No comparable	2 CT	\$ 8.99



## Vitamins / Minerals

Code	Product	Compared to	Quantity	Retail Price
V2 ●	Vitamin C 500mg	No Comparable	100 CT	\$ 6.99
V5 ●	Coenzyme Q-10 50mg	No Comparable	45 CT	\$ 9.99
V10 ●	Glucosamine Chondroitin with MSM	Osteo Bi-Flex	80 CT	\$ 15.99
V16 ●	Vitamin E 400 IU soft gel	No Comparable	100 CT	\$ 11.99
V17 ●	Folic Acid 800mcg tablet	No Comparable	100 CT	\$ 3.49
V18 ●	Iron Supplement 65mg	No Comparable	90 CT	\$ 5.49
V19 ●	Fish Oil Omega-3 1000mg	Puritan	120 CT	\$ 8.99

● Dual-purpose item: Please speak with your physician before ordering these items.

You will receive the generic equivalent of all items.



## Vitamins / Minerals

Code	Product	Compared to	Quantity	Retail Price
V32 ●	Vitamin D 1000 IU	No Comparable	120 CT	\$ 3.49
V35 ●	Magnesium 500mg	No Comparable	100 CT	\$ 4.49
V36 ●	Zinc Gluconate 50mg	No Comparable	100 CT	\$ 4.49
V48 ●	Biotin 10,000mcg soft gel	No Comparable	60 CT	\$ 11.49
V49 ●	Melatonin Gummy 5mg	No Comparable	60 CT	\$ 10.49
V54 ●	Calcium Supplement Gummy 500mg + 800 IU D-3	Caltrate Gummy Bites	50 CT	\$ 10.49
V56 ●	Vitamin A 8,000 IU NAT / 2400mcg	No Comparable	100 CT	\$ 4.99
V57 ●	Vitamin B12 500mcg	No Comparable	100 CT	\$ 8.99
V59 ●	Potassium gluconate 595mg	Natures Bounty	100 CT	\$ 4.99
V60 ●	Adult Daily Multiple Vitamin	One a Day	365 CT	\$ 6.99
V62 ●	Adult Daily Women's 50+ Adv	One a Day	65 CT	\$ 6.99
V63 ●	Adult Daily Men's 50+ Adv	One a Day	65 CT	\$ 6.99
V64 ●	Lutein 40mg	No comparable	30 CT	\$ 17.99
V71 ●	Calcium 600mg + Vitamin D3	Caltrate	120 CT	\$ 5.49
V72 ●	Super B Complex w/ Vitamin C	Natures Bounty	100 CT	\$ 8.99
V73 ●	Melatonin 10mg	No comparable	60 CT	\$ 13.49
V74 ●	Menopause Support Caplets	Estroven	28 CT	\$ 18.49

● Dual-purpose item: Please speak with your physician before ordering these items.

You will receive the generic equivalent of all items.

## Eligible Items

Each eligible OTC item is either a medicine, ointment or spray, or used for treatment of a condition which is addressed by a medicine, ointment or spray, which has active medical ingredients. First aid supplies including bandages, dressings, and non-sport tapes are also eligible. Non-eligible items will not be covered.

## General Information

Peoples Health is a Medicare Advantage organization with a Medicare contract to offer HMO plans. Enrollment depends on annual Medicare contract renewal. The OTC benefit is available to members of certain Peoples Health plans. Call Peoples Health for more information.