2021 OTC Benefits At NO COST To You!

Receive from \$35 to \$125 every month*









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Your Monthly allowance is based on your plan type.

Plan ID	Plan Name	Monthly Allowance
052	Freedom Savings Plan (HMO)	\$35
059	Freedom Medicare Plan Rx (HMO)	\$35
060	Freedom Medicare Plan Rx (HMO)	\$35
070	Freedom VIP Care (HMO C-SNP)	\$75
072	Freedom VIP Savings (HMO C-SNP)	\$75
077	Freedom VIP Savings COPD (HMO C-SNP)	\$50
078	Freedom Medi-Medi Partial (HMO D-SNP)	\$125
082	Freedom VIP Savings (HMO C-SNP)	\$50
083	Freedom VIP Savings COPD (HMO C-SNP)	\$50
087	Freedom Medi-Medi Full (HMO D-SNP)	\$125
088	Freedom Platinum Plan Rx (HMO)	\$45
089	Freedom Platinum Plan Rx (HMO)	\$50
091	Freedom Platinum Plan Rx (HMO)	\$45
092	Freedom Platinum Plan Rx (HMO)	\$45
093	Freedom Platinum Plan Rx (HMO)	\$45
094	Freedom Platinum Plan Rx (HMO)	\$50
096	Freedom Platinum Rewards Plan Rx (HMO)	\$50
098	Freedom Platinum Plan Rx (HMO)	\$45
099	Freedom VIP Rewards (HMO C-SNP)	\$75
102	Freedom Platinum Rewards Plan Rx (HMO)	\$50
103	Freedom Platinum Rewards Plan Rx (HMO)	\$45

^{*}The plan does not allow members to rollover any remaining OTC monthly allowance into the next month.



DO MORE ONLINE
WITH THE
MEMBER PORTAL!



Place & track orders for your over-the-counter medication and diabetic supplies



Print and order your ID card, provider directory, formulary and other plan materials



Complete your Health Assessment Form



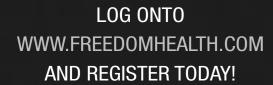
Find a plan doctor, pharmacy, hospital and covered drug



Update your demographic information



Track your out-of-pocket expenses (MOOP)





View your claims activity and benefit information





Access important plan forms and documents from a central location



Gain access to health & wellness information



Welcome to

OTCOrdering

Freedom Health is happy to provide its members with Over-The-Counter Supplies. Members receive a monthly Over-the-Counter allowance of \$35 to \$125 every month based on plan and county. Choose from 16 different categories of products and supplies from OTC Online or our Catalog. It is easy, convenient, and our supplies will arrive directly to your door.

Members can place orders by calling our OTC Center at 1-866-900-2688 - TTY: 711 It's as easy as 1, 2, 3...



Call our OTC Center



We process your order



You receive supplies by mail

For additional information regarding our OTC Center visit www.freedomhealth.com and select the OTC link in the Menu. If you wish to place your order online instead, please see instructions on the next page.



Medicare Plans Members Providers Agents & Brokers OTC Quick Links





Search



OTCONLINE Ordering!

Freedom Health value your membership and are always working towards providing superior services. Member can place their monthly OTC orders through our website.

Placing and managing your orders online is quick and easy through our Member Portal. Just follow the simple steps provided below to place your order.

Visit www.freedomhealth.com and select the "Member Login" button in the menu.



Medicare Plans Members Providers Agents & Brokers OTC Quick Links







We process your order

You receive medications by mail

From the Member Portal you can now:

- Place a new order
- Track status of your order(s)
 Order anytime day or night
- Review history of your order(s)

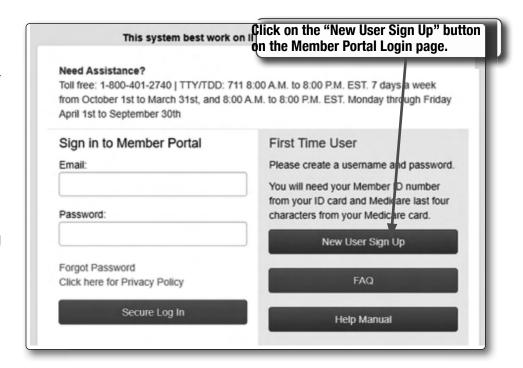
How to Order in the Member Portal Website

The Member Portal is the central destination for all information related to your health, benefits, providers, claims and medication. OTC is part of the Member Portal, hence you have to register on the Member Portal.

1. Go to www.freedomhealth.com and click on "Member Portal Registration/Login".



- 2. If you are a registered user on Member Portal, log into User ID and Password.
- a. If you are not registered select the "New User Sign Up" Button.
- If you need help registering on Member Portal, please click the 'Help Manual' for detailed instructions.

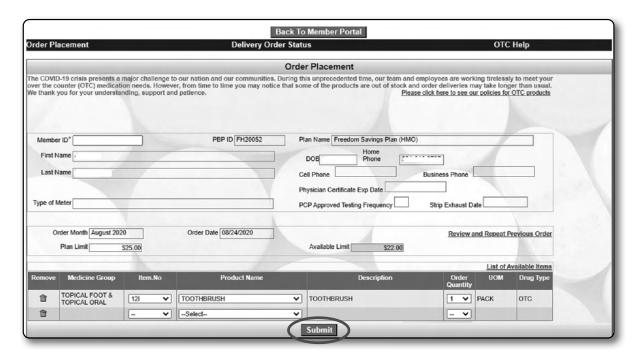


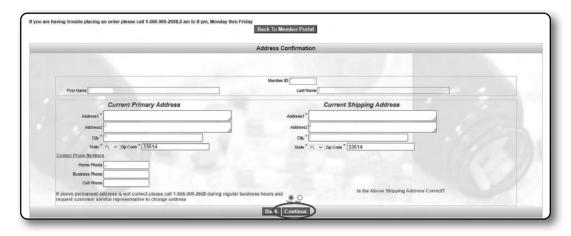


3. Once you are logged into Member Portal, please click the 'Over the Counter/ Diabetic Supplies' menu option to order.

How to Order in the Member Portal continued...

4. On the 'Order Placement -Member' Page, select the Product Name from the drop-down option. (The Item Number, Medicine Group, Description and Drug type will automatically display.) After product is displayed Select the Order quantity and click Submit button.





5. After submitting your order, you will be asked to confirm or modify your shipping address.

6. Once confirmed, your order number will be displayed and you will receive your supplies by mail.



Over-The-Counter Items

Section 1 Allergies				
	Item	Item Description	Qty.	Price
1A	Generic Comparable of Chlortrimeton	Chlorpheniramine Maleate 4mg	24	\$4
1C	Generic Comparable of Benadryl Caps	Diphenhydramine HCI 25mg	24	\$3
1D	Generic Comparable of Ocean Saline Nasal Spray	Deep Sea Nasal Saline 0.65%	44ml	\$3
1E	Nasacort Allergy 24 Hour	Triamcinolone 55mcg	10.8ml	\$15
1F	Flonase	Fluticasone Propionate (glucocorticoid) 50mcg	9.9ml	\$22

Sect	Section 2 Analgesics					
	Item	Item Description	Qty.	Price		
2A	Generic Comparable of Tylenol Ex 500mg	Acetaminophen Tabs 500 mg	100	\$4		
2B	Generic Comparable of Bayer Aspirin	Aspirin 325mg	100	\$3		
2E	Generic Comparable of Advil	Ibuprofen 200mg FC Tab.	24	\$3		
2F	Generic Comparable of Ben Gay	Muscle Rub	35g	\$3		
2G	Generic Comparable of Aleve	Naproxen Sodium 220 mg CPL	50	\$7		
2H	Generic Comparable of Bayer Aspirin Low Dose 81 mg	Aspirin EC (Delayed Release) 81mg	120	\$4		
21	Generic Comparable of Tylenol PM	Acetaminophen 500mg/Diphenhydramine HCI 25mg	50	\$5		
2J	Generic Comparable of Bayer Aspirin Low Dose Chewable	Aspirin 81mg Chewable	36	\$4		
2K	Generic Comparable of Icy Hot Patch	Cold and Hot Patch	5	\$8		
2L	Generic Comparable of Excedrin	Headache Formula-Aspirin/Acetaminophen/Caffeine	100	\$7		
2M	Aspercreme	Aspercreme with 4% Lidocaine Maximum Strength	76g	\$6		

Sect	tion 3	₽	Antacids		
	Item		Item Description	Qty.	Price
3A	Generic Comparable of Tums-Ex		Calcium Carbonate 750mg	96	\$5
3B	Generic Comparable of Gas-X		Gas Relief Tablets	100	\$5
3D	Generic Comparable of Alka Seltzer		Antacid & Pain Relief	12	\$6

Sect	Section 4 Anti-Diarrheals				
	Item	Item Description	Q	Qty.	Price
4A	Generic Comparable of Imodium	Loperamide 2mg	1	12	\$4
4B	Generic Comparable of Pepto Bismol	Pink Bismuth Tablets (chewable)	3	30	\$ 5

	Sect	ion 5 Anti-H	lemorrohoidals		
		Item	Item Description	Qty.	Price
ı	5A	Generic Comparable of Cortaid Maximum Strength	Hydrocortisone Oint, USP 1%	28g	\$6
٦	5B	Generic Comparable of Preparation H	Prompt Relief Hem Ointment	57g	\$7
	5C	Generic Comparable of Preparation H Suppositories	Hemorrhoidal Suppositories	12	\$13

Over-The-Counter Items continued...



S Cough/Cold

Section 6

	Item	Item Description	Qty.	Price
6A	Generic Comparable of Robitussin Sugar Free DM	Sugar Free Cough Syrup	118ml	\$5
6B	Generic Comparable of Vicks	Medicated Chest Rub	100g	\$6
6C	Mucinex Dm	Mucinex DM 600mg	20	\$20
6D	Generic Comparable of Afrin Nasal Spray	Nasal Spray	15ml	\$3
6H	Generic Comparable of Tylenol Sinus Congestion & Pain	Sinus-Acetaminophen/Phenylephrine HCI	24	\$5
61	Generic Comparable of Chloraseptic	Sore Throat Spray	177ml	\$5
6K	Halls Sugar-Free Cough Drops	Sugar-Free Cough Drops	25	\$4
6L	Generic Comparable of Mucus Relief	Expectorant-Guaifenesin 400 mg	30	\$7
6M	Generic Comparable of Cepacol	Cepacol	16	\$5

Eye Care

	Item	Item Description	Qty.	Price
7A	Generic Comparable of Collyrium Eye Wash	Eye Wash	118ml	\$6
7B	Generic Comparable of Visine	Redness Reliever Eye Drops	15ml	\$4
7E	Generic Comparable of Zaditor	Eye-Itch Relief Antihistamine	5ml	\$15

Section 8

Section 7



First Aid Creams, Ointments & Antiseptics

	Item	Item Description	Qty.	Price
8A	Generic Comparable of Benadryl Cream	Anti-Itch Cream	28g	\$5
8B	Generic Comparable of Bacitracin	Bacitracin	14g	\$6
8C	Generic Comparable of Lotrimin	Clotrimazole 1% Cream	28g	\$7
8D	Generic Comparable of Cortisone	Hydrocortisone Cream	28g	\$5
8E	Generic Comparable of Zinc Oxide	Zinc Oxide Ointment	28g	\$8
8F	Generic Comparable of Neosporin	Triple-Antibiotic Ointment	28g	\$6
8H	Generic Comparable of Debrox	Ear Wax Removal	15ml	\$4

Section 9



First Aid Supplies

	Item	Item Description	Qty.	Price
9A	Generic Comparable of Ace Bandage 3"	Elastic Bandage	1	\$6
9B	Butterfly Closure	Butterfly Closures	10	\$2
9C	Cotton Balls	Cotton Balls	100	\$4
9D	Ice Bag	Ice Bag 9"	1	\$9
9F	Digital Themometer	Digital Thermometer	1	\$8
9G	Generic Comparable of Q-Tips	Cotton Swabs	300	\$5
9H	Sterilizing Antiseptic Wipes	Sterilizing Antiseptic Wipes	50	\$8
91	Disposable Face Mask	Disposable Face Mask	10	\$10
9J	Hand Sanitizer/Hand Rub	Hand Sanitizer/Hand Rub	115ml	\$5
9K	Hand Gloves	Small	150	\$22
9L	Hand Gloves	Medium	150	\$22
9M	Hand Gloves	Large	150	\$22
9N	Hand Gloves	Extra Large	150	\$22

Over-The-Counter Items continued...

Sect	Section 10 Laxatives			
	Item	Item Description	Qty.	Price
10A	Generic Comparable of Colace	Docusate Sodium 100mg	100	\$5
10B	Generic Comparable of Fibercon	Fiber-Lax 500mg	60	\$9
10C	Generic Comparable of Miralax	Clear Lax Powder	119g	\$11
10D	Generic Comparable of Fleet Enema	Enema-Saline Laxative	133ml	\$3

Section 11 Miscellaneous Items					
	Item	Item Description	Qty.	Price	
11A	Digital Blood Pressure Kit*	Automatic Blood Pressure Kit	1	\$25	
11B	Blood Pressure Kit*	Manual Self Taking Blood Pressure Kit	1	\$19	
11C	Generic Comparable of Band Aid	Adhesive Bandage	50	\$3	
11D	Generic Comparable of Coppertone Sunscreen Lotion	Sunscreen Lotion SPF-30	118ml	\$10	
11E	Generic Comparable of Dramamine	Motion Sickness Relief Tablets	12	\$4	
11F	Pill Organizer	One Day At a time Medicine Organizer-Weekly	1	\$7	
11G	DEX4 Glucose Tablets	Glucose Tablets	50	\$8	
11H	Pill Splitter	Pill Splitter	1	\$5	

^{*}These items are considered dual purpose items. Prior to ordering these items, the enrollee must have an appropriate conversation with the enrollee's personal provider who verbally recommends the OTC item for a specific diagnosable condition.

Sect	Section 12 Topical Foot & Topical Oral					
	Item	Item Description	Qty.	Price		
12A	Callus Remover	Callus Removers	6	\$4		
12C	Callus Cushion	Callus Cushions	6	\$3		
12E	Dental Flossers	Dental Flossers	36	\$3		
12G	Generic Comparable of Polident	Denture Cleanser	40	\$7		
12H	Toothpaste	Toothpaste	68g	\$4		
121	Toothbrush	Toothbrush	1	\$3		
12J	Generic Comparable of Fixodent	Denture Adhesives ADH CRM Fresh	39g	\$5		

Section 13 Vitamins & Minerals*					
	Item	Item Description	Qty.	Price	
13A	Fish Oil	Fish Oil - 1200mg	90	\$9	
13B	Prosight	Supplement for Eyes	60	\$6	
13C	Allbee With C	B Complex with C	100	\$8	
13D	Vitamin B	B Complex	100	\$8	
13E	Vitamin C	Vitamin C 500mg	100	\$8	
13F	Generic Comparable of Centrum	Multivitamin & Mineral	60	\$6	

Over-The-Counter Items continued...

Section 13 Vitamins & Minerals*					
	Item	Item Description	Qty.	Price	
13G	Folic Acid	Folic Acid 800mcg	100	\$5	
13H	Glucosamine Chondroitin	Glucosamine Chondroitin	60	\$15	
13J	Vitamin E	Vitamin E 400 IU	100	\$8	
13K	Vitamin D	Vitamin D3 (25 mcg) 1000 IU	100	\$5	
13L	Antioxidant Tablets	Antioxidant Tablets	50	\$7	
13M	Selenium	Selenium 200mcg	60	\$7	
13P	Ferrous Sulfate	Ferrous Sulfate - 325mg	100	\$3	
13Q	Generic Comparable of Citracal Calcium Citrate	Calcium Citrate & Vitamin D	60	\$7	
13R	Generic Comparable of Bayer One A Day Women's	One A Day Women's Multivitamin	60	\$10	
13S	Generic Comparable of Os-Cal*	Oyster Calcium + Vitamin D	100	\$4	
13T	CoQ10	CoQ10 100mg	30	\$10	
13U	Vitamin B12	Vitamin B12 1000 mcg	50	\$8	
13V	Emergen-C	1000mg Vitamin C Plus Vitamin D & Zinc	10	\$10	

^{*}These items are considered dual purpose items. Prior to ordering these items, the enrollee must have an appropriate conversation with the enrollee's personal provider who verbally recommends the OTC item for a specific diagnosable condition.

Sect	ion 14 Sm	oking Cessation		
	Item	Item Description	Qty.	Price
14B	Generic Comparable of Nicorette 4mg	Stop Smoking Gum-Nicotine Polacrilex Gum 4mg	40	\$24

Section 15		Sleep-Aids			
	Item		Item Description	Qty.	Price
15A	Generic Comparable of Simply Sleep		Sleep-tabs 25 mg	24	\$4
15B	Melatonin-Sleep Aid		Melatonin Tablet 3mg	60	\$8

Section 16 Adult Incontinence					
	Item	Item Description	Qty.	Price	
16A	Diapers	Adult Protective Diapers, Small 20-28"	20	\$20	
16B	Diapers	Adult Protective Diapers, Medium 28-40"	20	\$20	
16C	Diapers	Adult Protective Diapers, Large 40-56"	20	\$20	
16D	Diapers	Adult Protective Diapers, X-Large 56-68"	20	\$20	
16E	Wipes	Adult Wipes	48	\$3	
16F	Diapers	Adult Protective Diapers, XX-Large 68-80"	20	\$22	

How do I order Diabetic Supplies with OTC?

Freedom Health provides its members the ability to order diabetic supplies in conjunction with our Over-the-Counter (OTC) program. An authorization and/or a prescription may be required from a physician. See the Physician's Order Form on the next page.

Diabetic Supplies - It's Easy as 1-2-3

- Order your diabetic supplies by visiting our Member Portal website: www.freedomhealth.com or by calling us at 1-866-900-2688 TTY: 711
- Pay \$0 for diabetic monitors, lancets and test strips through the plan mail order program.

 Compare to pharmacy retail cost of 20%*
- Your supplies will be mailed direct at NO COST TO YOU!



To place online orders through the OTC (Over the Counter and Diabetic Supplies) System you must be an active member and register through the Member Portal. The Member Portal is a central destination for all information related to your health, benefits, providers, claims and medication.

Physician Order Diabetic Form

The Health Plan needs information on your blood testing frequency. Please provide this form to your Provider and have them fax it back to us at 813-506-6275.

FREEDOM HEALTH Important Freedom Health Info	Physician Order - Diabetes Supplies rmation	OTC Department Please fax this form at fax nun 813-506-6275.	ıber
	Confidential Patient	Information. For INTERNAL Use	e Only
PCP ID#:PCP Name:		Member ID#:Name:	
PCP Phone#: PCP Fax#: PCP Address:		DOB: Phone#: Deliver Order#: Order Date:	
to fulfill in a timely manner, Thank you for your cooperat	please fill out the belo	from the OTC Department. In order form and fax it back to us immed fax to: 813-506-6275	der for us ediately.
1. Does the patient currently have diabetes	e? (check one)	☐ Yes ☐ No	
2. Does the patient need to check his/her b If yes, then please select from below ☐ 1-time ☐ 2-times ☐ 3-times ☐ 4-tin	• • •	,	
3. How long will the patient needs to test at If yes, then please select from below ☐ 1-month ☐ 3-months ☐ 6-months ☐	t the above frequency? (ch		
By my signature below, I confirm that the seen and evaluated for his/her diabetes wi accurately reflects the patient's diagnosis substantiate the prescribed testing freque has been instructed on the proper use of the original of this order in the patient's medical note for this patient.	patient has diabetes and i thin six (6) months of this and the treatment regime ncy. The patient/caregiver ne ordered items. In accord	order. All information contained in this di en that I prescribed. The medical recor- r is able to follow instructions for control dance with medical requirements. I will m	abetes order form ds for this patient lling diabetes and paintain the signed
Physician's Signature:		Date:/	
NP#: OTC Diabetic Supply FAX Form - Rev 11/1		hysician's Office Stamp with address here	

Disclaimers

- 1. OTC items may only be purchased for the enrollee; it is prohibited to purchase supplies for family members, and friends.
- 2. The following supplies are not covered as they are non-eligible supplies: Alternative Medicines (Includes botanicals, herbals, probiotics, homeopathic, and neutraceuticals), baby supplies, contraceptives, convenience & comfort supplies (insoles, gloves, etc.), cosmetics, food products or supplements, replacement & attachments such as contact lens containers or batteries.
- 3. To minimize mailing costs the plan may impose a limited ordering quantity per purchase.
- 4. Items, quantity strength and size may change depending on availability.
- 5. This benefit is only available if your plan offers the OTC service as a benefit.
- 6. Please consult with your doctor before using any OTC products.
- 7. All OTC supplies are generic comparable of Brand item. Any branded item may be substituted for its Generic Comparable based on availability.
- 8. All items are shipped based on manufacturer availability.
- 9. All items may not be available all the time.
- 10. If Generic Item is not acceptable, plan will not ship Brand Name Item.
- 11. The plan does not allow to rollover any remaining OTC benefits into the next month.
- 12. Items may vary based on the manufacturer and availability (For example, caplets, tablets, capsule or soft gels may be substituted for one another.
- 13. For all people who have diabetes (insulin and non-insulin users) supplies to monitor your blood glucose: Blood glucose monitor, blood glucose test strips, lancet devices and lancets, and glucose-control solutions for checking the accuracy of test strips and monitors are available through the Plan Mail-Order service by calling Member Services. Authorization and/or a prescription may be required from a physician.
- 14. The plan may ship an item label for children if the dosage for children and adults are the same.
- 15. Orders will be shipped via UPS or USPS. Estimated time to receive your order from the time the order is placed is approximately 7-14 business days.
- 16. Shipping time may vary depending upon product availability, order volume and other circumstances.
- 17. Plan may add and remove any item without notice.

Please call our Member Service Department at 1-800-401-2740 for additional information. From October 1 to March 31, we are open 7 days a week from 8 a.m. to 8 p.m. EST. From April 1 to September 30, we are open Monday through Friday, 8 a.m. to 8 p.m. EST.

Freedom Health, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Freedom Health, Inc. cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. Freedom Health, Inc. konfòm ak lwa sou dwa sivil Federal ki aplikab yo e li pa fè diskriminasyon sou baz ras, koulè, peyi orijin, laj, enfimite oswa sèks. Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-401-2740 (TTY: 711). Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-401-2740 (TTY: 711).

Order History Summary

My Order History

Month	Date Order Placed	Delivery Order Number	Item Order
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

NOTES







To place your order please call our OTC Center number:

Toll Free at: 1-866-900-2688 TTY: 711

From October 1 to March 31, we are open 7 days a week from 8 a.m. to 8 p.m. EST.

From April 1 to September 30, we are open Monday through Friday, 8 a.m. to 8 p.m. EST.

www.freedomhealth.com