

# 2021 OVER-THE-COUNTER ITEM CATALOG

provided by OTC Health Solutions



**Blue Shield of California has contracted with OTC Health Solutions to provide the over-the-counter items benefit offering. Please keep this valuable booklet nearby. You'll need it to look up the OTC items you want to purchase. It also contains step-by-step instructions on how to order online, or by phone.**

**If you are enrolled in one of the following Blue Shield of California plans, you have an OTC items benefit:**

- Blue Shield Inspire (HMO) – Los Angeles, Orange, Alameda, San Mateo, Fresno, Madera, Santa Clara, San Joaquin, Stanislaus, and Merced counties
- Blue Shield Inspire (HMO D-SNP) – Fresno, San Joaquin, and Stanislaus counties
- Blue Shield Inspire (PPO) – Alameda County
- Blue Shield 65 Plus<sup>SM</sup> (HMO) – San Luis Obispo, Santa Barbara, Kern, San Diego, and Ventura counties
- Blue Shield 65 Plus Choice Plan (HMO) – San Bernardino and Riverside counties
- Blue Shield AdvantageOptimum Plan (HMO) – Los Angeles, Orange, Fresno, Santa Clara, Merced, Stanislaus, and San Joaquin counties
- Blue Shield AdvantageOptimum Plan 1 (HMO) – San Diego County
- Blue Shield Coordinated Choice Plan (HMO) – Los Angeles, Orange, San Bernardino, Riverside, San Diego, Fresno, Santa Clara, Merced, San Joaquin, and Stanislaus counties
- Blue Shield TotalDual Plan (HMO D-SNP) – Los Angeles, Orange, San Bernardino, and San Diego counties
- Medicare Supplement Plan G Extra
- Medicare Supplement Plan G Inspire

There are items in this catalog that could be covered under Part B or D. When an item is covered by Part B or Part D due to your particular circumstances, you would not use your OTC benefit to obtain the item because it is covered by Medicare, and not a part of your OTC benefit.

In the event an item is out of stock, an item of similar or greater value will be substituted in your order. If an item is recalled by the manufacturer for any reason, it will be removed from the product offering immediately.

# Two convenient ways to place an order

Choose the way that works best for you:

## #1 – Online

The fastest and easiest way to order 24/7 is to visit **blueshieldca.com/medicareOTC**. Online orders must be submitted by 8:59 p.m. Pacific time to be processed the same day.

### How to place an order through our website:

#### 1. Create an account

- If it is your first time placing an order online, you will need to create an account by visiting **blueshieldca.com/medicareOTC**.
  - Then, choose the *Create Account* button and follow the instructions.
  - You will need your **member ID, date of birth, ZIP code, and current email address**.  
**Important note:** When registering or logging in, only enter the **numeric values** of your Blue Shield Member ID.
  - You will also need to create a password.
- If you need help locating your member ID, select *Get help locating your member ID*.
- Remember to save your password for future orders. You will need your member ID or email address along with your password to sign in again.
- If you forget your password, choose the *Forgot Password?* button to create a new one.

#### 2. Place an order

- Once you sign in, your benefit amount and balance will be displayed at the top of the page.
- Browse through the available products and add to your basket. Your order total will automatically deduct from your balance at the top of the page.
- Once you are ready to place your order, choose *Checkout*.
- On the *Checkout* page, confirm your shipping address, review your order, and place your order. It will arrive within 14 days.
- You will receive an email with tracking information when your order has shipped and another email when your order has been delivered.

**Reminder:** Because the processing center is on the East Coast, online orders must be submitted by 8:59 p.m. Pacific time on the last day of the quarter (March 31, June 30, September 30, and December 31) for your benefit to be applied for that quarter.

## #2 – By phone

Orders can be placed by calling **(888) 628-2770**. You can speak to a live agent Monday to Friday from 9 a.m. to 5 p.m. Pacific time. You can also order 24/7 via our automated IVR system. Please have your ID and order ready when placing your order by phone.

### How to place an order by phone (IVR system):

1. Call OTC Health Solutions (OTCHS) using the phone number on file with your Blue Shield plan.
2. Once the system locates your account, you will be asked to input your date of birth in MMDD format.
3. Account authentication process will start and the system will verify the name and address on the account.
4. Once the ordering process begins, you may order 15 items or less.
5. Please input the numerical portion of the item code.
  - **Example:** If you would like to order item "B34 cotton swabs," you will select "34" and wait for the prompt to confirm the item. Once the system locates the item, it will read back the product name and quantity and ask if the selection is correct.
  - If yes, the system will add the item to your cart.
  - If no, the system will provide an option to edit the product or the quantity.
6. Once the order is completed, you will have the choice to review the items in the cart or submit the order.
  - If you submit the order without review, the system will provide a confirmation number and the call will be disconnected.
  - If you want to review your order, the system will allow you to edit the items, start over, submit the order, or speak with a representative.

**Note:** Should you choose to speak to a representative, your items will not be saved and you will have to restart your order.

### Return policy

Due to the personal nature of the products, no returns or exchanges are allowed. If you received a defective or damaged item, please call OTC Health Solutions within 30 days of placing your order.

If your item is not in stock, an item of similar or greater value may be substituted in your order.

## Frequently asked questions

### **How many orders can I place per year?**

You may place an order **once** per quarter. Unused benefits will not roll over into the next quarter.

### **Can I cancel my order once it has been placed?**

Orders can only be cancelled within ONE HOUR after being processed.

### **How do I confirm my order was placed?**

Once the order has been completed, you will receive a confirmation number. Always make sure to receive and keep your confirmation number.

### **Can I track my order?**

You can opt in to receive tracking information via email or text; simply advise an agent when placing your order.

### **How can I receive another copy of this catalog?**

You will receive a digital version of the catalog with every tracking email/text. You can also print a copy from the plan web page. If you would like to receive a printed copy of the catalog, you can call **(888) 628-2770** (TTY: 711), Monday to Friday, 9 a.m. to 5 p.m. Pacific time.

### **Where can I get additional information about the products?**

In this catalog, you will find SKU numbers that can be used at CVS.com to search for product images and obtain additional product information, such as ingredients.

### **How will the items be shipped?**

Items are shipped via USPS to your home at no charge to you. Please allow up to 14 days for delivery.

### **Additional notes:**

- There is no limit on the number of items you may order. There is, however, a quantity limit of nine per any single item, per quarter. There are some select products that have special limits, and these are marked by a "★" or a "■."
- To purchase certain vitamin and mineral supplements, your physician must recommend them to you for a specific diagnosed condition. These are called "dual-purpose items" and are marked with a "◆." Please speak with your physician before ordering these types of items.
- Products in this catalog may be ordered only for the enrolled member.

**If you have not received your items within 14 days after ordering, please call: (888) 628-2770 (TTY: 711), Monday to Friday, 9 a.m. to 5 p.m. Pacific time.**



## Adult care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
I70	830476	Women's Small/Medium Underwear Max	Depend	36 CT	\$18
I71	830475	Women's Large Underwear Max	Depend	32 CT	\$18
I72	830474	Women's XL Underwear Max	Depend	28 CT	\$18
I73	830473	Men's Small/Medium Underwear Max	Depend	36 CT	\$18
I75	842939	Men's L/XL Underwear Max	Depend	32 CT	\$18
I76	163094	Unisex Extra Large Briefs Max	Depend	14 CT	\$11
I78	240487	Women's Protective Pads Moderate	Poise	20 CT	\$5
I79	964701	Overnight Women's Bladder Control Pads	Tena Serenity	30 CT	\$12
I80	520577	Adult Care Wipes	N/A	48 CT	\$8
I83	383703	Unisex Overnight Underwear XL	Depend	12 CT	\$13
I84	383182	Unisex Overnight Underwear L	Depend	14 CT	\$13
I86	512509	Underpads XL 23"x36"	N/A	18 CT	\$9
I87	795728	Women's Bladder Control Pads, Long	Poise	27 CT	\$11
I88	163093	Men's Bladder Control Pads	Poise	52 CT	\$12

## Allergy



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
A2	477066	Allergy relief tablets	Benadryl	24 CT	\$4
A3	444238	Cetirizine 10mg Tablets	Zyrtec	30 CT	\$14
A5	232642	Loratadine 10mg, 24 Hr Regular	Claritin	30 CT	\$15
A6	847260	Fexofenadine Tablets 180mg	Allegra	30 CT	\$14
A10	232641	Loratadine 10mg	Claritin	10 CT	\$8
A11	389345	Levocetirizine Allergy Relief	Xyzal	35 CT	\$16
A16	583518	Loratadine 10mg Tablets	Claritin	365 CT	\$40
A53	444236	Allergy Cetirizine 10mg Tablets	Zyrtec	14 CT	\$11
A59	238246	Fluticasone Nasal Spray	Flonase	0.34 OZ	\$13
A61	370783	Fexofenadine 60mg Tablets	Allegra	24 CT	\$13

Item list is subject to change. You will receive the generic equivalent of all items.

## Baby care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
B14	692270	Ultra-Soft Cleansing Wipes Unscented	N/A	72 CT	\$3
◆B17	966747	Oral Electrolyte Adult Orange	Pedialyte	8 CT	\$7
B34	395417	Cotton Swabs	N/A	50 CT	\$1

◆ Dual-purpose item.

## Cold remedies



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
C3	895139	Cold Flu & Sore Throat Max	Mucinex Fast-Max	6 OZ	\$11
◆C5	970454	AirShield Adult Gummies	N/A	42 CT	\$10
C7	587618	Medicated Chest Rub	Vicks Vaporub	3.5 OZ	\$6
■C8	155912	Digital Thermometer	N/A	1 CT	\$8
◆C9	381791	AirShield Twin Pack Orange	Airborne	20 CT	\$10
C11	707032	Sore Throat Lozenges	Cepacol	18 CT	\$4
C12	971824	Tussin CF	Robitussin CF	4 OZ	\$6
C13	707516	Tussin DM	Robitussin DM	4 OZ	\$6
◆C15	889580	AirShield Berry Chew	Airborne	32 CT	\$6
C16	297625	Nasal Decongestant Tabs	Sudafed PE	18 CT	\$4
C19	297885	Chest Congestion Relief 400mg	Humibid e	60 CT	\$9
C21	164183	No Drip Nasal Mist	Afrin	1 OZ	\$6
■C22	202227	Micro Temple Thermometer	N/A	1 CT	\$23
■C23	834800	Temple Thermometer	N/A	1 CT	\$38
C24	890425	Daytime Cold/Flu Soft Gels	Vicks DayQuil	16 CT	\$6
C25	465804	Cold Remedy Melts Citrus	Zicam	25 CT	\$9
C26	954407	Severe Nighttime Cold & Flu Relief Berry	NyQuil	8 OZ	\$7
C29	159734	Nasal Decongestant Inhaler	N/A	0.07 OZ	\$5
C31	972801	Sore Throat & Cough Lozenges Mixed Berry	Cepacol	18 CT	\$4
C33	173270	Mucus ER DM Max Strength	Mucinex	14 CT	\$13

◆ Dual-purpose item.

■ Limited to one (1) per benefit period.

Item list is subject to change. You will receive the generic equivalent of all items.

## Cold remedies



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
C34	277898	Medicated Chest Rub	Vicks Vaporub	1.76 OZ	\$4
C36	277790	Nasal Spray Saline 2 Pack Twin Pack	Ocean	1.5 OZ	\$5
C40	477060	Tussin DM Sugar Free	Robitussin DM	8 OZ	\$7
C41	688783	Cold Remedy Sugar Free	Zicam	25 CT	\$10
C52	891465	Saline Nasal Spray	Ocean	1.5 OZ	\$4
C54	890411	Nighttime Cold/Flu Soft Gels	Vicks Nyquil	16 CT	\$6
C56	408566	Sinus Acetaminophen	Tylenol Sinus	24 CT	\$6
C57	316620	Sore Throat Spray	Chloraseptic	6 OZ	\$4
C60	244956	Cough and Cold HBP	Coricidin	16 CT	\$7
C64	320711	AirShield Orange Tablets	Emergen-C	10 CT	\$6
C66	858828	Nasal Mist	Afrin	0.5 OZ	\$7

## Digestive health



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
D2	310425	Stool Softener	Colace	100 CT	\$12
D4	206805	Gas Relief E/S Softgels	Gas X E/S	30 CT	\$5
D5	878020	BeanAid Capsules	Beano	30 CT	\$5
D6	108530	Adult Glycerin Suppositories	Fleet Glycerin	25 CT	\$3
D8	860849	Heartburn Relief Tablets	Gaviscon	100 CT	\$8
D9	451300	Omeprazole Tabs	N/A	14 CT	\$10
D10	958326	Daily Fiber SF	Metamucil	10 OZ	\$8
D11	348639	Bisacodyl Laxatives Tabs	Dulcolax	25 CT	\$6
D12	672550	Anti-Diarrheal Tablets	Imodium A-D	12 CT	\$6
D13	703368	Pink Bismuth Chewable Tabs	Pepto-Bismol	30 CT	\$5
D14	690256	Acid Controller Tabs	Pepcid AC	30 CT	\$7
D15	139139	Motion Sickness Tabs	N/A	12 CT	\$6
D16	690260	Easy Fiber	Benefiber	8.6 OZ	\$13
D17	252794	Fiber Capsules	Metamucil	160 CT	\$12

Item list is subject to change. You will receive the generic equivalent of all items.



## Digestive health



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
D18	272722	Esomeprazole Magnesium Capsules	Nexium	42 CT	\$24
D19	919055	Probiotic Adult 4 Strains	Culturelle	30 CT	\$14
D20	689598	Stomach Relief Caplets	Pepto-Bismol	24 CT	\$3
D21	401472	Medicated Hemorrhoidal Wipes	Preparation H	48 CT	\$6
D22	961468	Hemorrhoidal Suppositories	Preparation H	12 CT	\$6
D23	144212	Hemorrhoidal Ointment	Preparation H	2 OZ	\$9
D24	305623	Milk of Magnesia	Phillips'	12 OZ	\$6
D25	480996	Laxative Bisacodyl Suppositories	Dulcolax	4 CT	\$6
D26	452277	Hemorrhoidal Cream	Preparation H	1.8 OZ	\$11
D27	689614	Stool Softener	Phillips'	30 CT	\$4
D30	451305	Omeprazole Tablets	Prilosec	42 CT	\$20
D31	267635	Dairy Relief	N/A	60 CT	\$13
D40	836320	Antacid Calcium ES Tablets	Tums E-X	96 CT	\$5
D46	272739	Esomeprazole Magnesium Tab	Nexium	14 CT	\$10
D47	883055	Lansoprazole 15mg Caps	N/A	14 CT	\$10
D49	713639	Purelax Powder	Miralax	8.3 OZ	\$11

## Ear and eye care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
E5	014332	Visine Dry Eye Relief	N/A	0.5 OZ	\$9
E7	110973	Earwax Removal Drops	Debrox	0.5 OZ	\$4
E8	941579	Earwax Care Kit	N/A	1 CT	\$10
E14	171322	Artificial Tears	N/A	1 OZ	\$9
E17	337097	Eye Wash	N/A	4 OZ	\$6
E18	695753	Contact Solution	N/A	4 OZ	\$5
E19	976354	Eye Health 50+ Vitamins	Ocuvite	90 CT	\$20
E20	457496	Swimmers Ear Solution	Swim-Ear	1 OZ	\$4
E21	973866	Earwax Removal Kit	Debrox	0.5 OZ	\$8

Item list is subject to change. You will receive the generic equivalent of all items.

## Feminine care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
G5	167765	Feminine Cleansing Wash	N/A	12 OZ	\$7
G6	234554	Urinary Pain Relief Tablets	Azo	30 CT	\$6
G9	721062	Miconazole Vaginal Insert and Cream	Monistat	1 CT	\$13
G30	333336	Miconazole 7 Day Vaginal Cream	Monistat	7 CT	\$10
G40	842800	Overnight Maxi Pads	Maxi	36 CT	\$8
G41	289061	Feminine Wipes Fragrance Free	N/A	32 CT	\$5

## First aid



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
F3	875957	Fabric Anti-Bacterial Bandages	N/A	20 CT	\$4
F4	109405	Calamine Lotion	Caladryl	6 OZ	\$6
F6	322430	Triple Antibiotic & Pain Relief Ointment	Neosporin	0.5 OZ	\$4
F8	618348	Triple Antibiotic Ointment, Pain & Scar	Neosporin	0.5 OZ	\$7
F9	383505	Clear Bandages	N/A	45 CT	\$4
F11	550749	Anti-Itch Cream	Benadryl Cream	1 OZ	\$5
F13	955322	Calamine Plus Spray	Caladryl	4.1 OZ	\$8
F14	875952	Flex Fabric Ab Fingertip Knuckle Bndgs	N/A	20 CT	\$4
F15	241483	Antibacterial Bandages Assortment	Band-Aid	120 CT	\$12
F16	488598	Bandages Assortment Value Pack	N/A	200 CT	\$10
F17	894077	Transparent Dressing Wound Cover	N/A	8 CT	\$7
F18	832864	Freeze Wart Remover	N/A	KIT	\$14
F19	330703	Lidocaine Burn Relief Gel	Solarcaine	8 OZ	\$6
F20	717967	Sensitive Skin Adhesive Bandages	N/A	20 CT	\$5
F21	602441	Iodine	N/A	1 OZ	\$4
F22	311533	Merthiolate	N/A	2 OZ	\$5
F23	405572	First Aid Kit	N/A	1 CT	\$6
F28	270304	Waterproof Large Transparent Dressing	Nexcare	4 CT	\$15
F31	864765	Antiseptic Skin Cleanser	Hibiclens	8 OZ	\$10

Item list is subject to change. You will receive the generic equivalent of all items.

## First aid



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
F32	482649	Epsom Salt	N/A	22 OZ	\$5
F33	351170	Wart Removal	Compound W	0.5 OZ	\$8
F38	270351	Waterproof Assorted Transparent Dressing	Nexcare	10 CT	\$9
F39	998839	Wound Care Kit S/M	N/A	30 PC	\$15
F45	219642	Zinc Oxide Ointment	N/A	1 OZ	\$4
F47	337274	Finger Injury Kit	N/A	KIT	\$7
F48	444797	Rubbing Alcohol Wipes	N/A	40 CT	\$5
F49	946095	Witch Hazel Spray	T.N. Dickinson's	6 OZ	\$7
F50	935683	Gauze Pad Non Stick 2x3	N/A	25 CT	\$6
F51	893121	Gauze Pad 4x4	N/A	25 CT	\$7
F52	893120	Gauze Pad 3x3	N/A	25 CT	\$6
F53	894104	Gauze Roll 4" 2yds	N/A	1 CT	\$4
F62	964606	First Aid Tape	N/A	1 CT	\$2
F68	531343	Petroleum Jelly	Vaseline	2.5 OZ	\$3
F69	259370	Butterfly Closures	N/A	12 CT	\$3
F73	373092	Hydrocortisone Ointment 1%	Cortisone	1 OZ	\$5
F74	219634	Bacitracin	N/A	1 OZ	\$7

## Foot care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
T2	521682	Tolnaftate Antifungal Cream	Tinactin Cream	1 OZ	\$8
T3	211003	Clotrimazole Cream, USP 1%	Lotrimin	0.5 OZ	\$7
T4	334566	Odor Control Spray Powder	Odor-Eaters	4 OZ	\$6
T5	894580	Moleskin Padding	Dr. Scholl's	2 CT	\$4
T9	314468	Medicated Corn Cushion	N/A	9 CT	\$2
T35	139231	Liquid Corn & Callus Remover	Dr. Scholl's	0.5 OZ	\$6
T36	893272	Diabetic Socks S/M	N/A	2 PAIR	\$9
T37	893270	Diabetic Socks L/XL	N/A	2 PAIR	\$9

Item list is subject to change. You will receive the generic equivalent of all items.

## Foot care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
T38	658593	Firm Compression Socks S/M Black	N/A	1 PAIR	\$12
T39	658582	Firm Compression Socks L/XL Black	N/A	1 PAIR	\$12
T40	229790	Foot Powder	Gold Bond	10 OZ	\$9

## Home diagnostics



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
H21	149647	Glucose Tablets Orange	N/A	50 CT	\$6
H22	149616	Glucose Tablets Raspberry	N/A	50 CT	\$6
H23	235152	Glucose Tablets Grape	N/A	50 CT	\$6
◆H24	732550	Micro-Thin Lancets, 33 Gauge	N/A	100 CT	\$4
◆H25	235157	Ultra Thin Lancets, 30 Gauge	N/A	100 CT	\$4
◆H26	149668	Thin Lancets, 26 Gauge	N/A	100 CT	\$4
◆H27	343477	Lancing Device	N/A	1 CT	\$6
◆H71★	708884	BP Monitor Upper Arm Auto 8.7" x 16.5"	N/A	1 CT	\$40
◆H72★	800232	BP Monitor Upper Arm Manual 8.7" x 12.6"	N/A	1 CT	\$18
◆H73★	800824	Auto Wrist Blood Pressure Monitor	N/A	1 CT	\$52
◆H74★	800231	Advanced Auto Blood Pressure Monitor	N/A	1 CT	\$52
◆H75★	800230	Premium Blood Pressure Monitor Upper Arm	N/A	1 CT	\$70
◆H76★	800229	Touchpad Blood Pressure Monitor Upper Arm	N/A	1 CT	\$90
◆H77★	814854	Pulse Oximeter	N/A	1 CT	\$40

◆ Dual-purpose item.

★ Limited to one (1) per year.

## Home health care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
J1	861900	Drive Medical Bath Mat	N/A	1 CT	\$17
J2	792495	Suction Grab Bar	N/A	1 CT	\$10
J3	868921	Shoe Horn	N/A	1 CT	\$9

Item list is subject to change. You will receive the generic equivalent of all items.

## Home health care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
J4	741739	Reacher	N/A	1 CT	\$22
■J5	741741	Raised Toilet Seat 4"	N/A	1 CT	\$45
■J6	741727	Quad Cane Black	N/A	1 CT	\$26
J7	741731	Grip Cane Gold	N/A	1 CT	\$18
J8	980705	Black Cane Tip 3/4	N/A	1 CT	\$4

■ Limited to one (1) per benefit period.



## Miscellaneous

CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
M10	186739	Hearing Aid Batteries 312	N/A	8 PK	\$8
M13	186733	Hearing Aid Batteries 13	N/A	8 PK	\$8
M49	460696	Tablet cutter	N/A	1 CT	\$7
M51	715123	7 Day Pill Box	N/A	1 CT	\$3
M75	135615	Mosquito Repellent w/ 30% DEET	OFF!	6 OZ	\$7
◆M77★	864739	Digital Body Scale	N/A	1 CT	\$12

◆ Dual-purpose item.

★ Limited to one (1) per year.



## Oral care

CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
O6	307117	Sensitive Toothpaste Extra Whitening	Sensodyne	4 OZ	\$4
O7	808698	Pro Power Toothbrush w/ Replacement Heads	N/A	1 CT	\$9
O8	978931	Sensitive Flosspicks	N/A	90 CT	\$3
O9	469085	Extra Comfort Floss Mint 43.7 YD	Oral-B Glide	1 CT	\$3
O10	230196	Denture Adhesive Regular	Fixodent	2.4 OZ	\$4
O12	910693	Toothbrush (Soft)	Colgate	1 CT	\$1
O13	933844	Extra Comfort Floss Mint 43.7 YD	Oral-B Glide	2 PK	\$6
O14	122340	Effervescent Denture Cleanser Tablets	Polident	84 CT	\$5
O15	933823	Interdental Brushes Tight Spaces	GUM	16 CT	\$5

Item list is subject to change. You will receive the generic equivalent of all items.



## Oral care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
O16	572131	Tongue Brush	N/A	2 CT	\$6
O17	902457	Comfort Dental Night Guard	N/A	2 CT	\$20
O18	809800	Lower Dental Guard	N/A	2 CT	\$30
O19	956360	Clear Pro Toothbrush – Medium	N/A	3 CT	\$3
O20	897755	Toothbrush Medium	N/A	2 CT	\$5
O21	377971	Tri Clean Soft Picks	GUM	60 CT	\$6
O23	378381	Smilesonic Replacement Heads	N/A	2 CT	\$32
O24	454376	Flosser Picks Mint	N/A	90 CT	\$3
O25	695108	Temporary Lost Filling And Crown Repair	N/A	1 CT	\$4
O26	341166	EasyFlex Replacement Brush Heads	N/A	3 PK	\$19
O28	246932	Ease Between Soft Picks	GUM	120 CT	\$7
O29	378314	Cordless Water Flossing System	N/A	1 CT	\$55
O30	371107	UV Dental Sanitizer	N/A	1 CT	\$15
O31	227508	Ultra Tight Interdental Brush	N/A	32 CT	\$6
O33	348118	3 In 1 Interdental Cleaners	N/A	16 CT	\$11
O34	276596	Sensodyne Extra Whitening Toothpaste	N/A	6 OZ	\$11
O36	485907	Sensodyne Pronamel Whitening Toothpaste	N/A	4 OZ	\$8
O37	705527	Crest Whitening Toothpaste	N/A	5.8 OZ	\$4
O39	357891	Toothbrush Protector	N/A	2 CT	\$7
O46	873493	Dry Mouth Spray	Biotene	1.5 OZ	\$7
O52	933834	Oral Pain Relief	Anbesol Gel	0.33 OZ	\$6
O71	454381	Flosser Picks	N/A	90 CT	\$3
O72	368775	Sensitive Toothpaste	Sensodyne	3.4 OZ	\$4
O73	213330	Denture Cleanser Tabs	Efferdent	40 CT	\$3
■O74	422345	EasyFlex Pro Rechargeable Toothbrush	N/A	1 CT	\$55
O75	415475	Replacement Brushheads	N/A	5 CT	\$25

■ Limited to one (1) per benefit period.

## Pain relievers



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
P1	371948	Ibuprofen 200mg	Advil	50 CT	\$4
P2	200964	Muscle Rub	Bengay	3 OZ	\$7
P4	230268	Enteric Aspirin 81mg	Bayer Low Dose	120 CT	\$5
P5	215314	Heating Pad Extra Long	N/A	1 CT	\$33
P6	371914	Acetaminophen 500mg	Tylenol E/S	100 CT	\$7
P7	844209	Icebag Large	N/A	1 CT	\$13
P8	547802	Chewable Aspirin 81mg	Bayer Low Dose Chew.	36 CT	\$2
P14	957604	Hot/Cold Patches	Icy Hot Patch	5 CT	\$6
■P15	215313	Heating Pad Standard	N/A	1 CT	\$22
P16	371271	Lidocaine Patch	Salonpas	6 CT	\$11
P17	109017	Headache Relief Caplets	Excedrin E/S	100 CT	\$9
P18	695905	Cold & Hot Pain Relieving Cream	Icy Hot	3 OZ	\$6
P19	299470	Naproxen 220mg	Aleve	24 CT	\$4
P21	444770	Medicated Heat Patch	Salonpas	1 CT	\$2
P22	152116	Knee Support Sleeve L	N/A	1 CT	\$12
P23	902106	Wrist Support Strap	N/A	1 CT	\$9
P24	151571	Ankle Support Sleeve L	N/A	1 CT	\$11
P25	453866	Compression Sleeve Elbow L	N/A	1 CT	\$15
P26	977934	Lidocaine Cream	Aspercreme	2.7 OZ	\$7
■P28	459974	TENS Targeted Muscle Therapy	N/A	1 CT	\$53
P29	459917	TENS Replacement Pads	N/A	4 CT	\$15
P30	942453	Knee High Hosiery Moderate Compress L	N/A	1 PAIR	\$20
P31	342829	Knee High Hosiery Moderate Compress M	N/A	1 PAIR	\$20
P32	524660	Anti-Embolism Stocking Knee Length L	N/A	1 PAIR	\$20
P33	524694	Anti-Embolism Stocking Knee Length M	N/A	1 PAIR	\$20
P34	318180	Hot/Cold Multi Compress	N/A	1 CT	\$11
P35	340744	Naproxen Muscle & Back Tablets	Aleve	24 CT	\$4
P36	324111	Reusable Ice Pack	N/A	1 CT	\$6

■ Limited to one (1) per benefit period.

Item list is subject to change. You will receive the generic equivalent of all items.

## Pain relievers



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
P37	185226	Migraine Relief Caplets	Excedrin	24 CT	\$4
P38	864199	Sleep Aid 50mg Softgels	Unisom	32 CT	\$6
P39	933380	Sleep-Aid Liquid	ZzzQuil	6 OZ	\$5
P41	475817	Ibuprofen PM Caplets	Advil PM	20 CT	\$5
P42	317581	Acetaminophen 500mg Rapid Release Gels	Tylenol	100 CT	\$9
P43	879536	Acetaminophen 500mg Caplets	Tylenol	225 CT	\$13
P46	738694	Urinary Relief Max Strength	Azo	12 CT	\$6
P47	923748	Ibuprofen 200mg Tablets	Advil	500 CT	\$18
P48	306397	Ibuprofen 200mg Softgels	Advil Liqui-Gels	80 CT	\$8
P49	263652	Naproxen Sodium 220mg Caplets	Aleve	100 CT	\$8
P50	456231	Menstrual Pain Relief Max	Midol Complete	24 CT	\$6
P51	140897	Aspirin Enteric Coated 325mg	Ecotrin	125 CT	\$8
P52	729759	Elastic Bandage 6"	N/A	1 CT	\$8
P53	124886	Acetaminophen PM 500mg Caplets	Tylenol PM	100 CT	\$9
P54	193588	Arthritis Pain Relief 650 mg	Tylenol Arthritis	100 CT	\$10
P55	472994	Knee Support Sleeve S	N/A	1 CT	\$12
P56	151894	Knee Support Sleeve M	N/A	1 CT	\$12
P57	482556	Knee Support Sleeve XL	N/A	1 CT	\$12
P58	245414	Acetaminophen PM 500mg Caplets	Tylenol PM	24 CT	\$5
P66	155756	Sleep Aid	Simply Sleep	24 CT	\$4
P68	126623	Low Dose Aspirin 81mg, Coated Tablets	Bayer Low Dose	300 CT	\$11
P69	441099	Pain Reliever Gel	Voltaren	3.5 OZ	\$17
P70	256563	Lidocaine Roll On Pain Relief	N/A	2.5 OZ	\$8

## Personal care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
S2	985326	Aftersun Aloe Vera, Green Gel	N/A	20 OZ	\$6
S3	447703	Skin Therapy Lotion	Gold Bond	5.5 OZ	\$6

Item list is subject to change. You will receive the generic equivalent of all items.

## Personal care



CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
S4	428504	Acne Treatment 10%	Clearasil Daily Clear	1 OZ	\$5
S6	478041	Sheer Dry Sunblock Lotion SPF 55	N/A	3 OZ	\$8
S7	992500	Eczema Relief	Eucerin Eczema	8 OZ	\$9
S8	246784	Scar Gel	N/A	1.76 OZ	\$20
S10	193503	Gold Bond Diabetic Dry Skin Lotion	N/A	4.5 OZ	\$9
S23	799023	Hand Sanitizer	N/A	2 OZ	\$2
S34	227230	Medicated Body Powder	Gold Bond	10 OZ	\$7
S36	843837	Flushable Wipes	N/A	42 CT	\$4
S42	478284	Sunblock SPF 45 Spray	Neutrogena	5 OZ	\$9
S43	265212	Facial Tissues	N/A	8 PK	\$2
S45	697545	Acne Wash	Clean & Clear	5 OZ	\$6



## Vitamins and minerals

CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
◆V5	122869	Coenzyme Q-10 50mg	N/A	45 CT	\$12
◆V13	247303	Glucosamine Chondroitin Triple Strength	N/A	120 CT	\$32
◆V16	240515	Vitamin E 400 IU Softgel	Nature Made	100 CT	\$13
◆V17	300258	Folic Acid 800mcg Tablet	N/A	100 CT	\$4
◆V18	350480	Iron Supplement 65mg	N/A	90 CT	\$6
◆V19	460962	Fish Oil Omega-3 1000mg	Puritan	120 CT	\$10
◆V25	252577	Prenatal Vitamin Tablets	N/A	100 CT	\$10
◆V27	232025	Vitamin C 1000mg	N/A	200 CT	\$14
◆V28	166595	Chewable C 500mg, Orange Flavor	N/A	100 CT	\$9
◆V29	378592	Men's Multivitamin	N/A	120 CT	\$9
◆V30	378615	Women's Multivitamin	N/A	120 CT	\$9
◆V31	711999	B12 Vitamin 1000mcg	N/A	200 CT	\$10
◆V32	346754	Vitamin D3 1000 IU	Nature's Bounty	120 CT	\$7

◆ Dual-purpose item.

Item list is subject to change. You will receive the generic equivalent of all items.



## Vitamins and minerals

CODE	SKU	PRODUCT	SIMILAR TO	AMOUNT	PRICE
◆V35	850942	Magnesium 500mg	N/A	100 CT	\$5
◆V36	247239	Zinc Gluconate 50mg	Nature's Bounty	100 CT	\$5
◆V37	717911	Vitamin D3 5000 IU	N/A	100 CT	\$14
◆V42	710787	Vitamin D3 2000 IU Softgels	N/A	100 CT	\$8
◆V43	308785	CoQ-10 100mg	Qunol Ultra CoQ10	60 CT	\$30
◆V48	965747	Biotin 10,000mcg Softgel	Nature's Bounty	60 CT	\$12
◆V53	870668	Omega-3 Krill Oil 500mg	MegaRed	45 CT	\$26
◆V54	889908	Calcium Gummy 500mg + 800 IU D-3	Caltrate Gummies	50 CT	\$10
◆V56	199216	Vitamin A 8,000 IU NAT / 2400mcg	N/A	100 CT	\$5
◆V59	250191	Potassium Gluconate 595mg	Nature's Bounty	100 CT	\$5
◆V62	448393	Adult Daily Women's 50+ Adv	One A Day	65 CT	\$8
◆V63	448404	Adult Daily Men's 50+ Adv	One A Day	65 CT	\$8
◆V64	797751	Lutein 40mg	N/A	30 CT	\$19
◆V65	710800	5-HTP 100mg Capsules	N/A	30 CT	\$12
◆V71	901330	Calcium 600mg + Vitamin D3	Caltrate	120 CT	\$10
◆V72	145626	Super B Complex W/ Vitamin C	Nature's Bounty	100 CT	\$10
◆V74	452271	Menopause Support Caplets	Estroven	28 CT	\$18
◆V76	247321	B-12 1000mcg	N/A	60 CT	\$7
◆V77	222901	Vitamin C With Rosehips	N/A	100 CT	\$8
◆V80	451093	Glucosamine Chondroitin Triple Strength	N/A	240 CT	\$66

◆ Dual-purpose item.



## Discrimination is Against the Law

Blue Shield of California complies with applicable state laws and federal civil rights laws and does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age or disability. Blue Shield of California does not exclude people or treat them differently because of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age or disability.

Blue Shield of California provides:

- Aids and services at no cost to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- 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 the Blue Shield of California Civil Rights Coordinator.

If you believe that Blue Shield of California has failed to provide these services or discriminated in another way on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age or disability, you can file a grievance with:

Blue Shield of California  
Civil Rights Coordinator  
P.O. Box 629007  
El Dorado Hills, CA 95762-9007  
Phone: (844) 831-4133 (TTY: 711)  
Fax: (844) 696-6070  
Email: [BlueShieldCivilRightsCoordinator@blueshieldca.com](mailto:BlueShieldCivilRightsCoordinator@blueshieldca.com)

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
1-800-368-1019, 800-537-7697 (TDD)

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

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## Multi-Language Insert

**English:** ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-776-4466 (TTY: 711).

**Español (Spanish):** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-776-4466 (TTY: 711).

**繁體中文 (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 1-800-776-4466 (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 1-800-776-4466 (TTY: 711).

**Tagalog (Tagalog – Filipino):** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-776-4466 (TTY: 711).

**한국어 (Korean):** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-776-4466 (TTY: 711) 번으로 전화해 주십시오.

**Հայերեն (Armenian):** ՈՒՇԱԴՐՈՒԹՅՈՒՆ՝ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ: Չանգահարեք 1-800-776-4466 (TTY (հեռատիպ)՝ 711).

**توجه:** اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-800-776-4466 (TTY: 711) تماس بگیرید.

**Русский (Russian):** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-776-4466 (телетайп: 711).

**日本語 (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。1-800-776-4466 (TTY:711) まで、お電話にてご連絡ください。

**العربية (Arabic):** ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-776-4466-1 (رقم هاتف الصم والبكم: 711).

**ਪੰਜਾਬੀ (Punjabi):** ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-800-776-4466 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

**ខ្មែរ (Cambodian):** ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ឆ្លើយតបឥតគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-800-776-4466 (TTY: 711)។

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**Hmoob (Hmong):** LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-776-4466 (TTY: 711).

**हिंदी (Hindi):** ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-776-4466 (TTY: 711) पर कॉल करें।

**ภาษาไทย (Thai):** เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-776-4466 (TTY: 711).

**ພາສາລາວ (Lao):** ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-800-776-4466 (TTY: 711).

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