

Over-the-Counter Health & Wellness Products

2020 Catalog and Order Form

This is the new 2020 catalog and order form! Use this to submit your next order if requesting by mail.

Your health and wellness allowance amount may have changed for 2020. Please contact your sales agent or check your **2020 Summary of Benefits** to determine your benefit amount. This can be done by signing into **MyHumana** and clicking "**Documents and Forms**" under Member Support.

Please note: when ordering multiple products, depending on the items you order, you may receive your products in multiple shipments.

Humana[®]

2020 Over-the-Counter (OTC) Health and Wellness Product Order Form



Your current plan may have an over-the-counter benefit that would allow you to purchase OTC health and wellness products from Humana Pharmacy. To verify your 2020 Health and Wellness allowance, please contact your sales agent or check your Summary of Benefits.



Keep this catalog somewhere accessible. You'll need this to look up the health and wellness products you want to order.



How to order

If your order exceeds your plan's allowance, please include your check, money order, or enter your credit card information to pay the remaining amount due. Balances higher than the allowance amount will have sales tax applied. **Failure to submit payment in full will lead to items being cancelled to bring your order total at or below your benefit allowance. Please be sure to provide your payment information each time you order over your allowance amount.** Any unused allowance does not roll over.

- If you have a **monthly** allowance, submit your order by the 20th of each month.
- If you have a **quarterly** allowance, submit your order by the last week of your allowance period. Last month of quarters are March, June, September, and December.

Ordering your OTC products



- **Online:** Sign in to **HumanaPharmacy.com** and select "Over-the-Counter (OTC) items" from the "Shop OTC & Supplies" drop-down at the top of the page.



- **Mobile App:** Order your OTC products whenever and wherever you'd like with the Humana Pharmacy Mobile app, directly from your mobile device.



- **Mail:** Fill out the OTC Health and Wellness Product Order Form and mail only the order form pages to:
Humana Pharmacy
PO Box 1197
Cincinnati, OH 45201-1197

- **Fax:** Fill out the OTC Health and Wellness Product Order Form and fax only the order form pages to Humana Pharmacy at: 1-800-379-7617.



Call Humana Pharmacy at **1-855-211-8370** (TTY: **711**) if you have questions about how to use this benefit at Humana Pharmacy. Customer Care representatives are available Monday - Friday, 8 a.m. - 11 p.m. and Saturday, 8 a.m. - 6:30 p.m., Eastern time. **Please note: This order form is for the 2020 benefit year. Please do not submit your first order until after January 1, 2020.**

2020 Humana Health and Wellness Product Order Form



971



MEMBER INFORMATION

Member ID (found on Humana ID card)

Date of Birth

Gender

 Male
 Female

First Name

Last Name

MI

Street Number

Street Name

Apt/Suite #

Urbanization Code (for Puerto Rico addresses only)

City

State

Zip Code

Daytime Phone

Evening Phone

Please check
box if this is a
new address:

During which month would you like to receive this order?

If a month is not selected, your order will be processed the month your request is received.

PAYMENT INFORMATION (if applicable)

If your total order is less than your plan's allowance, you DO NOT need to include payment and you will receive the items you ordered. If your order exceeds your plan's allowance, please include your check, money order, or enter your credit card information below to pay the remaining amount due.

Failure to submit payment in full will lead to items being cancelled to bring your order total at or below your benefit allowance. Please be sure to provide your payment information each time you order over your allowance amount. Any unused balance does not roll over.

Please make checks payable to "Humana Pharmacy". Please do not send cash.

To pay by credit card, please complete the following:

Credit/Debit Card #

Exp. Date

Cardholder First Name

Cardholder Last Name

Cardholder Signature:

Orders will be shipped to your home by UPS or the US Postal Service at no extra charge to you. Please allow 10 to 14 business days for processing from the time Humana Pharmacy receives your order. **Orders may be split into multiple shipments.** You'll receive a generic comparable to the name-brand product. This product list is subject to change. If a product is unavailable or not in stock, it may be substituted for a similar product at no additional charge. Humana Pharmacy reserves the right to limit the quantities of OTC medications and supplies dispensed. Please check with your healthcare provider before taking OTC medicines. Some items may vary depending on manufacturer (for example: caplets, tablets, capsules or soft gels may be substituted for one another).

Member ID (found on Humana ID card)

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Date of Birth

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PRODUCT SELECTION

*Write in the quantity of the product you would like to receive, not the package size listed in catalog.

	Product Code	Product Name	Quantity*	Price
Example:	0 1 6	Aspirin Low Dose 81mg EC	1	\$6
1	OTC □□□	_____	□	_____
2	OTC □□□	_____	□	_____
3	OTC □□□	_____	□	_____
4	OTC □□□	_____	□	_____
5	OTC □□□	_____	□	_____
6	OTC □□□	_____	□	_____
7	OTC □□□	_____	□	_____
8	OTC □□□	_____	□	_____
9	OTC □□□	_____	□	_____
10	OTC □□□	_____	□	_____
11	OTC □□□	_____	□	_____
12	OTC □□□	_____	□	_____
13	OTC □□□	_____	□	_____
14	OTC □□□	_____	□	_____
15	OTC □□□	_____	□	_____

To order by mail, send the completed Humana Health and Wellness Product Order Form page along with payment (if applicable) to:
 Humana Pharmacy
 P.O. Box 1197
 Cincinnati, OH 45201-1197

Your total order amount \$ _____
 Humana allowance \$ _____
 Total remaining amount due \$ _____
 Balances higher than the allowance amount will have sales tax applied.

Over-the-Counter (OTC) Health and Wellness Product Catalog

Note: You will receive the generic equivalent of all items

Antacid, Anti-Diarrheal and Laxatives

Product code	Product name	Compare to	Package count	Price
032	Antacid/Anti-Gas Liquid	Mylanta®	12 oz.	\$8.00
318	Anti-Diarrheal Caplets - Loperamide 2 mg	Imodium® A-D	24	\$7.00
031	Anti-Hemorrhoidal Ointment	Preparation H®	2 oz.	\$7.00
093	Bisacodyl 5 mg	Dulcolax®	25	\$7.00
203	Calcium Carbonate Antacid - Regular Strength	Tums® Regular Strength	150	\$7.00
116	Dairy Digestive Supplement- Lactase Enzyme	Lactaid® Tablets	60	\$10.00
215	Effervescent Antacid & Pain Relief	Alka-Seltzer®	36	\$7.00
323	Esomeprazole 20 mg	Nexium® 24HR	28	\$17.00
320	Extra Strength Gas Relief Soft-Gels	Gas-X® Extra Strength	48	\$8.00
261	Famotidine 20 mg	Pepcid® 20 mg	25	\$8.00
415	Fiber Gummies	Vitafusion™ Fiber Well Gummies	90	\$15.00
208	Fiber Laxative Tablets	FiberCon®	90	\$9.00
216	Hemorrhoidal Suppositories	Preparation H® Suppositories	12	\$7.00
358	Medicated Hemorrhoidal Pads	Tucks® Pads	100	\$8.00
033	Milk of Magnesia - Laxative/Antacid	Phillips® Milk of Magnesia	12 oz.	\$7.00
120	Motion Sickness Tablets - Dimenhydrinate 50 mg	Dramamine®	12	\$6.00
351	Nausea Relief Liquid	Emetrol®	4 oz.	\$7.00
112	Omeprazole 20 mg	Prilosec OTC®	14	\$10.00
115	Pink Bismuth - Chewable Tablets	Pepto-Bismol® Chewable Tablets	30	\$7.00
264	Polyethylene Glycol 3350	MiraLAX®	8.3 oz.	\$10.00
258	Psyllium Fiber Laxative Capsules	Metamucil® Capsules	160	\$11.00
359	Psyllium Fiber Supplement Orange Smooth Texture Powder	Metamucil®	13 oz.	\$10.00
360	Psyllium Fiber Supplement Orange Smooth Texture Powder - Sugar Free	Metamucil® Sugar Free	10 oz.	\$9.00
233	Senna Laxative Tablets	Senokot®	100	\$10.00
101	Stool Softener Capsules	Colace®	100	\$7.00

Bath Safety

Product code	Product name	Compare to	Package count	Price
416	Adjustable Transfer Bench**	Drive Medical	1	\$80.00
417	Bath Bench with Arms and Back**	Essential Medical Supply Shower Bench with Back	1	\$60.00
418	Bath Bench with Arms, No Back**	Essential Medical Supply Shower Bench	1	\$50.00
371	Bath Mat**	Bath Mat	1	\$12.00
372	Raised Toilet Seat - 250 lbs. capacity**	Raised Toilet Seat - 250 lbs. capacity	1	\$25.00
420	Toilet Safety Rails**	Nova® Toilet Safety Rails	1	\$40.00
373	Tub and Stair Safety Treads	Tub and Stair Safety Treads	8	\$8.00
421	Tub Safety Bar**	Drive Medical Tub Safety Bar	1	\$40.00

Cough, Cold and Allergy

Product code	Product name	Compare to	Package count	Price
113	Cetirizine HCL 10 mg	Zyrtec® 10 mg	30	\$12.00
260	Cough and Cold High Blood Pressure Tablets*	Coricidin® HBP Cough and Cold	16	\$7.00
422	Cough Drops, Black Cherry, Sugar Free	Halls® Cough Drops Sugar Free	25	\$2.00
423	Cough Drops, Honey Lemon	Halls® Cough Drops	30	\$2.00
321	Cough Formula Expectorant	Robitussin®	8 oz.	\$7.00
210	Cough Suppressant/Expectorant (sugar free)*	Robitussin® Sugar Free DM	4 oz.	\$7.00
096	Cough Suppressant/Nasal Decongestant/Expectorant*	Robitussin® CF	4 oz.	\$6.00
237	Daytime Cold and Flu Soft Gels*	DayQuil™	16	\$7.00
111	Expectorant - Guaifenesin 400 mg	Mucus Relief 400 mg	30	\$9.00
291	Eye Itch Relief 0.025% Eye Drops	Zaditor®	0.17 oz.	\$13.00
361	Levocetirizine	Xyzal®	35	\$9.00
110	Loratadine 10 mg	Claritin®	30	\$10.00
290	Loratadine Liquid 5 mg/5 ml	Children's Claritin®	4 oz.	\$9.00
043	Medicated Chest Rub	Vicks VapoRub®	100 gm	\$7.00
117	Menthol/Benzocaine Sore Throat Lozenges	Cepacol® Lozenges	18	\$6.00
228	Nasal Decongestant PE Max Strength	Sudafed® PE Tablets	36	\$6.00
095	Nasal Decongestant Spray	Afrin®	1 oz.	\$6.00
362	Nasal Strips - Medium	Breathe Right® Nasal Strips	30	\$12.00
220	Phenol/Oral Anesthetic Sore Throat Spray	Chloraseptic®	6 oz.	\$6.00
325	Saline Nasal Spray	Ocean® Saline Nasal Spray	3 oz.	\$6.00
097	Sinus-Acetaminophen/Phenylephrine HCl	Tylenol® Sinus	24	\$6.00

424	Steam Inhaler**	Vicks® Steam Inhaler	1	\$50.00
293	Triamcinolone Allergy Nasal Spray	Nasacort® Allergy 24 hour	0.57 oz.	\$18.00

Diabetes Management

Product code	Product name	Compare to	Package count	Price
265	Compression Stockings 15-20mmHg Regular Beige Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	1 pair	\$15.00
266	Compression Stockings 15-20mmHg Regular Beige Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	1 pair	\$15.00
267	Compression Stockings 15-20mmHg Regular Beige Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	1 pair	\$15.00
268	Compression Stockings 15-20mmHg Regular Beige Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	1 pair	\$15.00
269	Compression Stockings 15-20mmHg Regular Beige Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	1 pair	\$15.00
270	Compression Stockings 15-20mmHg Regular Beige Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	1 pair	\$15.00
271	Compression Stockings 15-20mmHg Regular Beige Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	JOBST® Compression Stockings 15-20mmHg Regular Beige Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	1 pair	\$15.00
329	Compression Stockings 15-20mmHg Regular Black Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	JOBST® Compression Stockings 15-20mmHg Regular Black Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	1 pair	\$15.00
330	Compression Stockings 15-20mmHg Regular Black Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	JOBST® Compression Stockings 15-20mmHg Regular Black Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	1 pair	\$15.00
331	Compression Stockings 15-20mmHg Regular Black Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	JOBST® Compression Stockings 15-20mmHg Regular Black Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	1 pair	\$15.00
332	Compression Stockings 15-20mmHg Regular Black Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	JOBST® Compression Stockings 15-20mmHg Regular Black Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	1 pair	\$15.00
333	Compression Stockings 15-20mmHg Regular Black Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	JOBST® Compression Stockings 15-20mmHg Regular Black Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	1 pair	\$15.00
334	Compression Stockings 15-20mmHg Regular Black Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	JOBST® Compression Stockings 15-20mmHg Regular Black Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	1 pair	\$15.00
335	Compression Stockings 15-20mmHg Regular Black Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	JOBST® Compression Stockings 15-20mmHg Regular Black Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	1 pair	\$15.00

376	Diabetes Circulatory Crew Socks 8-15mmHg Black - Small	Diabetes Circulatory Crew Socks 8-15mmHg Black - Small	1 pair	\$10.00
375	Diabetes Circulatory Crew Socks 8-15mmHg Black - Medium	Diabetes Circulatory Crew Socks 8-15mmHg Black - Medium	1 pair	\$10.00
374	Diabetes Circulatory Crew Socks 8-15mmHg Black - Large	Diabetes Circulatory Crew Socks 8-15mmHg Black - Large	1 pair	\$10.00
377	Diabetes Circulatory Crew Socks 8-15mmHg Black - XL	Diabetes Circulatory Crew Socks 8-15mmHg Black - XL	1 pair	\$10.00
381	Diabetes Circulatory Crew Socks 8-15mmHg White - Small	Diabetes Circulatory Crew Socks 8-15mmHg White - Small	1 pair	\$10.00
380	Diabetes Circulatory Crew Socks 8-15mmHg White - Medium	Diabetes Circulatory Crew Socks 8-15mmHg White - Medium	1 pair	\$10.00
379	Diabetes Circulatory Crew Socks 8-15mmHg White - Large	Diabetes Circulatory Crew Socks 8-15mmHg White - Large	1 pair	\$10.00
382	Diabetes Circulatory Crew Socks 8-15mmHg White - XL	Diabetes Circulatory Crew Socks 8-15mmHg White - XL	1 pair	\$10.00
368	Diabetic Foot Care Telescoping Inspection Mirror	Telescoping Mirror	1	\$12.00
272	Diabetic Skin Relief Foot Cream	Gold Bond® Diabetic Skin Relief Foot Cream	3.4 oz.	\$10.00
305	Glucose Tablets (6 pack of 10 tablets)	DEX4® Glucose Tablets	60	\$11.00
274	Sharps Container	BD™ Home Sharps Container	1	\$6.00

First Aid

Product code	Product name	Compare to	Package count	Price
035	Alcohol Prep Pads	Curad® Alcohol Swabs	100	\$4.00
226	Elastic Bandage	Ace® Bandage	1	\$5.00
425	Elastic Bandage 6"	Ace® Bandage	1	\$8.00
385	First Aid Kit - 175 Pieces	Curad® First Aid Kit - 175 pcs.	1 kit	\$12.00
426	Gauze Roll 4.5" x 4.1 Yards	Curad® Gauze Roll	1	\$3.00
427	Hand Sanitizer	Purell®	8 oz.	\$4.00
428	Hot Water Bottle	Hot Water Bottle	1	\$10.00
429	Hydrogen Peroxide	Hydrogen Peroxide	16 oz.	\$3.00
430	Ice Bag	Ice Bag	1	\$6.00
431	Paper Tape 2" x 10 Yards	Curad® Paper Tape	1	\$9.00
432	Petroleum Jelly	Vaseline®	4 oz.	\$4.00
324	Plastic Bandages	Band-Aids®	200	\$9.00
433	Rubbing Alcohol	Rubbing Alcohol	16 oz.	\$3.00
231	Triple Antibiotic Ointment Plus	Neosporin® + Pain Relief	1 oz.	\$7.00
384	Waterproof Adhesive Bandages	Waterproof Adhesive Bandages	100	\$10.00

Fitness Devices

Product code	Product name	Compare to	Package count	Price
434	Fitbit® Charge**	Fitbit® Charge	1	\$150.00
435	Fitbit® Inspire**	Fitbit® Inspire	1	\$70.00
436	Fitbit® Inspire HR**	Fitbit® Inspire HR	1	\$100.00
437	Fitbit® Versa Lite**	Fitbit® Versa Lite	1	\$160.00
438	Garmin® Vivofit**	Garmin® Vivofit	1	\$80.00
440	Garmin® Vivosmart**	Garmin® Vivosmart	1	\$130.00
441	Pedometer	Pedometer	1	\$25.00

Home Medical

Product code	Product name	Compare to	Package count	Price
257	7-Day Pill Box	7-Day Pill Box	1	\$8.00
242	Blood Pressure Home Kit (manual pump w/stethoscope)**	Blood Pressure Home Kit (manual pump w/stethoscope)	1	\$17.00
443	CPAP Memory Foam Pillow**	CPAP Memory Foam Pillow	1	\$60.00
444	CPAP Pillow - Fiber Filled**	CPAP Pillow - Fiber Filled	1	\$45.00
247	Digital Bathroom Scale**	Digital Bathroom Scale	1	\$24.00
245	Digital Blood Pressure Monitor**	Digital Blood Pressure Monitor	1	\$50.00
445	Digital Hearing Amplifier	Clearon Hearing Amplifier	1	\$50.00
244	Electric Heating Pad - Standard**	Sunbeam® Electric Heating Pad	1	\$30.00
447	Foam Ring Cushion	Carex®	1	\$21.00
448	Heating Pad Wrap for Shoulder & Neck**	Sunbeam®	1	\$40.00
449	Humidifier, Ultra-Sonic Cool Mist**	Honeywell® Humidifier - Ultrasonic	1	\$50.00
450	Hypoallergenic Pillow	Hypoallergenic Pillow	1	\$25.00
451	Lumbar Cushion	Carex®	1	\$23.00
446	Magnifying Glass	Magnifying Glass	1	\$13.00
452	Medical Bracelet - Diabetes	Medical Bracelet	1	\$21.00
453	Medical Bracelet - Heart Patient	Medical Bracelet	1	\$21.00
370	Medication Disposal Powder	DisposeRx™	3	\$9.00
458	Medication Lock	Pillpod	1	\$25.00
454	No-Touch Forehead Thermometer**	Braun No Touch + Forehead Thermometer	1	\$40.00
048	Oral Thermometer	B-D® Oral Thermometer	1	\$6.00
455	Peak Flow Meter	Peak Flow Meter	1	\$18.00
456	Pill Bottle Opener	Pill Bottle Opener	1	\$7.00
457	Pill Splitter & Crusher	Pill Splitter & Crusher	1	\$9.00
419	Plug-In LED Night Lights	Plug-In LED Night Lights	2	\$8.00
386	Quad Cane Large Base-300lbs capacity**	Quad Cane Large Base-300lbs capacity	1	\$25.00

387	Quad Cane Small Base-300lbs capacity**	Quad Cane Small Base-300lbs capacity	1	\$25.00
460	Talking Blood Pressure Monitor**	Omron®	1	\$75.00
461	Talking Digital Bathroom Scale**	Talking Digital Bathroom Scale	1	\$35.00
462	Talking Ear and Forehead Thermometer	DualScan® Thermometer, Audio	1	\$27.00
463	Weighted Utensil Set	Weighted Utensil Set	1	\$40.00

Incontinence

Product code	Product name	Compare to	Package count	Price
256	Absorbent Underpads (Disposable Chux Pads) 23"x36"	Protection Plus® Disposable Underpads 23"x36"	20	\$20.00
253	Adult Incontinence Pull On Underwear Large	Protection Plus® Classic Protective Underwear Large 40"-56"	18	\$16.00
252	Adult Incontinence Pull On Underwear Medium	Protection Plus® Classic Protective Underwear Medium 28"-40"	20	\$16.00
251	Adult Incontinence Pull On Underwear Small	Protection Plus® Classic Protective Underwear Small 20"-28"	22	\$16.00
254	Adult Incontinence Pull On Underwear X-Large	Protection Plus® Classic Protective Underwear X-Large 56"-68"	14	\$16.00
255	Adult Incontinence Pull On Underwear XX-Large	Protection Plus® Classic Protective Underwear XX-Large 68"-80"	12	\$16.00
396	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, S	FitRight® Disposable Briefs Extra Absorbency - Small	20	\$17.00
395	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, M	FitRight® Disposable Briefs Extra Absorbency - Medium	20	\$17.00
394	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, L	FitRight® Disposable Briefs Extra Absorbency - Large	20	\$17.00
397	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, XL	FitRight® Disposable Briefs Extra Absorbency - XL	20	\$17.00
398	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, XXL	FitRight® Disposable Briefs Extra Absorbency - XXL	20	\$17.00
401	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, S	FitRight® Disposable Briefs Ultra Absorbency - Small	20	\$17.00
400	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, M	FitRight® Disposable Briefs Ultra Absorbency - Medium	20	\$17.00
399	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, L	FitRight® Disposable Briefs Ultra Absorbency - Large	20	\$17.00
402	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, XL	FitRight® Disposable Briefs Ultra Absorbency - XL	20	\$17.00
403	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, XXL	FitRight® Disposable Briefs Ultra Absorbency - XXL	20	\$17.00

366	Bladder Control Guards for Men	FitRight® Active Bladder Guards for Men	52	\$15.00
243	Bladder control pads (regular)	Poise® Moderate Pads	20	\$9.00
307	Diaper Rash Ointment	Desitin® Ointment	2 oz.	\$6.00
369	Flushable Cleansing Cloths	Cottonelle®	40	\$5.00

Pain Relievers

Product code	Product name	Compare to	Package count	Price
294	Acetaminophen 325 mg	Tylenol® Regular Strength	100	\$7.00
002	Acetaminophen 500 mg	Tylenol® Extra Strength	100	\$6.00
020	Acetaminophen 80 mg chewable	Tylenol® Children's Chewable	30	\$6.00
016	Aspirin Low Dose 81 mg EC	Bayer® Adult Low Strength EC	120	\$6.00
353	Children's Acetaminophen Liquid	Children's Tylenol®	4 oz.	\$7.00
213	Cold and Hot Patches	Icy Hot® Patch	5	\$8.00
229	Enteric Coated Aspirin 325 mg	Ecotrin®	100	\$6.00
125	Headache Formula - Aspirin/Acetaminophen/Caffeine	Excedrin®	100	\$8.00
019	Ibuprofen 200 mg Tablets	Advil®	50	\$7.00
094	Ibuprofen Suspension (Children's)	Children's Motrin®	4 oz.	\$8.00
365	Lidocaine Patches	Salonpas® Lidocaine Patches	6	\$9.00
046	Muscle Rub	BenGay®	4 oz.	\$8.00
283	Naproxen Sodium 220 mg	Aleve®	100	\$9.00
344	Roll-on Muscle Relief	Biofreeze®	2.5 oz.	\$15.00
464	Spray-On Muscle Relief	BioFreeze® Spray	4 oz.	\$15.00
119	Topical Analgesic - Capsaicin Cream 0.025%	Zostrix® Cream	2 oz.	\$8.00

Personal Care

Product code	Product name	Compare to	Package count	Price
471	Battery-Operated Water Jet**	Interplak® Battery-Operated Water Jet	1	\$35.00
472	Battery-Operated Water Jet Tips	Interplak® Battery-Operated Water Jet Tips	5	\$9.00
390	Battery-Powered Toothbrush**	Battery-Powered Toothbrush	1	\$14.00
389	Battery-Powered Toothbrush Replacement Heads	Battery-Powered Toothbrush Replacement Heads	2	\$10.00
465	Bunion Guard	Bunion Guard	1	\$9.00
036	Cotton Swabs	Q-Tips® Cotton Swabs	300	\$5.00
224	Dental Floss, Waxed	Dental Floss, Waxed	100 yards	\$5.00
391	Dental Flossers	Dental Flossers	90	\$7.00

225	Denture Adhesive	Fixodent®	1.5 oz.	\$6.00
392	Denture Brush	GUM® Denture Brush	1	\$6.00
345	Disposable Gloves - Non-Latex	Curad®	100	\$10.00
393	Dry Mouth Oral Rinse	Biotene® Dry Mouth Oral Rinse	16 fl oz.	\$9.00
118	Earwax Removal Drops	Debrox® Earwax Removal Drops	0.5 oz.	\$7.00
319	Effervescent Denture Tabs	Efferdent®	90	\$8.00
219	Eye Drops - Redness Reliever	Visine® Original	0.5 oz.	\$6.00
466	Folding Reading Glasses +1.50	Folding Reading Glasses +1.50	1	\$20.00
467	Folding Reading Glasses +1.75	Folding Reading Glasses +1.75	1	\$20.00
468	Folding Reading Glasses +2.00	Folding Reading Glasses +2.00	1	\$20.00
469	Folding Reading Glasses +2.25	Folding Reading Glasses +2.25	1	\$20.00
470	Folding Reading Glasses +2.50	Folding Reading Glasses +2.50	1	\$20.00
388	Insect Bite Relief	After Bite®	0.5 oz.	\$9.00
327	Insect Repellent	Off® Deep Woods® Insect Repellent	6 oz.	\$9.00
356	Lubricant Eye Drops	Refresh Optive® Lubricant Eye Drops	0.5 oz.	\$14.00
114	Lubricant Eye Drops (Sterile)	Lubricant Eye Drops (Sterile)	0.5 oz.	\$7.00
346	Lubricant Eye Gel	GenTeal®	0.34 oz.	\$12.00
404	Medicated Foot Powder	Gold Bond® Medicated Foot Powder	4 oz.	\$6.00
414	Medicated Lip Treatment Squeeze Tube - 2 Pack	Carmex®	2	\$6.00
473	Moleskin	Moleskin	3 strips	\$6.00
295	Oral Pain Relief - Benzocaine 20%	Orajel™ Maximum	0.5 oz.	\$7.00
405	Preservative Free Lubricant Eye Drops	Refresh Optive®	30	\$15.00
407	Rechargeable Power Toothbrush**	Rechargeable Power Toothbrush	1	\$35.00
406	Rechargeable Power Toothbrush Replacement Heads	Rechargeable Power Toothbrush Replacement Heads	2	\$20.00
310	Reusable Cold Compress	ACE™ Cold Compress	1	\$7.00
284	Toothbrush	Toothbrush	3	\$7.00
285	Toothpaste	Toothpaste	2	\$8.00
296	Wart Remover Liquid 17%	Compound W® Max Strength	0.31 oz.	\$9.00

Skin Care

Product code	Product name	Compare to	Package count	Price
217	Allergy Cream - Itch and Pain Relief	Benadryl® Extra Strength Cream	1 oz.	\$6.00
037	Calamine Lotion	Calamine	6 oz.	\$6.00
038	Clotrimazole Cream 1%	Lotrimin AF®	0.5 oz.	\$6.00
408	Diabetic Skin Relief	Gold Bond® Ultimate Diabetics' Dry Skin Relief Hydrating Lotion	4.5 oz.	\$10.00
409	Eczema Moisturizing Cream	Aveeno® Active Naturals® Eczema Therapy Moisturizing Cream	5 oz.	\$12.00
322	Hydrocortisone Cream 1%	Cortaid®	2 oz.	\$7.00
241	Medicated Callus Remover	Dr. Scholl's®	6	\$7.00
410	Psoriasis Medicated Ointment	Psoriasis Medicated Ointment	3.8 oz.	\$12.00

411	Soothing Oatmeal Bath Treatment	Aveeno® Soothing Bath Treatment	8	\$10.00
306	Sunblock SPF 30	Coppertone® SPF 30	8 oz.	\$8.00
218	Tolnaftate 1% Antifungal	Tinactin® Cream	1 oz.	\$8.00
308	Vitamin A&D Ointment	A&D® Original Ointment	4 oz.	\$8.00

Smoking Cessation

Product code	Product name	Compare to	Package count	Price
313	Nicotine Transdermal 14 mg Patch	Nicotine Transdermal Patch	7	\$25.00
314	Nicotine Transdermal 21 mg Patch	Nicotine Transdermal Patch	7	\$25.00
315	Nicotine Transdermal 7 mg Patch	Nicotine Transdermal Patch	7	\$25.00
123	Stop Smoking Gum - 2 mg	Nicorette® 2 mg gum	50	\$20.00
124	Stop Smoking Gum - 4 mg	Nicorette® 4 mg gum	50	\$20.00

Supports

Product code	Product name	Compare to	Package count	Price
336	Ankle Support	Futuro®	1	\$10.00
363	Arthritis Gloves, Large	Vive Arthritis Gloves	1 pair	\$18.00
364	Arthritis Gloves, Medium	Vive Arthritis Gloves	1 pair	\$18.00
337	Back Support Elastic - one size fits most	Futuro®	1	\$25.00
442	Carpal Tunnel Night Brace	Futuro® Carpal Tunnel Night Brace	1	\$23.00
339	Elbow Support	Futuro® Elbow Support	1	\$10.00
357	Knee Support w/Stays XL	Futuro® Knee Support w/Stays - XL	1	\$15.00
340	Knee Support w/Stays L	Futuro® Knee Support w/Stays - L	1	\$15.00
341	Knee Support w/Stays M	Futuro® Knee Support w/Stays - M	1	\$15.00
342	Knee Support w/Stays S	Futuro® Knee Support w/Stays - S	1	\$15.00
459	Plantar Fasciitis Relief Sleeve	Plantar Fasciitis Relief Sleeve	1 pair	\$12.00
343	Wrist Support	Futuro®	1	\$15.00

Vitamins, Minerals and Supplements

Product code	Product name	Compare to	Package count	Price
250	Almebex Plus B-12	Almebex Plus B-12®	473 ml	\$27.00
297	Antioxidant Tablets	Antioxidant Tablets	60	\$8.00
475	Biotin Gummies	Vitafusion™	100	\$11.00
476	Calcium + Vitamin D Gummies	Nature's Way® Alive!®	60	\$12.00
109	Calcium Citrate + Vitamin D	Citracal® Caplets + D	60	\$7.00
248	Chewable Calcium with Vitamin D Plus Minerals	Caltrate® 600 + D Plus Minerals Chewable	60	\$9.00
367	Co-Enzyme Q-10 100 mg	Co-Enzyme Q-10 100 mg	30	\$12.00
902	Co-Enzyme Q-10 30 mg	Co-Enzyme Q-10 30 mg	30	\$10.00

063	Complete Senior Vitamins and Minerals	Centrum® Silver	60	\$10.00
011	Daily Multivitamin and Mineral	Centrum®	130	\$8.00
907	Eye Care Vitamins	Ocuvite® Extra	36	\$9.00
298	Ferrous Sulfate 5 gr	Feosol® 100	100	\$8.00
477	Flax Seed Oil 1000 mg Softgels	Flax Seed Oil	90	\$10.00
240	Folic Acid 800 mcg	Folic Acid 800 mcg	100	\$6.00
412	Glucosamine Chondroitin Triple Strength	Glucosamine Chondroitin Triple Strength	100	\$25.00
299	Gummy Multi-Vitamin	Multi-Vitamin Gummy	120	\$11.00
300	Gummy Vitamin C 250 mg	Vitamin C 250 mg Gummy	100	\$11.00
301	Gummy Vitamin D 2000 IU	Vitamin D 2000 IU Gummy	120	\$11.00
474	Immune Support Chewable Tablets	Airborne®	32	\$9.00
246	Liquid Iron Formulation 220mg/5ml	Liquid Iron	16 oz.	\$9.00
302	Magnesium Oxide 400 mg	Mag-Ox® 400 mg	120	\$9.00
278	Melatonin 5 mg	Melatonin 5 mg	100	\$8.00
479	Melatonin Gummies, 5 mg	Vitajoy®	120	\$12.00
413	Omega-3 Fish Oil 1000 mg	Omega-3 Fish Oil 1000 mg	90	\$10.00
107	One Daily Women's Multivitamin	One-A-Day Women's®	60	\$8.00
316	One Daily Men's Multivitamin	One-A-Day Men's®	60	\$8.00
317	Organic Sulfur MSM 1000 mg	Organic Sulfur MSM 1000 mg	90	\$9.00
303	Potassium Gluconate 595 mg	Potassium Gluconate 595 mg	100	\$6.00
481	Rena-vite Vitamins	Rena-vite Vitamins	100	\$15.00
909	Timed Release Niacin 500 mg	Timed Release Niacin 500 mg	100	\$9.00
238	Vitamin B-12 1000 mcg	Vitamin B-12 1000 mcg	100	\$7.00
279	Vitamin B-12 5000 mcg Sublingual	Vitamin B-12 5000 mcg Sublingual	30	\$8.00
482	Vitamin B-Complex Gummies	VitaFusion™	70	\$10.00
280	Vitamin B-Complex Sublingual	Vitamin B-Complex Sublingual	60	\$7.00
903	Vitamin B-Complex with B-12	Vitamin B-Complex with B-12	100	\$8.00
010	Vitamin C 500 mg	Vitamin C 500 mg	100	\$6.00
209	Vitamin D 1000 IU	Vitamin D 1000 IU	100	\$8.00
483	Vitamin D 50,000 IU	Vitamin D 50,000 IU	12	\$20.00
239	Vitamin D 5000 IU	Vitamin D 5000 IU	100	\$9.00
012	Vitamin E 400 IU	Vitamin E 400 IU	100	\$8.00

Women's Health

Product code	Product name	Compare to	Package count	Price
041	Clotrimazole 1% Vaginal Cream	Gyne-Lotrimin® Cream	1.5 oz.	\$8.00
304	Miconazole 3 Combo Pack	Monistat® 3 Combo Pack	3 day supply	\$13.00
326	Urinary Pain Relief	AZO Urinary Pain Relief®	30	\$8.00
484	Urinary Tract Infection Test Strips	AZO Urinary Tract Infection Test Strips®	3	\$14.00

IMPORTANT!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618
If you need help filing a grievance, call **1-877-320-1235** or if you use a **TTY**, call **711**.
- 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 (TDD)**.

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

Auxiliary aids and services, free of charge, are available to you.

1-877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Language assistance services, free of charge, are available to you.

1-877-320-1235 (TTY: 711)

Español (Spanish): Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 撥打上面的電話號碼即可獲得免費語言援助服務。

Tiếng Việt (Vietnamese): Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

Русский (Russian): Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

Kreyòl Ayisyen (French Creole): Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

Français (French): Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima indicado para receber serviços linguísticos, grátis.

Italiano (Italian): Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

فارسی (Farsi)

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Diné Bizaad (Navajo): Wóda'í béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowot.

العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك

Get your questions answered

Call Humana Pharmacy:

1-855-211-8370 (for TTY, dial **711**)

Online:

Humana.com

Remember! Keep this catalog.

You'll need this catalog to look up the health and wellness products you want to order.

Please note: when ordering multiple products, depending on the items you order, you may receive your products in multiple shipments.

OTC items may only be purchased for the plan enrollee. It is prohibited to purchase OTC items for family members and friends. Purchase of covered OTC products made under emergency circumstances may be eligible for reimbursement when the benefit allowance is available.

*Sale of products containing Dextromethorphan are prohibited to members under the age of 18. Limit quantity of two per <order><allowance period>.

**Limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their personal provider about the appropriateness of this OTC item.

The following items are not covered under this OTC benefit (non-eligible items): Baby items, Contraceptives, Convenience (non-medical items), Cosmetics, and Food Supplements.

An allowance amount is only available if your plan offers the over-the-counter (OTC) service as a benefit. Call Humana Pharmacy at **1-855-211-8370** (TTY: **711**) if you have questions about your order, or about how to use this benefit at Humana Pharmacy, Monday- Friday, 8 a.m.—11 p.m., and Saturday, 8 a.m.— 6:30 p.m. Eastern time.

Humana is a Medicare Advantage HMO, PPO, PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

Other pharmacies are available in our network.

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