

\$30
quarterly allowance
toward OTC items



**OVER-THE-COUNTER (OTC)
MEDICATIONS AND
HEALTH PRODUCTS**

Your 2020-2021 catalog



YOUR OVER-THE-COUNTER (OTC) MEDICATIONS AND HEALTH PRODUCTS

Save money and time.

- 1 Use your quarterly OTC allowance and get free home delivery. You can even order online for fastest service.
- 2 Use your rollover \$30 allowance toward OTC items each quarter.
- 3 Confirm your address, especially if you've moved or you're away from home. We can deliver to your new or temporary address anywhere in the continental US at no cost to you. Call the toll-free phone number below to confirm.
- 4 Use this catalog to shop for covered medications and health products. Order your OTC items in the way that's easiest for you:



ONLINE - Visit www.CignaMedicaidOTC.com



BY MAIL - Complete and send the enclosed order form.



BY PHONE - Call **1-866-575-3744, (TTY 711)**
Monday to Friday, 7 a.m. to 10 p.m. Central Time

ORDER ONLINE. IT'S EASY, FAST AND SECURE.

1. Register to access useful tools and resources.

- › Go to www.CignaMedicaidOTC.com.
- › Click on the button "Not Registered? Sign up now."
- › Enter your information as it appears on your Cigna ID card.
- › Create a user name and password.
- › Answer your security questions.

2. Log in to start shopping, open 24 hours a day.

- › Browse the products available to you.
- › See your available balance while you shop.
- › Track your orders and view order history.

Q&A ABOUT YOUR OTC BENEFITS

Get the right answers to common questions

Q. What can I order?

A: You can order from the list of covered items in this catalog, such as:

OTC medications

- › Aspirin/Acetaminophen
- › Cold and flu medicine
- › Vitamins

Health-related products

- › Bath tub safety rail
- › Elastic bandages
- › Toothbrushes

Q: How much is my quarterly allowance?

A: Your quarterly allowance is \$30.

Q: When can I spend my quarterly allowance?

A: Your allowance goes into your account quarterly on September 1, December 1, March 1 and June 1. You can:

- › Spend your full quarterly allowance as soon as it's in your account.
- › Save up your allowance to pay for higher-priced items.
- › Order once a month up to 12 times a plan year.

Unused balances roll forward each quarter but don't carry over to the next plan year.

Q: Who can get items through my OTC benefit?

A: You can order items that help you with a medical need every month you're a Cigna Member. Cigna prohibits the use of your OTC benefit to purchase items for others.

Q: How do I get my order?

A: The cost of your order must be less than or equal to your account balance for items to ship. OTC medications are only available for home delivery. Covered items are sent to you free of delivery charge. Please allow 5 to 7 business days for home delivery.

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CATEGORY INDEX

Please use the index below for ease in locating available OTC items.

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OTC MEDICATIONS AND HEALTH PRODUCTS

Talk with your doctor before starting a new product regimen.

Allergy



Benadryl® Allergy Liqui-Gels Dye-Free
Item No. 1927

\$12⁰⁰

- 24 ct/25 mg



Children's Allergy and Nasal Decongestant Liquid
Item No. 1426

\$7⁰⁰

- Compare to Benadryl® Children's Allergy Liquid
- .4 oz/1 mg, 5 ml; 3 mg, 5 ml



Nasacort®
Item No. 1881

\$22⁰⁰

- 60 sprays



Nasal Decongestant Inhaler - Levmetamfetamine
Item No. 1922

\$7⁰⁰

- Compare to Vicks® VaporInhaler
- .007 oz/50 mg



Nasal Spray, Saline
Item No. 1052

\$5⁰⁰

- 1.5 oz/0.65%

Antacids & Acid Reducers



Alka-Seltzer®
Item No. 1313

\$11⁰⁰

- 36 ct



Omeprazole (Acid Reducer, Delayed Release, Dissolvable)
Item No. 1966

\$25⁰⁰

- Compare to Prilosec®
- 42 ct/20 mg



TUMS® Extra Strength
Item No. 2034

\$7⁵⁰

- 48 ct/750 mg



TUMS® Ultra Strength
Item No. 2019

\$10⁰⁰

- 72 ct/1,000 mg

Anti-diarrheal, Laxatives & Digestive Health



Beano®
Item No. 1316

\$9⁰⁰

- 30 ct



Docusate Sodium (Stool Softener)
Item No. 1126

\$6⁰⁰

- Compare to Colace®
- 100 ct/100 mg



Enema
Item No. 1733

\$5⁵⁰

- Compare to Fleet®
- 4.5 oz



Ex-Lax®
Item No. 1124

\$8⁰⁰

- 8 ct/15 mg



Fiber Tablets ‡
Item No. 1155

\$10⁰⁰

- Compare to FiberCon®
- 60 ct/500 mg

OTC MEDICATIONS AND HEALTH PRODUCTS

Talk with your doctor before starting a new product regimen.

Anti-diarrheal, Laxatives & Digestive Health *continued*



Lactase Capsules

Item No. 1067

\$10⁰⁰

- Compare to Lactaid®
- 60 ct/9,000 FCC Units



Laxative, ClearLax®

Unflavored Powder

Item No. 1969

\$13⁵⁰

- Compare to MiraLAX®
- 8.3 oz/17 g



Laxative, Magnesium

Citrate (Saline, Lemon)

Item No. 1889

\$5⁵⁰

- 296 ml



Pepto-Bismol® Cherry

Item No. 1317

\$10⁰⁰

- 12 oz/525 mg, 30 ml

Bathroom Safety & Fall Prevention



Bath Bench with Back

Item No. 1728

\$65⁰⁰

- 1 ct



Bath Bench without Back

Item No. 1727

\$55⁰⁰

- 1 ct



Bath Tub Safety Rail

Item No. 1730

\$37⁰⁰

- 1 ct



Bed Assist Bar

Item No. 2009

\$55⁰⁰

- 1 ct



Bedside Commode

Item No. 1984

\$65⁰⁰

- 1 ct



Gait Belt - 60"

Item No. 1790

\$16⁰⁰

- 1 ct



Gait Belt - 72"

Item No. 1791

\$17⁰⁰

- 1 ct



Grab Bar, Knurled Chrome, 12"

Item No. 1798

\$19⁰⁰

- 1 ct



Grab Bar, Knurled Chrome, 24"

Item No. 1797

\$22⁰⁰

- 1 ct



Grab Bar, Knurled Chrome, 32"

Item No. 2005

\$36⁰⁰

- 1 ct

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Bathroom Safety & Fall Prevention *continued*



Night Light
Item No. 1983

\$15⁰⁰

- 2 ct



Safety Treads,
Tub & Stair

Item No. 1780

\$10⁰⁰

- 1 pack



Shower Head,
Handheld

Item No. 2007

\$25⁰⁰

- 1 ct



Slipper Socks, One
Size Fits Most

Item No. 2008

\$7⁰⁰

- 1 pair



Toilet Seat, Raised
Item No. 1729

\$35⁰⁰

- 1 ct

Cold & Flu



Toilet Seat, Raised,
with Arms

Item No. 1950

\$65⁰⁰

- 1 ct



Cough Drops, Cherry

Item No. 1056

\$4⁰⁰

- Compare to Halls®
- 30 ct/5.8 mg



Cough Drops, Honey Lemon

Item No. 1833

\$4⁰⁰

- Compare to Halls®
- 30 ct



Cough Drops, Menthol

Item No. 1834

\$4⁰⁰

- Compare to Halls®
- 30 ct



Guaifenesin (Cough
Expectorant)

Item No. 1180

\$9⁰⁰

- 100 ct/200 mg



Mucus Relief DM
Expectorant &
Cough Suppressant,
Extended Release

Item No. 1965

\$16⁰⁰

- Compare to Mucinex®
- 14 ct/1,200 mg, 60 mg



Nasal Rinse Kit, Saline

Item No. 1931

\$18⁰⁰

- 1 kit



Night Time
Cold & Flu

Item No. 1361

\$6⁰⁰

- Compare to
Vicks NyQuil®
- 4 oz/12.5 mg,
30 mg, 650 mg



Sore Throat
Lozenges, Cepacol®

Item No. 1360

\$5⁵⁰

- 16 ct

OTC MEDICATIONS AND HEALTH PRODUCTS

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Cold Sore & Medicated Lip Products



Abreva®
Item No. 1152

\$26⁰⁰

- 2 gm/10%



Blistex® Lip Ointment
Item No. 1256

\$5⁰⁰

- 6 gm



Carmex®
Item No. 1255

\$4⁰⁰

- 7.5 gm



Herpecin-L® Lip Balm
Item No. 1153

\$8⁰⁰

- .1 oz/1%



Releev® Cold Sore Treatment
Item No. 1359

\$24⁰⁰

- 6 ml/13%

Daily Living Aids



Cushion, Gel/Foam Seat
Item No. 1466

\$40⁰⁰

- 1 ct



Mattress Cover, Elastic -
80" x 36" x 6"
Item No. 1753

\$7⁵⁰

- 1 ct



Medical ID Bracelet:

- Blank Item No. 1875 1 ct

\$16⁵⁰

- Diabetic Item No. 1877 1 ct

- Heart Item No. 1876 1 ct

\$15⁰⁰



Medicine Bottle Opener
with Magnifier
Item No. 2017

\$10⁰⁰

- 1 ct



Pill Case, Weekly AM/PM
Item No. 1934

\$11⁰⁰

- 1 ct



Pill Crusher with Storage
Item No. 1933

\$10⁰⁰

- 1 ct



Pill Cutter with Safety Shield
Item No. 1932

\$10⁰⁰

- 1 ct



Pillow, CPAP, Fiber Filled
Item No. 1836

\$60⁰⁰

- 1 ct

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Daily Living Aids *continued*



Pillow, CPAP,
Memory Foam
Item No. 1837

\$95⁰⁰

- 1 ct



Pillow, Hypoallergenic
Item No. 1936

\$53⁰⁰

- 1 ct



Scale, Kitchen, Dial ‡
Item No. 1756

\$7⁵⁰



Scale, Kitchen, Digital ‡
Item No. 2016

\$25⁰⁰

- 1 ct



Sharps Container,
1 gallon
Item No. 1799

\$7⁵⁰

- 1 ct

Dental & Denture Care



Biotene® Dry
Mouth Oral Rinse
Item No. 1817

\$14⁰⁰

- 16 oz



Dental Floss, Reach®
Waxed - Cinnamon
Item No. 1901

\$4⁰⁰

- 55 yd



Dental Floss,
Reach® Waxed - Mint
Item No. 1455

\$5⁰⁰

- 55 yd



Dental Floss, Reach®
Waxed - Unflavored
Item No. 1902

\$4⁰⁰

- 55 yd



Dental Travel Kit
Item No. 1749

\$10⁰⁰

- 1 ct



Denture Brush
Item No. 1747

\$6⁵⁰

- Compare to G-U-M®
- 1 ct



Denture Cleaning Tablets
Item No. 1032

\$6⁰⁰

- Compare to Polident®
- 40 ct



Denture Cream
Adhesive, Effergrip®
Item No. 1842

\$7⁰⁰

- 1.5 oz



Dry Mouth
Spray, Biotene®
Item No. 1818

\$11⁵⁰

- 1.5 oz



Efferdent® Plus
Mint Tablets
Item No. 1653

\$8⁰⁰

- 36 ct

OTC MEDICATIONS AND HEALTH PRODUCTS

Talk with your doctor before starting a new product regimen.

Dental & Denture Care *continued*



Effergrip® Denture Cream Adhesive
Item No. 1843

\$9⁰⁰
- 2.5 oz



Fingertip Tooth & Gum Massager
Item No. 1745

\$9⁰⁰
- 1 ct



Fixodent®
Item No. 1187

\$7⁰⁰
- .75 oz



Interdental Flossups
Item No. 1751

\$5⁰⁰
- Compare to G-U-M®
- 90 ct



Interdental Gum Brushes
Item No. 1748

\$6⁰⁰
- 10 ct



Orajel® Pain Relief
Item No. 1454

\$11⁰⁰
- .25 oz/20%



Oral Care System Kit
Item No. 1750

\$12⁵⁰
- 1 ct



Oral Pain Relief
Item No. 1286

\$6⁰⁰
- Compare to Orajel®
- .5 oz/20%



Polident® Overnight
Item No. 1892

\$12⁵⁰
- 84 ct



Sore Mouth Swabs, Orajel® Medicated
Item No. 1888

\$9⁵⁰
- 12 ct



Tongue Cleaner
Item No. 1746

\$6⁰⁰
- 1 ct



Toothbrush, Battery Powered
Item No. 2015

\$20⁰⁰
- 1 ct



Toothbrush, Colgate®, Adult Soft
Item No. 1413

\$3⁰⁰
- 1 ct



Toothbrush, Colgate®, Adult Medium
Item No. 1830

\$3⁰⁰
- 1 ct



Toothbrush, Rechargeable
Item No. 1450

\$40⁰⁰
- 1 ct



Toothbrush, Soft 2-pack
Item No. 1948

\$6⁰⁰
- 2 ct

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Dental & Denture Care *continued*



Toothbrush, Tek Pro®, Angled Soft
Item No. 1412
\$3⁰⁰
- 1 ct



Toothpaste, Colgate®
Item No. 1831
\$6⁰⁰
- 4 oz



Toothpaste, Crest® Sensi-Relief
Item No. 1838
\$9⁵⁰
- 4.1 oz



Toothpaste, Fluoride
Item No. 1914
\$5⁵⁰
- 6.4 oz



Toothpaste, Pepsodent®
Item No. 1414
\$5⁰⁰
- 5.5 oz



Toothpaste, Sensitive Teeth
Item No. 1903
\$6⁰⁰
- Compare to Sensodyne®
- 4.3 oz



Toothpaste, Ultrabrite®
Advanced Whitening
Item No. 1716
\$7⁰⁰
- 6 oz



Diabetic Skin Relief
Foot Cream
Item No. 1839
\$12⁰⁰
- Compare to Gold Bond®
Skin Protectant Foot Cream
- 3.4 oz

Diabetic Foot Care



Diabetic Socks, Black
• Medium Item No. 1956
• Large Item No. 1957
• X-Large Item No. 1958
\$9⁰⁰
- 3 pair



Diabetic Socks, Black,
Ultra Soft Padded
• Medium Item No. 1959
• Large Item No. 1960
• X-Large Item No. 1961
\$11⁰⁰
- 2 pair



Diabetic Socks, White
• Medium Item No. 1953
• Large Item No. 1954
• X-Large Item No. 1955
\$9⁰⁰
- 3 pair



Diabetic Socks, White,
Ultra Soft Padded
• Medium Item No. 1962
• Large Item No. 1963
• X-Large Item No. 1964
\$11⁰⁰
- 2 pair

OTC MEDICATIONS AND HEALTH PRODUCTS

Talk with your doctor before starting a new product regimen.

Diagnostic Equipment



Activity Tracker
Item No. 1982
\$52⁰⁰
- 1 ct



Bathroom Scale #8
Item No. 1935
\$35⁰⁰
- 1 ct



Bathroom Scale, Talking #8
Item No. 1981
\$57⁰⁰
- 1 ct



Blood Pressure Monitor,
Desktop Replacement Cuff #
Item No. 1504
\$15⁰⁰
- 1 ct



Blood Pressure
Monitor, Wrist #
Item No. 1501
\$35⁰⁰
- 1 ct



Heart Rate
Monitor Watch #
Item No. 1771
\$40⁰⁰
- 1 ct



Peak Flow Meter #
Item No. 1789
\$17⁰⁰
- 1 ct



Thermometer,
Digital 60 seconds
Item No. 1063
\$7⁵⁰
- 1 ct



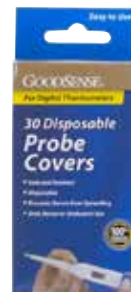
Thermometer,
Digital Ear
Item No. 1285
\$30⁰⁰
- 1 ct



Thermometer, Fever Strip
Item No. 1794
\$8⁰⁰
- 1 ct



Thermometer, Flexible
Tip, Digital 10 seconds
Item No. 1697
\$13⁰⁰
- 1 ct



Thermometer Probe Covers
Item No. 1752
\$3⁵⁰
- 30 ct

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Diagnostic Tests



EZ Detect® Colon Cancer Test Kit †
Item No. 1416

\$13⁰⁰

- 1 ct



Home Access Cholesterol Test †
Item No. 1251

\$30⁰⁰

- 1 kit

Ear Care



Cotton Tipped Swabs
Item No. 1742

\$6⁰⁰

- Compare to Johnson & Johnson®
- 300 ct



Ear Drops, Swim-Ear®
Item No. 1910

\$7⁵⁰

- 1 oz

Eye Care



Contact Lens Solution, Multi-Purpose
Item No. 1468

\$8⁰⁰

- Compare to Renu® Multipurpose Solution
- 12 oz



Eye Compress, Stye®
Item No. 1905

\$11⁰⁰

- 1 ct



Eye Drops, Clear Eyes®
Item No. 1199

\$6⁰⁰

- .2 oz



Eye Drops, Irritation Relief
Item No. 1806

\$9⁵⁰

- Compare to Visine A.C.®
- 15 ml



Eye Ointment, Stye®
Item No. 1906

\$11⁵⁰

- 3.5 gm

First Aid



Adhesive Bandages
Item No. 1344

\$5⁰⁰

- Compare to Band-Aid® Plastic Strips
- 60 ct



Alcohol Pads
Item No. 1200

\$5⁵⁰

- 100 ct/70%



Antiseptic Skin Cleanser
Item No. 1808

\$11⁰⁰

- Compare to Hibiclens®
- 8 oz



Bactine® Solution
Item No. 1142

\$10⁰⁰

- 4 oz

OTC MEDICATIONS AND HEALTH PRODUCTS

Talk with your doctor before starting a new product regimen.

First Aid *continued*



Bandage, Elastic
- 2" x 4.5 yd
Item No. 1207

\$4⁰⁰

- Compare to Ace®
- 1 ct



Bandage, Elastic
- 3" x 5 yd
Item No. 1209

\$4⁰⁰

- Compare to Ace®
- 1 ct



Bandage, Elastic
- 4" x 5 yd
Item No. 1211

\$5⁰⁰

- Compare to Ace®
- 1 ct



Bandage, Elastic
- 6" x 5 yd
Item No. 1213

\$5⁰⁰

- Compare to Ace®
- 1 ct



Bandages, Band-Aid® Clear
Comfort-Flex, Assorted Sizes
Item No. 1667

\$7⁰⁰

- 45 ct



Bandages, Gauze Sterile,
Conforming Stretch

- 3" x 4.1 yd

Item No. 1223

\$7⁵⁰

- 12 ct



Burn Relief Spray

Item No. 1926

\$10⁰⁰

- Compare to Solarcaine®
- 4.5 oz/0.5%



Caldyphen Clear
(Anti-Itch Lotion)

Item No. 1144

\$9⁰⁰

- Compare to Caladryl®
- 6 oz/1%



Cotton Tipped Applicator - 6"
Item No. 1669

\$12⁰⁰

- 1,000 ct



Diphenhydramine HCL/Zinc
Acetate (Anti-Itch Cream)

Item No. 1140

\$5⁰⁰

- Compare to Benadryl Cream®
- 1 oz



Face Masks,
Procedural, with
Earloops

Item No. 1896

\$25⁰⁰

- 50 ct



First Aid Kit,
20 Pieces
Item No. 1947

\$7⁰⁰

- 1 ct

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First Aid *continued*



First Aid Kit,
75 Pieces
Item No. 1215

\$10⁰⁰

- 1 ct



First Aid Kit,
175 Pieces
Item No. 1738

\$17⁰⁰

- 1 ct



Gauze Pad, Johnson
& Johnson® - 2" x 2"
Item 1676

\$6⁰⁰

- 25 ct



Hot/Cold Pack,
1 small & 1 large
Item No. 1062

\$9⁰⁰

- 1 ct



Hydrogen
Peroxide
Item No. 1228

\$5⁰⁰

- 16 oz/3%



Isopropyl
Alcohol
Item No. 1713

\$6⁰⁰

- 16 oz/70%



Liquid Bandage
Item No. 1872

\$8⁵⁰

- .45 oz



Nitrile Exam
Gloves
Item No. 1840

\$14⁰⁰

- 100 ct



Petroleum Jelly
Item No. 2018

\$7⁰⁰

- Compare to
Vaseline®
- 4 oz

Foot Care



Bunion Guard
Item No. 1784

\$9⁰⁰

- 1 ct



Callus Remover Pads
Item No. 1238

\$7⁰⁰

- Compare to
Dr. Scholl's®
- 6 ct



Corn Remover Pads
Item No. 1236

\$7⁰⁰

- Compare to
Dr. Scholl's®
- 9 ct



Hammer Toe Crest
Item No. 1785

\$10⁰⁰

- 1 ct

OTC MEDICATIONS AND HEALTH PRODUCTS

Talk with your doctor before starting a new product regimen.

Foot Care *continued*



Lamb's Wool Padding
Item No. 1786
\$6⁵⁰

- 1ct



Moleskin Sheets Plus
Item No. 1782
\$6⁰⁰

- 4 ct



Toe Protector, Small
Item No. 1788
\$9⁰⁰

- 1 ct



Toe Protector, Large
Item No. 1787
\$9⁰⁰

- 1 ct



Toe Separator
Item No. 1783
\$7⁰⁰

- 6 ct

Hemorrhoid Relief



Pre-moist
Hemorrhoid Pads
Item No. 1364
\$8⁰⁰

- Compare to
Tucks®
- 100 ct



Preparation H®
Cream
Item No. 1248
\$12⁰⁰

- 26 gm



Preparation H®
Medicated Wipes
Item No. 1895
\$13⁰⁰

- 48 ct



Bathing Wipes
Item No. 2010
\$8⁰⁰

- 1 ct



Flushable Wipes
Item No. 1928
\$7⁵⁰

- 24 ct

Incontinence Supplies



Flushable Wipes
Item No. 2000
\$12⁰⁰

- 60 ct



Lantiseptic® Skin
Protectant Ointment
Item No. 1202
\$12⁰⁰

- 4 oz/50%



No-Rinse
Body Wash
Item No. 1884
\$12⁰⁰

- 8 oz



Perineal Wash
Rinse-Free
Item No. 2022
\$7⁰⁰

- 8 oz

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Incontinence Supplies *continued*



Premier® Adult Briefs,
Medium - 32" to 44"
Item No. 1993

\$34⁰⁰

- Compare to Depend®
- 14 ct



Premier® Adult Briefs,
Large - 44" to 58"
Item No. 1994

\$34⁰⁰

- Compare to Depend®
- 12 ct



Premier® Adult Briefs,
X-Large - 58" to 63"
Item No. 1995

\$34⁰⁰

- Compare to Depend®
- 10 ct



Premier® Disposable Underwear,
Medium - 36" to 44"
Item No. 1990

\$34⁰⁰

- Compare to Depend®
- 18 ct



Premier® Disposable Underwear,
Large - 44" to 58"
Item No. 1991

\$34⁰⁰

- Compare to Depend®
- 16 ct



Premier® Disposable Underwear,
X-Large - 56" to 68"
Item No. 1992

\$34⁰⁰

- Compare to Depend®
- 14 ct



Underpad, Extra Absorbent
Air Permeable, 30" x 36"
Item No. 1996

\$15⁰⁰

- Compare to Depend®
- 5 ct



Washcloth with Lanolin
Item No. 1348

\$9⁰⁰

- 64 ct

Lice Treatment (Pediculicide)



Lice Elimination Kit
Item No. 1929

\$27⁰⁰

- Compare to RID®
- 1 kit



Lice Treatment Rinse (Permethrin)
Item No. 1269

\$14⁰⁰

- Compare to Nix®
- 59 ml/1%



Lice Treatment Shampoo
Item No. 1271

\$9⁰⁰

- Compare to RID®
- 4 oz

Motion Sickness



Dramamine®
Chewables, Orange
Item No. 1264

\$7⁰⁰

- 8 ct/50 mg

OTC MEDICATIONS AND HEALTH PRODUCTS

Talk with your doctor before starting a new product regimen.

Pain Relief Aids



Aspercreme®
Item No. 1924
\$7⁵⁰
- 1.25 oz



Cold/Hot Menthol Medicated Patch
Item No. 1944
\$8⁰⁰
- Compare to IcyHot®
- 5 ct/5%



Epsom Salt
Item No. 1845
\$7⁷⁵
- 4 lb



Heating Pad Digital, 12" x 15"
Item No. 2024
\$45⁰⁰
- 1 ct



Heating Pad Wrap For Shoulder, Neck, and Back, 25" x 26"
Item No. 1943
\$55⁰⁰
- 1 ct



Heating Pad, X-Large, 12" x 24"
Item No. 1942
\$35⁰⁰
- 1 ct



HeatWraps - Back & Hip
Item No. 1859
\$13⁰⁰
- Compare to ThermaCare®
- 2 ct



HeatWraps - Neck, Shoulder, & Wrist
Item No. 1860
\$13⁰⁰
- Compare to ThermaCare®
- 3 ct



Ice Bag - 9"
Item No. 1761
\$9⁰⁰
- 1 ct



Menthol Gel
Item No. 1923
\$8⁵⁰
- Compare to Mineral Ice®
- 8 oz/2%



Pain Relief Cream, Arthritis Hot®
Item 1809
\$7⁰⁰
- 3 oz/0.1



Pain Relief Mask
Item No. 1762
\$9⁰⁰
- 1 ct



Pain Relieving Muscle Rub
Item No. 1475
\$6⁰⁰
- Compare to Bengay®
- 2 oz/2.5%



Salonpas® Pain Relief Patches
Item No. 1739
\$14⁰⁰
- 6 ct



Warm or Cold Water Bottle, Rubber Latex
Item No. 1781
\$10⁰⁰
- 1 ct

Please note that the products you receive may look different from the images shown in this brochure. The packaging could change throughout the year. Be assured, the active ingredients in the products will remain the same.

Pain Relievers & Fever Reducers



Acetaminophen (Pain Reliever, Extra Strength)
Item No. 2030

\$4⁰⁰

- Compare to Tylenol Extra Strength®
- 24 ct/500 mg



Acetaminophen (Pain Reliever, Extra Strength)
Item No. 1105

\$5⁸⁸

- Compare to Tylenol® Extra Strength
- 50 ct/500 mg



Acetaminophen (Pain Reliever, Extra Strength)
Item No. 2002

\$15⁰⁰

- Compare to Tylenol Extra Strength®
- 500 ct/500 mg



Aleve®
Item No. 1104

\$16⁰⁰

- 100 ct/220 mg



Bayer® Back & Body Pain, Extra Strength
Item No. 1720

\$7⁰⁰

- 24 ct/500 mg, 32.5 mg

Skin & Sun Care



Aloe Vera Cream
Item No. 1070

\$6⁰⁰

- 8 oz



Calamine Skin Protectant Lotion
Item No. 1821

\$6⁰⁰

- 6 oz



Hand Sanitizer
Item No. 1065

\$6⁵⁰

- Compare to Purell®
- 8 oz



Scar Gel
Item No. 1852

\$10⁰⁰

- 1 oz



Sunscreen Lotion SPF 30
Item No. 1908

\$5⁰⁰

- 1.5 oz



Sunscreen Lotion SPF 30
Item No. 1284

\$6⁰⁰

- 3.5 oz

Sleep Aids



Nasal Strips, Medium
Item No. 1724

\$12⁰⁰

- Compare to Breathe Right®
- 30 ct



Nasal Strips, Large
Item No. 1725

\$12⁰⁰

- Compare to Breathe Right®
- 30 ct

OTC MEDICATIONS AND HEALTH PRODUCTS

Talk with your doctor before starting a new product regimen.

Supports & Braces



Ankle Support
Item No. 1225

\$8⁰⁰

- Compare to Ace®
- 1 ct



Arm Sleeve,
Protective - Small
Item 1897

\$20⁰⁰

- 1 pair



Arm Sleeve,
Protective - Large
Item No. 1898

\$24²⁵

- 1 pair



Arm Sleeve,
Protective - X-Large
Item No. 1899

\$27²⁵

- 1 pair



Arthritis Knee Sleeve
• Small Item No. 2011
• Medium Item No. 2012
• Large Item No. 2013
• X-Large Item No. 2014

\$25⁰⁰

- 1 ct



Back Support

- Deluxe Criss Cross, Small - 28" to 32" Item No. 1760
- Deluxe Criss Cross, Medium - 33" to 37" Item No. 1759
- Deluxe Criss Cross, Large - 38" to 42" Item No. 1758

\$24⁰⁰

- 1 ct



Heel & Elbow Protector

- Small Item No. 1774
- Medium Item No. 1773
- Large Item No. 1772
- X-Large Item No. 1775

\$12⁰⁰

- 1 ct



Knee Stabilizer
Item No. 1465

\$23⁰⁰

- 1 ct



Thumb Brace
Item No. 1778

\$18⁰⁰

- 1 ct



Wrist Compression

- Small Item No. 1918
- Medium Item No. 1919
- Large Item No. 1920
- X-Large Item No. 1921

\$14⁰⁰

- 1 ct

Vitamins & Minerals



Airborne®
Immune Support
Chewables †
Item No. 1805

\$16⁰⁰

- 32 ct



Beta Carotene, Natural ‡
Item No. 2075

\$12⁰⁰

- 100 ct/25,000 IU



Biotin, Natural ‡
Item No. 2091

\$14⁰⁰

- 60 ct/5,000 mcg

Please note that the products you receive may look different from the images shown in this brochure. The packaging could change throughout the year. Be assured, the active ingredients in the products will remain the same.

Vitamins & Minerals *continued*



Calcium Chew,
Chocolate †
Item No. 1945
\$11⁰⁰

- Compare to Caltrate®
- 60 ct/500 mg, 1000 IU



Cod Liver Oil †
Item No. 1827
\$8⁷⁵

- 100 ct



Cod Liver Oil, Natural †
Item No. 2076
\$11⁰⁰

- 100 ct



Coenzyme Q-10 †
Item No. 1828
\$14⁰⁰

- 30 ct/100 mg



Coenzyme Q-10,
Natural †
Item No. 2092
\$18⁰⁰

- 45 ct/100 mg



Ferrous Gluconate (Iron
Supplement), Natural †
Item No. 2073
\$11⁰⁰

- 100 ct/27 mg



Fish Oil, Soft Gels †
Item No. 1741
\$11⁰⁰

- 60 ct/1,000 mg



Flaxseed †
Item No. 1849
\$12⁰⁰

- 100 ct/1,000 mg



Folic Acid, Natural †
Item No. 2093
\$9⁰⁰

- 100 ct/800 mcg



Glucosamine
(Joint Health Support) †
Item No. 1114
\$10⁰⁰

- 60 ct/500 mg



Glucosamine/Chondroitin
(Joint Health Support) †
Item No. 1003
\$11⁰⁰

- 60 ct/250 mg, 200 mg



Glucose Tablets
Item No. 1997
\$8⁰⁰

- 50 ct



Healthy Eyes®
with Lutein †
Item No. 1975
\$8⁵⁰

- Compare to
Ocuvite®
- 60 ct



Immune Support
Chewables †
Item No. 1866
\$12⁰⁰

- Compare to Airborne®
- 50 ct



Leg Cramps Pain
Relief Caplets †
Item No. 1870
\$17⁰⁰

- 100 ct

OTC MEDICATIONS AND HEALTH PRODUCTS

Talk with your doctor before starting a new product regimen.

Vitamins & Minerals *continued*



Magnesium, Natural †
Item No. 2089
\$10⁰⁰

- 60 ct/480 mg



Melatonin, Gummy †
Item No. 1971
\$15⁰⁰

- Compare to Vitafusion®
- 120 ct/2.5 mg



Melatonin, Natural †
Item No. 2094
\$12⁰⁰

- 60 ct/5 mg



Multivitamin, Centrum Silver® Chewables †
Item No. 1420
\$17⁰⁰

- 60 ct



Multivitamin, Daily †
Item No. 1393
\$8⁰⁰

- Compare to One-A-Day Essential®
- 100 ct



Multivitamin, Daily, Gummy †
Item No. 1972
\$12⁵⁰

- Compare to Vitafusion®
- 120 ct



Multivitamin, Natural Organic †
Item No. 2088
\$16⁰⁰

- 60 ct



Niacin, No Flush †
Item No. 1930
\$15⁰⁰

- 60 ct/500 mg



Niacin, No Flush, Natural †
Item No. 2095
\$12⁰⁰

- 30 ct/500 mg



Omega & DHA Gummy †
Item No. 1976
\$14⁰⁰

- Compare to Vitafusion®
- 120 ct/91 mg, 16 mg



Potassium Gluconate †
Item No. 1977
\$6⁰⁰

- 100 ct/595 mg



Rena-Vite †
Item No. 1395
\$13⁵⁰

- 100 ct



Vitamin A, Natural †
Item No. 2074
\$10⁵⁰

- 100 ct/10,000 IU



Vitamin B-1, Natural †
Item No. 2080
\$12⁰⁰

- 100 ct/100 mg



Vitamin B-6, Natural †
Item No. 2081
\$11⁰⁰

- 100 ct/100 mg



Vitamin B-12 †
Item No. 1389
\$6⁰⁰

- 100 ct/500 mcg



Vitamin B-12, Natural †
Item No. 2082
\$10⁰⁰

- 60 ct/500 mcg



Vitamin B-12, Sublingual †
Item No. 1974
\$10⁰⁰

- 30 ct/5,000 mcg

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Vitamins & Minerals *continued*



Vitamin B-12,
Sublingual,
Natural †
Item No. 2083

\$18⁰⁰

- 60 ct/5,000 mcg



Vitamin
B-Complex,
Natural †
Item No. 2079

\$10⁰⁰

- 100 ct



Vitamin C †
Item No. 1706

\$11⁰⁰

- 100 ct/1,000 mg



Vitamin C,
Natural †
Item No. 2084

\$14⁰⁰

- 100 ct/1,000 mg



Vitamin C, with
Rose Hips,
Natural †
Item No. 2085

\$15⁰⁰

- 60 ct/1,500 mg



Vitamin D3 †
Item No. 1383

\$6⁰⁰

- 100 ct/400 IU



Vitamin D3 †
Item No. 1973

\$10⁰⁰

- 100 ct/5,000 IU



Vitamin D3, Gummy †
Item No. 1978

\$13⁰⁰

- 120 ct/1,000 IU



Vitamin D3,
Natural †
Item No. 2077

\$10⁰⁰

- 100 ct/1,000 IU



Vitamin D3,
Natural †
Item No. 2078

\$12⁰⁰

- 60 ct/5,000 IU



Vitamin E,
Soft Gels †
Item No. 1391

\$6⁰⁰

- 100 ct/100 IU



Vitamin E, Soft
Gels, Natural †
Item No. 2086

\$12⁰⁰

- 90 ct/400 IU



Vitamin E, Soft
Gels, Natural †
Item No. 2087

\$12⁰⁰

- 30 ct/1,000 IU



Zinc, Chelated †
Item No. 1419

\$8⁰⁰

- 100 ct/50 mg



Zinc, Natural †
Item No. 2090

\$10⁰⁰

- 100 ct/50 mg

OTC MEDICATIONS AND HEALTH PRODUCTS

Talk with your doctor before starting a new product regimen.

Wart Remover



Wart Removal System, Dr. Scholl's®
Item No. 1288

\$14⁰⁰

- 20 ct



Wart Removal System, Wartners®
Item No. 1289

\$19⁰⁰

- 1 ct



Wart Remover, Liquid
Item No. 1075

\$9⁰⁰

- Compare to Compound W®
- 9 ml/17%

§ Scales are only available to customers with congestive heart failure or liver disease. Please talk with your health care provider before ordering.

‡ Must be recommended by your health care provider for a specific diagnosed condition. Please talk with your provider before ordering.

Based on VAS effective 09/01/2020 to 08/31/2021.

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Cigna:

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 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides 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, contact Member Services at 1-877-653-0327 (TTY: 7-1-1), Monday to Friday, 8 a.m. to 5 p.m. Central Time.

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Cigna
Attn: Appeals, Complaints, and Grievances Department
P.O. Box 211088
Bedford, Texas 76095
Phone: 1-800-653-0327 (TTY 711) Fax: 1-877-809-0783

You can file a grievance in writing by mail or fax. If you need help filing a grievance, Customer Service 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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Multi-language Interpreter Services

English – ATTENTION: If you speak English, language assistance services, free of charge are available to you. Call 1-877-653-0327 (TTY 711).

Spanish – ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-653-0327 (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 1-877-653-0327 (TTY 711)。

Tiếng Việt (Vietnamese) – CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-653-0327 (TTY: 711).

Korean – 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-653-0327 (TTY: 711) 번으로 전화해 주십시오.

Tagalog – PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-877-653-0327 (TTY: 711).

Russian – ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-877-653-0327 (телетайп: 711).

Arabic ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-877-653-0327 (رقم هاتف الصم والبكم 711).

French – ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-877-653-0327 (ATS : 711).

Polish – UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-653-0327 (TTY: 711).

Italian – ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-877-653-0327 (TTY: 711).

German – ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-877-653-0327 (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。1-877-653-0327 (TTY: 711) まで、お電話にてご連絡ください。

Farsi توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-877-653-0327 (TTY: 711) تماس بگیرید.

Hindi – ध्यान दें: अगर आप हिंदी बोलते हैं तो आपके लिए भाषा सहायता सेवाएं नि:शुल्क उपलब्ध हैं। 1-877-653-0327 (TTY 711) पर कॉल करें।

Gujarati – સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-877-653-0327 (TTY: 711).

Urdu خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال 1-877-653-0327 (TTY: 711)۔

Lao – ຄຳໃຈໃສ່: ຖ້າທ່ານເວົ້າພາສາລາວ, ງານບໍລິການໃຫ້ຄວາມຊ່ວຍເຫຼືອດ້ານພາສາຈະໃຫ້ບໍລິການພຣິດຕະກຳທ່ານ. ໂທ: 1-877-653-0327 (TTY 711).

Greek – ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-877-653-0327 (TTY: 711).



OVER-THE-COUNTER (OTC) BENEFIT
ORDER FORM

STEP 1 - COMPLETE YOUR INFORMATION BELOW

Member ID (found on plan member ID card) - Date of Birth / /

First Name Last Name MI

Street Number Street Name Apt/Suite #

City State Zip Code -

Daytime Phone - - Email (Optional) @ . Please check box if this is a new address

STEP 2 - PRODUCT SELECTION

Cash, checks, credit cards or money orders are not accepted under this Over-the-Counter (OTC) benefit.

Item #	Product Description	Quantity	Unit Price	TOTAL
1 <input type="text"/>	_____	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
2 <input type="text"/>	_____	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
3 <input type="text"/>	_____	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
4 <input type="text"/>	_____	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
5 <input type="text"/>	_____	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>

Use the other side to order more products. Subtotal from Other Side \$.

Total Order \$.

Please mail this completed form in the postage-paid envelope to:

OTC Servicing Center, PO Box 267067, Weston, FL 33326-9895

Your order total will be applied to the month in which we receive your form. For example, you mail your order form on June 29th. However, we receive it on July 1st. Your order total will be applied to your July benefit. It will not apply to your June benefit.

STEP 2 - PRODUCT SELECTION (Continued)

Cash, checks, credit cards or money orders are not accepted under this Over-the-Counter (OTC) benefit.

Item #	Product Description	Quantity	Unit Price	TOTAL
6	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
7	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
8	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
9	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
10	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
11	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
12	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
13	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
14	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
15	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
16	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
17	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
18	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
19	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>
20	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> . <input type="text"/>	\$ <input type="text"/> . <input type="text"/>

Please add Subtotal to the other side.

Subtotal \$.

ATTENTION: If you speak English, language assistance services, free of charge are available to you. Call 1-877-653-0327 (TTY: 711).
 ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-653-0327 (TTY: 711).
 CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-653-0327 (TTY: 711).
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