



Over-the-Counter Catalog 2022

We are dedicated to helping our members maintain their health and save money. AdventHealth Advantage Plans members receive an allowance every three months to pay for items like pain relievers, first aid items, and allergy medicine. This quarterly allowance can be spent at large pharmacies, like CVS, Walmart, and Walgreens, and local pharmacies in your own neighborhood!

Some of our participating partners include:

The logo for Dollar General, consisting of the text "DOLLAR GENERAL" in a bold, black, sans-serif font inside a yellow rectangular box.

DOLLAR GENERAL

The logo for Walgreens, featuring the word "Walgreens" in a red, cursive script font.

Walgreens

How it works

Once you enroll with AdventHealth Advantage Plans, you will receive an over-the-counter (OTC) debit card in the mail. On the first day of each quarter, your allowance will be added to your card to buy eligible over-the-counter items like those listed in this catalogue.

Credit will be added on:

- January 1
- April 1
- July 1
- October 1

Step 1: Activation

When you receive your card in the mail, you will need to activate it. Instructions will be provided, or you can simply give us a call! You can also visit myotccard.com to activate your card, check your balance, find retailers near you and browse approved products. Please note, your OTC card is a debit card. Your credit was not used to issue this card.

Step 2: Visit a participating retailer

You may use your card at any participating retailer nationwide. Remember to take your card with you—you will need the card to pay for your eligible items. Check out like you would normally with any other regular purchase, and there is no need to check out at the pharmacy!

Step 3: Check out

When you check out, just swipe your card to pay. You can use your OTC card to pay for eligible items up to your available card balance. Any remaining balance will carry over until your next purchase, but not to the next quarter. Don't forget to spend your money each quarter!



Can't make it to the store? You can have items delivered to your home. Give your Care Team a call, and we can help you place an order over the phone for home delivery at no additional charge to you.

Haven't received your card in the mail or misplaced it?

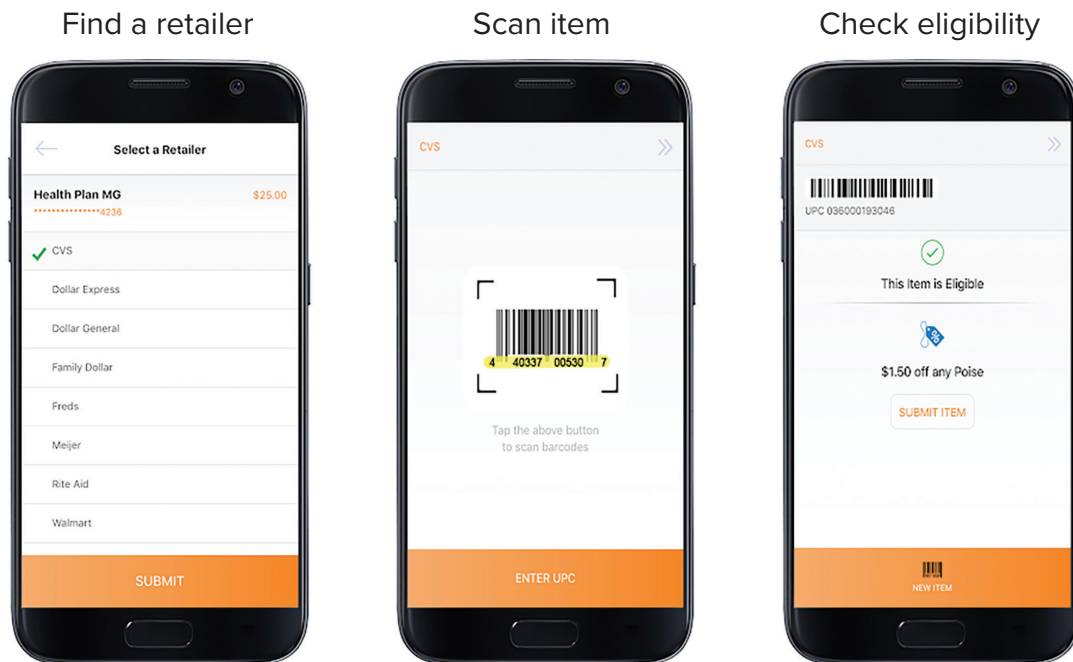
Reach out to your Care Team at **1-877-535-8278**, (TDD/TYY 1-800-955-8771). You can also contact the OTC Network at 1-888-682-2400 or myotccard.com.

The OTC Network app is a fast and convenient way to manage your over-the-counter benefit.

Check your card balance:

- Search for the OTC Network app on your smart phone and download it from the App Store or Google Play
- Enter your card number from the debit card you received in the mail
- View your balance

Find eligible items:



Questions?

Please reach out to the OTC Network at **1-888-682-2400**. You can also contact your Care Team at **1-877-535-8278**, (TDD/TTY 1-800-955-8771).

Your over-the-counter benefit can be used to pay for dozens of items to help you maintain your health. Items listed here are just a sample of the type of items you can buy. You can select brand name or generic versions of the items listed below. To check the eligibility of specific items by retailer download the mobile app, OTC Network, or go online at myotccard.com.



Eligible over-the-counter categories include:

- Pg. 6 Batteries
- Pg. 6 Cold and Allergy
- Pg. 6 Compression Support
- Pg. 7 Diabetes Care
- Pg. 7 Digestive Health
- Pg. 8 Ear and Eye Care
- Pg. 8 Feminine Care
- Pg. 8 First Aid
- Pg. 9 Foot Care
- Pg. 10 Health Support
- Pg. 10 Home Diagnostics and Patient Aids For Daily Living
- Pg. 11 Home Health Care
- Pg. 11 Incontinence
- Pg. 12 Oral Care
- Pg. 13 Pain Relief
- Pg. 13 Patient Skin Care
- Pg. 13 Physical Fitness and Exercise Equipment
- Pg. 13 Skin Care
- Pg. 13 Smoking Deterrents
- Pg. 14 Sun Care
- Pg. 14 Vitamins and Dietary Supplements
- Pg. 14 Weight Management and Nutritional Food

Batteries

Hearing Aid Batteries

Cold and Allergy

Cough, Cold, Flu and Sinus Liquids

Cough, Cold, Flu and Sinus Tabs and Caps

Mixed/Miscellaneous Cough, Cold, Flu and Sinus

Cold and Flu Preventatives/Symptom Reducers

Sore Throat Pain Relief Throat and Cough Drops

Mixed/Miscellaneous Cough Drops, Sore Throat Relief

Allergy Liquids

Allergy Tabs and Caps

Mixed/Miscellaneous Allergy

Allergy Nasal Sprays, Drops and Inhalers

Decongestant Nasal Sprays, Drops and Inhalers

Nasal Moisturizers and Washes

Nasal Strips, Dilators and Snore Relief

Mixed/Miscellaneous Nasal Medicated Lip Treatments

Asthma Preparations

Vapor Products (Includes Waterless Vaporizers)

Vaporizers, Humidifiers and Accessories

Mixed/Miscellaneous Respiratory Treatments

Compression Support

Mixed/ Miscellaneous Low Compression (8-15mmHg)

Low Compression-Men's and Unisex Knee High (8-15 mmHg)

Low Compression-Men's and Unisex Thigh High (8-15 mmHg)

Low Compression-Women's Knee High (8-15 mmHg)

Low Compression-Women's Thigh High (8-15 mmHg)

Low Compression-Waist High and Pantyhose (8-15 mmHg)

Mixed/Miscellaneous Moderate to High Compression

Moderate to High Compression-Men's and Unisex Knee High

Moderate to High Compression-Men's and Unisex Thigh High

Moderate to High Compression-Women's Knee High

Moderate to High Compression-Women's Thigh High

Moderate to High Compression-Waist High and Pantyhose

Moderate to High Compression-Sleeves, Garments and Lymphdema Treatments

Diabetes Care

Sharps Containers and Supplies

Mixed/Miscellaneous Diabetes Care Accessories

Diabetes Neuropathy and Skin Care

Diabetes Cough, Cold and Allergy

Diabetes Supplements

Urine Test Strips

Urine Test Tabs

Mixed/Miscellaneous Urine Testing

Digestive Health

Antacid Liquids

Antacid Tabs and Caps

Multi-Symptom Products

Acid Controllers Nausea and Motion Sickness

Mixed/Miscellaneous Stomach and Nausea Remedies

Fiber Products

Enemas, Laxative Suppositories, Kits, Etc.

Non-Liquid Laxatives (Non-Fiber) and Combination Stool-Softener Products

Laxative Liquids and Combination Stool-Softener Products

Stool Softeners

Mixed/Miscellaneous Laxatives

Anti-Diarrheal Tabs and Caps

Anti-Diarrheal Liquids

Diarrhea-Related Oral Rehydration Therapy

Mixed/Miscellaneous Anti-Diarrheals

Lactose Intolerance

Digestive Health Prebiotics and Probiotics

Anti-Gas Mixed/Miscellaneous

Anti-Gas Hemorrhoid Treatments
Hemorrhoid Wipes and Washes
Mixed/Miscellaneous Hemorrhoid Preparations

Ear and Eye Care

Soft Lens Multi-Purpose Solutions
Soft Lens Saline Solutions
Soft Lens Cleaners
Soft Lens Rewetting Drops
Gas Permeable and Hard Lens Care
Mixed/Miscellaneous Contact Lens Care
Eye Relief Products
Dry Eye Relief
Eye Wash
Mixed/Miscellaneous Eye Preparations (Includes Sleep Masks)
Reading Glasses
Magnifying Glasses
Mixed/Miscellaneous Reading Glasses and Magnifying Glasses
Ear Drops and Syringes
Mixed/Miscellaneous Ear Care
Lipoflavonoids
Hearing Aids

Feminine Care

Feminine Antifungal

First Aid

Adhesive and Liquid Bandages
Alginate and Collagen Dressings
Gauze, Non-Stick and Absorbent Dressings
Hydrocolloid and Hydrogel Dressings
Foam Dressings
Mixed/Miscellaneous Wound and Surgical Dressings
Transparent Dressings
Topical Antibiotics and Antimicrobials

Wound, Burn and Skin Treatments (Includes Epsom Salt)
Mixed/Miscellaneous Wound Treatments and Skin Relief (Includes Witch Hazel)
Scar Treatments
Skin Protectants (Includes Petroleum Jelly)
Lice Treatments and Accessories
Mixed/Miscellaneous Antiparasitic Treatments
Pinworm and Ringworm Treatments
First Aid Kits
Mixed/Miscellaneous First Aid Kits and Supplies
Finger Cots and Splints
General Itch Treatments
Jock Itch Treatments
Chronic Itch Treatments
Poison Ivy, Oak and Sumac Treatments
Mixed/Miscellaneous Itch Treatments
First Aid Tapes and Adhesive Wraps
Rubbing Alcohol
Hydrogen Peroxide
Saline Solutions and Sprays
Povidone Iodine
Mixed/Miscellaneous Wound Washes and Cleansers
Protective Gloves

Foot Care

Corn, Callus and Bunion Pads
Corn and Callus Removers
Antifungal Powders
Antifungal Creams and Liquids
Antifungal Sprays
Nail Fungus Treatments
Mixed/Miscellaneous Antifungal Treatments
Wart Remover Pads and Liquids
Mixed/Miscellaneous Wart Removers
Foot Pain Relief

Health Supports

Elastic Bandages
Protective Guards
Mixed/Miscellaneous Elastic Bandages and Athletic Treatments
Ankle and Foot
Hand and Wrist
Elbow and Arm
Knee
Thigh, Calf and Shin
Joint Warmers and Arthritis
Mixed/Miscellaneous Braces
Hot/Cold Therapy
Electric Heating Pads
Mixed/Miscellaneous Hot/Cold Therapy
Abdominal Supports
Rib Belts
Mixed/Miscellaneous Abdominal Supports and Rib Belts
Hernia Supports and Suspensories
Sacro and Back Braces
Arm Slings and Cervical Collars
Shoulder and Clavicle Braces
Mixed/Miscellaneous Orthopedic and Surgical Support

Home Diagnostics and Patient Aids For Daily Living

Stethoscopes and Accessories
Thermometers, Fever Strips and Accessories
Blood Pressure Kits and Accessories
Drug and Alcohol Tests
Mixed/Miscellaneous Home Diagnostics/ Tests
Cholesterol Meters and Testing Kits
Pulse Oximeters and Heart Rate Monitors
Bathing and Oral Hygiene Aids
Mixed/Miscellaneous Patient Aids For Daily Living
Night Lights
Mobility Safety: Stair Rails, Stair Treads, Temporary Mobility Ramps

Eating and Drinking Aids
Grooming and Dressing Aids
Medical Alert IDs and Devices
Medicine Dosers, Pillboxes, Organizers and Reminders
Reachers, Grippers and Lifts
Reading, Writing and Telephone Aids

Home Health Care

Bathtub Safety and Accessories
Bathtub and Toilet Rails and Frames
Elevated Toilet Seats and Accessories
Grab Bars and Handles
Sitz Baths and Bidets
Hand Held Showers
Mixed/Miscellaneous Bathroom Safety
Specialized Ankle and Foot Braces/Supports/Splints
Specialized Elbow and Arm Braces/Supports/Splints
Specialized Knee Hinged Braces/Supports/Splints
Specialized Knee Immobilizer Braces/Supports/Splints
Specialized Wrist and Hand Braces/Supports/Splints
Specialized Shoulder and Clavicle Braces/Supports/Splints
Specialized Thigh and Calf Braces/Supports/Splints
Mixed/Miscellaneous Specialized Orthopedic Braces/Supports/Splints
Canes for the Visually Impaired

Home Health Care

Disposable Underwear
Disposable Briefs and Undergarments
Disposable Underpads
Disposable Pads, Shields, Guards and Drip Collectors
Mixed/Miscellaneous Disposable Incontinence
Reusable Garments
Reusable Underpads
Mixed/Miscellaneous Reusable Incontinence

Perineal - Only Cleansers and Washes
Perineal - Only Wipes and Towelettes
Perineal - Only Moisturizers, Barriers and Protectants
Perineal - Only Antifungals
Deodorizers
Mixed/Miscellaneous Incontinence Personal Care
Oral

Oral Care

Regular Toothpaste and Tooth Powder
Sensitive Toothpaste and Treatments
Whitening Toothpaste
Mixed/Miscellaneous Toothpaste and Treatments
Manual Toothbrushes
Battery Toothbrushes and Refills
Rechargeable Toothbrushes and Refills
Mixed/Miscellaneous Toothbrushes and Accessories
Denture Adhesives
Denture Cleaners and Accessories
Denture Repair and Pain Relief
Mixed/Miscellaneous Denture Care
Floss and Flossers
Interdental
Gum Care
Dental Gum
Mixed/Miscellaneous Interdental, Floss and Gum Care
Oral Pain Relief and Mouth Sores
Dry Mouth
Temporary Dental Repair
Mixed/Miscellaneous Oral Remedies (Includes Fluoride Treatments)

Pain Relief

Adult Acetaminophen
Feminine Pain Relief
Adult Aspirin and Combinations
Adult Ibuprofen and Other Anti- Inflammatories
Mixed/Miscellaneous Internal Pain Relief
Adult Nighttime Pain Relief
Adult Specialty Pain Relief
External Muscle/Joint Pain Relief Patches and Pads
External Muscle/Joint Pain Relief Creams, Ointments and Gels
External Muscle/Joint Pain Relief Lotions, Liquids, Roll-Ons and Sprays
TENS Units and Replacement Pads
Mixed/Miscellaneous External Pain Relief
Sleep Aids and Sedatives
Stimulants

Patient Skin Care

Moisturizers, Barriers and Protectants
Antifungals
Mixed/Miscellaneous Patient Skin Support

Physical Fitness and Exercise Equipment

Pedometers and Fitness Trackers

Skin Care

Acne Creams, Gels, Lotions and Patches
Acne Soaps and Cleansers
Acne Astringents and Toners
Mixed/Miscellaneous Facial and Body Acne Medications

Smoking Deterrents

Nicotine Patches
Nicotine Gum and Lozenges
Mixed/Miscellaneous Smoking Deterrents

Sun Care

Sun Protection (< SPF 50)
Sun Protection (SPF 50+)
Mixed/Miscellaneous Sun Protection
Sport Sun Protection

Vitamins and Dietary Supplements

Multivitamins
Eye Health Vitamins
Mixed/Miscellaneous Multivitamins
Vitamin B and Vitamin B Complex
Vitamin C
Vitamin E
Mixed/Miscellaneous Single Entity Vitamins
Vitamin D
Joint Health (Including Glucosamine)
Menopause Support (Soy)
Enzymes, Amino Acids and Hormones
CoQ10 Only (UBIQUINOL)
Heart Health and Essential Fatty Acids (Fish Oil, Flax, GLA, Etc.)
General Health Prebiotics and Probiotics
Calcium
Iron
Mixed/Miscellaneous Mineral Supplements
Multi-Minerals

Weight Management and Nutritional Foods

Food Scales
Weight Management Tabs and Caps
Diuretics
Weight Loss Cleansing and Detox
Mixed/Miscellaneous Diuretics and Weight Loss Cleansing and Detox



Learn more at myAHplan.com
1-877-535-8278, (TDD/ TTY 1-800-955-8771)

From October 1 to March 31, we're available seven days a week from 8am to 8pm. From April 1 to September 30, we're available weekdays from 8am to 8pm and Saturdays from 8am to noon.