

# 2021 Over-the-counter (OTC) Drug Catalog



**SecurityHealth Plan**<sup>SM</sup>

Promises kept, plain and simple.<sup>®</sup>

## 2021 Over-the-counter (OTC) Drug Catalog

Security Health Plan understands that certain OTC drugs and supplies can be expensive. That's why we are offering you a way to save money on these items and have them conveniently delivered to your home.

### OTC PRODUCT CATEGORIES

- allergy
- antacids and acid reducers
- anti-diarrheal, laxatives and digestive health
- cold, cough and flu
- dental and denture care
- diabetes management
- eye and ear care
- health care supplies
- hemorrhoidal preparations
- motion sickness
- pain relievers
- supports and braces
- topical skin care
- vitamins and minerals

Certain plans are excluded from this OTC benefit, please refer to the website at [www.securityhealth.org/OTC](http://www.securityhealth.org/OTC) for a full list of excluded plans.

### How the service works

Each eligible plan subscriber receives a \$30 quarterly OTC credit to purchase select health and wellness products through the OTC Drug Catalog.

The \$30 credit expires at the end of each quarter. Any unused credit will not carry over to the next quarter. If your order exceeds \$30, please include payment information (debit or credit card) with your order. You may place one order per quarter.

## OTC product and delivery information

- When placing an order, you will receive the generic equivalent of the name-brand drug or a similar product.
- If you choose a product that is unavailable or not in stock, a similar product may be substituted at no additional charge.
- Similar products are used for the same purpose but may have different ingredients, strength, flavor, dosage form or package size.
- Orders will be shipped to your home by the U.S. postal service at no extra cost to you. Please allow 14 business days upon receipt of order to receive shipment.
- To ensure the safety of your order, there may be delays in shipment due to extreme cold weather (<10° F) or snow accumulations.
- There may be order quantity limits on certain OTC items.

## Ordering deadlines

If your order is received after a quarter deadline listed below, it will apply toward the next quarter. One order is allowed per quarter. For example, if we receive your order on June 29, it will apply toward Quarter 3.

**Quarter 1:** Jan. 1 - March 20 (order deadline March 20)

**Quarter 2:** April 1 - June 20 (order deadline June 20)

**Quarter 3:** July 1 - Sept. 20 (order deadline Sept 20)

**Quarter 4:** Oct. 1 - Dec. 20 (order deadline Dec 20)

## Contact for questions

If you have any questions, please contact our Pharmacy Benefits Department at 1-877-216-8533 or 715-221-9208, Monday-Friday 8 a.m. to 5 p.m. If you are hearing- or speech-impaired, please call TTY 711.

## How to order



### Online

Log in to your *My Security Health Plan* account at [www.securityhealth.org](http://www.securityhealth.org) to place your order. If you don't have an account, register at [www.securityhealth.org/registration](http://www.securityhealth.org/registration)



### Phone

If you are unable to place your order online, please call us at **1-877-216-8533** or **715-221-9208**. We can place your order for you over the phone, Monday-Friday, 8 a.m. to 5 p.m.

The OTC Drug Catalog is subject to change. To view the most up-to-date version of the catalog please visit [www.securityhealth.org/OTC](http://www.securityhealth.org/OTC)

## 2021 OTC product list

This product list is subject to change. For the most up-to-date listing visit [www.securityhealth.org/OTC](http://www.securityhealth.org/OTC).

Item#	Name	Compared to	Minimum Package size	Price
<b>Allergy</b>				
6927	Cetirizine 1 mg/1 ml oral solution - child	Zyrtec®	4 oz	\$8.00
49291	Cetirizine 10 mg - allergy tablet	Zyrtec®	30 ct	\$6.00
46071	Diphenhydramine 25 mg - allergy	Benadryl®	24 ct	\$4.00
48831	Diphenhydramine 12.5 mg/5 ml - children's allergy liquid	Children's Benadryl Allergy Liquid®	4 oz	\$4.00
37683	Fluticasone nasal spray	Flonase® OTC	1 oz	\$11.00
60563	Loratadine 10 mg - allergy tablet	Claritin®	30 ct	\$4.00
60562	Loratadine 5 mg/5 ml - allergy relief liquid	Claritin® Children's Liquid	4 oz	\$7.00
34062	Nasal decongestant (oxymetazoline) spray	Afrin®	15 ml	\$4.00
23944	Nasal decongestant PE (phenylephrine 10 mg) tablets	Sudafed PE®	36 ct	\$4.00

Item#	Name	Compared to	Minimum Package size	Price
8698	Nasal strip large	Breathe Right®	26 ct	\$13.00
76428	Nasal strip small/medium	Breathe Right®	26 ct	\$13.00
34291	Saline nasal spray	Ayr®, Ocean®	30 ml	\$3.00
36145	Triamcinolone allergy nasal spray	Nasacort® Allergy 24 Hour	.57 oz	\$19.00
<b>Antacids and acid reducers</b>				
7893	Calcium carbonate 500 mg - antacid chewable tablet	Tums®	96 ct	\$4.00
7894	Calcium carbonate 750 mg - antacid chewable tablet	Tums® Extra Strength	96 ct	\$4.00
46432	Famotidine 10 mg tablet - acid reducer	Pepcid AC®	30 ct	\$6.00
759	Lansoprazole 15 mg capsules	Prevacid®	14 ct	\$12.00
86157	Omeprazole tablet 20 mg	Prilosec OTC®	14 ct	\$12.00
<b>Anti-diarrheal, laxatives and digestive health</b>				
10304	Beanaid capsules	Beano®	30 ct	\$6.00
8762	Bisacodyl 5 mg tablet	Dulcolax®	25 ct	\$3.00
9101	Docusate sodium 100 mg softgels - stool softener	Colace®	100 ct	\$4.00
66559	Enema - saline laxative	Fleet® Enema	4.5 oz	\$3.00

Item#	Name	Compared to	Minimum Package size	Price
8342	Fiber laxative tablets	FiberCon®	60 ct	\$9.00
7924	Glycerin suppositories adult	Fleet® Glycerin	24 ct	\$3.00
32591	Lactase enzyme - dairy aid	Lactaid®	12 ct	\$6.00
25065	Loperamide 1 mg/7.5 ml - antidiarrheal	Imodium® A-D liquid	4 oz	\$6.00
8370	Loperamide 2 mg - antidiarrheal	Imodium® A-D	12 ct	\$4.00
9240	Magnesium citrate liquid - laxative	Citroma®	10 oz	\$4.00
7950	Milk of magnesia 400 mg/5 ml liquid	Phillips® Milk of Magnesia	12 oz	\$4.00
8467	Natural fiber therapy - laxative powder	Metamucil®	13 oz	\$8.00
6788	Natural fiber therapy - laxative powder packets - <b>sugar-free</b>	Metamucil® Sugar-Free	30 ea	\$13.00
8420	Peptic relief - pink bismuth 262 mg	Pepto Bismol®	24 ct	\$4.00
26970	Pink bismuth 262 mg/15 ml suspension	Pepto Bismol® liquid	4 oz	\$5.00
13563	Polyethylene glycol powder	Miralax®	4.1 oz	\$6.00
8294	Simethicone 20mg/0.3ml drops - infant gas relief	Mylicon®	1 oz	\$6.00

Item#	Name	Compared to	Minimum Package size	Price
9270	Simethicone 80 mg tablet - gas relief	GasX®	18 ct	\$4.00
13483	Senna 8.6 mg + docusate 50 mg tablet - laxative/stool softener	Senokot-S®	60 ct	\$4.00
26397	Senna 8.6 mg tablet - natural vegetable laxative tablet	Senokot®	100 ct	\$4.00
524	Sennosides 15 mg chocolate stimulant laxative	Ex-Lax®	24 ea	\$6.00

### Cold, cough and flu

81160	Children's multi-symptom fever and cold suspension (dextromethorphan 5 mg; phenylephrine 2.5 mg/5ml)	Children's Triaminic®	4 oz	\$8.00
5492	Cough and cold tablet for high blood pressure (chlorpheniramine 4 mg, dextromethorphan 30 mg)	Coricidin® HBP Cough & Cold	16 ct	\$8.00
16886	Cough drop		24 ct	\$3.00
20505	Cough drop - <b>sugar-free</b>		24 ct	\$3.00
53497	Cough syrup DM (100 - 200 mg dextromethorphan 10 mg/5 ml, strength varies based on availability)	Robitussin® DM Cough Syrup	4 oz	\$4.00

Item#	Name	Compared to	Minimum Package size	Price
53495	Cough syrup DM <b>sugar-free</b> (100 - 200 mg dextromethorphan 10 mg/5 ml, strength varies based on availability)	Robitussin® DM Sugar-free	4 oz	\$5.00
25093	Daytime cold and flu softgel	DayQuil®	16 ct	\$8.00
17802	Dextromethorphan 30 mg/5 ml cough liquid - adult	Delsym®	3 oz	\$8.00
3465	Dextromethorphan 30 mg/5 ml cough liquid - child	Delsym®	3 oz	\$8.00
617	Mentholatum vaporizing rub - baby	Vicks® BabyRub™	1.76 oz	\$6.00
53418	Mentholatum vaporizing rub	Vicks® Vaporub™	1.76 oz	\$6.00
25094	Night time cold and flu softgel	NyQuil® Contac PM®	16 ct	\$9.00
4189	Sinus congestion and pain severe (acetaminophen/ guaifenesin/phenylephrine)	Mucinex®	24 ea	\$5.00
26743	Sinus headache caplet (acetaminophen/ phenylephrine)	Tylenol® Sinus	24 ct	\$8.00
40308	Soothing saline nasal rinse kit	NeilMed® Sinus Rinse	1 ea	\$13.00

Item#	Name	Compared to	Minimum Package size	Price
8034	Soothing saline nasal rinse kit - child	NeilMed® Sinus Rinse Kids	1 ea	\$13.00
30354	Throat lozenge (benzocaine/menthol)	Cepacol®	18 ct	\$4.00
48591	Throat spray (phenol 1.4%)	Chloraseptic®	6 oz	\$5.00
<b>Dental and denture care</b>				
12200	Benzocaine 7.5-33% - oral anesthetic gel (strength varies based on availability)		0.18 oz	\$6.00
9213	Dental floss		1 ct	\$3.00
1568	Denture brush		1 ct	\$4.00
597	Dry mouth spray	Biotene®, Oasis®	1 oz	\$8.00
92	Effervescent denture cleaner	Efferdent®	44 ct	\$5.00
9865	Fixodent denture adhesive		2.4 oz	\$6.00
8933	Flosser picks		90 ea	\$4.00
94200	Sensitive toothpaste		4 oz	\$7.00
2427	Tongue cleaner		1 ct	\$4.00
55300	Toothbrush		1 ct	\$3.00
51085	Toothpaste		4 oz	\$5.00

Item#	Name	Compared to	Minimum Package size	Price
<b>Diabetes management</b>				
5400	Diabetic skin relief foot cream	Gold Bond® Diabetic Skin Relief Foot Cream	3.4 oz	\$7.00
7956	Diabetic socks <b>x-large</b> (men's shoe size 12 1/2-14 )		1 pr	\$12.00
6056	Diabetic socks <b>large</b> (women's shoe size 10-13, men's shoe size 9-12)		1 pr	\$12.00
5989	Diabetic socks <b>medium</b> (women's shoe size 7-10, men's shoe size 6-9)		1pr	\$12.00
9687	Diabetic socks <b>small</b> (women's shoe size 7-9, men's shoe size 6-8)		1 pr	\$12.00
12426	Glucose 4 gm chewable tablet	DEX4® Glucose	50 ct	\$6.00
38081	Glucose 40% gel	Glutose®	3.9 oz	\$15.00
402*	Sterile alcohol wipes		200 ea	\$4.00

**Eye and ear care**

28346	Artificial tear (glycerin/hypromellose/ polyethylene glycol)	Visine® Tears	0.5 oz	\$8.00
34401	Earwax treatment (carbamide peroxide) drop	Debrox®	0.5 oz	\$5.00

Item#	Name	Compared to	Minimum Package size	Price
14744	Eye drop - redness reliever (hypromellose/ naphazoline)		0.5 oz	\$5.00
7854	Lubricating (polyvinyl alcohol) eye drop single use containers, preservation free	Refresh®	30 ct	\$14.00
86960	Lubricating eye ointment (mineral oil/ white petrolatum)		3 gm	\$10.00
9785	Once daily eye allergy itch relief solution (olopatadine hydrochloride 0.2%)	Pataday®	2.5 ml	\$17.00
12691	Swim ear drops (isopropyl alcohol 95%)		1 oz	\$5.00

**Health care supplies**

5061	Adult cloth face mask - pull strap ( <b>one size fits most</b> )		1 ea	\$8.00
6325	Adult protective briefs <b>L/XL</b> (waist/hips 44"-64", weight 170-300 lbs)		16 ea	\$30.00
9574	Adult protective briefs <b>S/M</b> (waist/hips 28"-45", weight 100-190 lbs)		18 ea	\$30.00
96233	Cotton balls		70 ea	\$3.00

Item#	Name	Compared to	Minimum Package size	Price
151 <sup>†</sup>	Digital oral/rectal thermometer		1 ct	\$6.00
40046	Ear syringe and nasal aspirator		1 ea	\$6.00
152 <sup>†</sup>	Feverglow instant ear thermometer		1 ct	\$20.00
536 <sup>†</sup>	Fingertip pulse oximeter		1 ea	\$30.00
6355	Hot/cold reusable pack		1 ea	\$6.00
98217	Lice solution kit	Nix <sup>®</sup>	1 ct	\$17.00
14090	Liquid bandage	New Skin <sup>®</sup>	1 oz	\$6.00
9940 <sup>†</sup>	Peak flow meter		1 ct	\$18.00
2490	Pedometer step		1 ct	\$15.00
148	Pill crusher		1 ct	\$5.00
149	Pill planner 7-day (MORN-NOON-EVE-BED)		1 ct	\$8.00
147	Pill splitter		1 ct	\$5.00
964	Q-tips cotton swabs		170 ea	\$4.00
153	Reading glasses +150		1 pr	\$23.00
200	Reading glasses +200		1 pr	\$23.00
250	Reading glasses +250		1 pr	\$23.00

Item#	Name	Compared to	Minimum Package size	Price
150 <sup>†</sup>	Semi-automatic upper arm blood pressure kit (up to 16.5")		1 ct	\$30.00
254 <sup>†</sup>	Thermometer probe covers		50 ct	\$4.00
<b>Hemorrhoidal preparations</b>				
5678	Hemorrhoid (phenylephrine) ointment	Preparation H <sup>®</sup>	2 oz	\$5.00
35585	Hemorrhoid (phenylephrine) suppository	Preparation H <sup>®</sup> supp	12 ct	\$5.00
28286	Medicated (witch hazel) pads	Tucks <sup>®</sup>	40 ct	\$5.00
<b>Motion sickness</b>				
40319	Motion sickness tablets (dimenhydrinate)	Dramamine <sup>®</sup>	8 ea	\$4.00
<b>Pain relievers</b>				
1386	Acetaminophen 160 mg chewable tablet	Children's Tylenol <sup>®</sup>	24 ct	\$5.00
16485	Acetaminophen 160 mg/5 ml susp - child	Children's Tylenol <sup>®</sup>	4 oz	\$5.00
16964	Acetaminophen 325 mg tablet	Tylenol <sup>®</sup> Regular Strength	100 ct	\$5.00



Item#	Name	Compared to	Minimum Package Size	Price
16892	Acetaminophen 500 mg tablet	Tylenol® Extra Strength	100 ct	\$5.00
16523	Acetaminophen ER 650 mg caplets	Tylenol® Arthritis	100 ct	\$9.00
16720	Aspirin 325 mg - coated tablet	Ecotrin®	100 ct	\$4.00
5540	Aspirin 81 mg - chewable tablet		36 ct	\$4.00
161	Aspirin 81 mg - coated tablet	Bayer® Adult Low Strength EC	120 ct	\$4.00
19945	Cold and hot patches	Icy Hot® Patches	5 ct	\$6.00
10414	Headache formula - aspirin/acetaminophen/caffeine	Excedrin®	100 ct	\$5.00
35876	Ibuprofen 100 mg/5 ml susp - child	Children's Motrin®	4 oz	\$6.00
5728	Ibuprofen 100 mg chewable tablets	Advil®	24 ct	\$6.00
35743	Ibuprofen 200 mg	Advil®, Motrin®	50 ct	\$4.00
1732	Lidocaine 4% patch		6 ct	\$10.00

Item#	Name	Compared to	Minimum Package size	Price
85924	Menstrual pain relief caplet (acetaminophen 500 mg/caffeine 60 mg/pyrilamine maleate 15 mg)	Midol Complete®	24 ct	\$8.00
80609	Muscle rub cream (methyl salicylate 15% - menthol 10%)	Ben Gay® Greaseless	2 oz	\$5.00
47132	Naproxen sodium 220 mg	Aleve®	50 ct	\$5.00
33560	Topical pain cream - (capsaicin strength varies based on availability 0.025 - 0.075%)	Zostrix®	57 gm	\$8.00
67944	Urinary pain relief (phenazopyridine 95 mg)	Azo®	30 ea	\$6.00

### Supports and braces

6794	Elastic knee stabilizer size <b>L/XL</b> (16" - 20")	Mueller® Elastic Knee Stabilizer Moderate Large/x-large	1 ea	\$12.00
3268	Elastic knee stabilizer size <b>S/M</b> (12" - 16")	Mueller® Elastic Knee Stabilizer Moderate Small/medium	1 ea	\$12.00
4781*	Men's compression knee high casual socks <b>medium</b> (8 1/4" - 9 3/4" ankle, 13 1/2"-16" knee, up to 16" length to knee, 7 1/2 - 10 shoe size)		1 pr	\$13.00

Item#	Name	Compared to	Minimum Package size	Price
5389*	Men's compression knee high casual socks <b>large</b> (9 3/4" - 11" ankle, 15 1/2"-18" knee, up to 17" length to knee, 10 1/2 - 12 shoe size)		1 pr	\$13.00
6548*	Men's compression knee high casual socks <b>x-large</b> (11" - 12 1/2" ankle, 17 1/2"-20" knee, up to 18" length to knee, 12 and over shoe size)		1 pr	\$13.00
2365*	Women's compression knee high casual socks <b>large</b> (shoe size 8-10 1/2, regular stocking size 10 1/2-11)		1 pr	\$13.00
4198*	Women's compression knee high casual socks <b>medium</b> (shoe size 5 1/2 - 7 1/2, regular stocking size 9 1/2-10)		1 pr	\$13.00

### Topical skin care

61030	After bite instant itch relief (sodium bicarbonate 5%)		0.5 oz	\$5.00
31812	Bacitracin ointment		0.5 oz	\$5.00
94210	Band aids - 3/4"		30 ct	\$3.00
10421	Band aids - assorted - <b>latex-free</b>		30 ct	\$4.00

Item#	Name	Compared to	Minimum Package size	Price
22931	Benzoyl peroxide gel (strength varies based upon availability 5-10%) acne		1.5 oz	\$5.00
42734*	Butterfly closure bandages		12 ea	\$3.00
97587	Calamine lotion	Calamine®	6 oz	\$4.00
30370	Clotrimazole 1% cream	Lotrimin® AF	0.5 oz	\$6.00
80135	Docosanol 10% cream	Abreva®	2 gm	\$20.00
8192	Gentle paper tape 1"		2 ea	\$4.00
30942	Hydrocortisone 1% cream	Cortaid®	1 oz	\$4.00
30951	Hydrocortisone 1% ointment	Cortaid®	1 oz	\$4.00
98074	Hydrogen peroxide 3%		4 oz	\$4.00
26454	Medicated corn removers pads		9 ea	\$4.00
30400	Miconazole 2% cream - antifungal	Micatin®	1 oz	\$6.00
26499	Moleskin plus padding sheets (4 1/8" x 3 3/8")		3 ea	\$4.00
75961	Salicylic acid wart remover	Compound W, DuoFilm®	0.31 oz	\$8.00
1754*	Sterile gauze pads (2" X 2")		25 ea	\$4.00
4571*	Sterile gauze pads (4" X 4")		10 ea	\$4.00
84348	Sunscreen SPF 15-30		5 oz	\$11.00
224	Sunscreen SPF 45-60		5 oz	\$11.00

Item#	Name	Compared to	Minimum Package size	Price
34477	White petrolatum	Vaseline®	13 oz	\$5.00
68087	Zinc oxide ointment - diaper rash (strength varies based upon availability, 13-40%)		2 oz	\$7.00

### Vitamins and minerals

53545 <sup>†</sup>	Biotin 1000 mcg tablets		60 ea	\$5.00
57070 <sup>†</sup>	Calcium carbonate 600 mg + vitamin D 400 IU tablet (Vitamin D 200 - 400 IU, strength varies based on availability)	Caltrate® 600+D	60 ct	\$5.00
57641 <sup>†</sup>	Calcium citrate 200 mg plus vitamin D 250 IU tablet (strength varies based on availability)	Citracal w/D®	60ct	\$6.00
8443 <sup>†</sup>	Coenzyme Q10 100 mg		30 ct	\$8.00
95176 <sup>†</sup>	Complete senior vitamin and mineral tablet	Centrum® Silver	60 ct	\$5.00
95500 <sup>†</sup>	Daily multivitamin and mineral		30 ct	\$6.00
95540 <sup>†</sup>	Eye care vitamin tablet (lutein 2 mg)		60 ct	\$6.00
14172 <sup>†</sup>	Flaxseed oil 1000 mg softgel		90 ct	\$8.00
94783 <sup>†</sup>	Folic acid tablet (strength varies based on availability 400 - 800 mcg)		60 ct	\$4.00

Item#	Name	Compared to	Minimum Package Size	Price
52846 <sup>†</sup>	Glucosamine - chondroitin 500 - 400 mg	Osteo Bi-Flex®	60 ct	\$12.00
51837 <sup>†</sup>	Immune support supplement gummies - adult (Vitamin C/9 vitamins/herbs)	Airborne®	42 ea	\$13.00
83751 <sup>†</sup>	Immune support supplement gummies - children's (Vitamin C/ 9 vitamins/herbs)	Airborne® Kids	42 ea	\$13.00
10510 <sup>†</sup>	Iron - ferrous gluconate 240 mg tablet (strength varies based on availability, 37.5 - 38 mg elemental iron)		100 ct	\$4.00
4695 <sup>†</sup>	Iron - ferrous sulfate 324 - 325 mg tablet (65 mg elemental iron)		100 ct	\$6.00
4091 <sup>†</sup>	Magnesium oxide 400 mg tablet	Mag-Ox®	120 ct	\$6.00
3902 <sup>†</sup>	Melatonin 3 mg tablet		60 ct	\$4.00
3659 <sup>†</sup>	Men's multivitamin and mineral formula tablet	One-A-Day® Men's	60 ct	\$7.00
27308 <sup>†</sup>	Women's multivitamin and mineral formula tablet	One-A-Day® Women's	100 ct	\$7.00
63741 <sup>†</sup>	Multivitamin chewable - children's		60 ct	\$5.00
94123 <sup>†</sup>	Niacin 500 mg IR		100 ct	\$5.00
26814 <sup>†</sup>	Omega - 3 fish oil softgel		60 ct	\$8.00

Item#	Name	Compared to	Minimum Package Size	Price
1442 <sup>‡</sup>	Prenatal dietary supplement tablets (with 800mcg folic acid)		60 ct	\$8.00
1734 <sup>‡</sup>	Prenatal gummies natural (with 630mcg folic acid)		90 ct	\$12.00
67549 <sup>‡</sup>	PreserVision AREDS2		100 ct	\$30.00
94230 <sup>‡</sup>	Vitamin B complex		60 ct	\$5.00
94566 <sup>‡</sup>	Vitamin B12 1000 mcg tablet		100 ct	\$5.00
94971 <sup>‡</sup>	Vitamin B6 100 mg tablet		60 ct	\$6.00
94325 <sup>‡</sup>	Vitamin C 250 mg tablet		100 ct	\$4.00
223 <sup>‡</sup>	Vitamin D (cholecalciferol) 25 mcg (1000 IU) tablet		90 ct	\$5.00
91750 <sup>‡</sup>	Vitamin D3 400 unit/ml liquid supplement drops - infant		1.6 oz	\$8.00
94534 <sup>‡</sup>	Vitamin E 400 IU capsules		60 ct	\$7.00

#### Medicare Advantage members:

\* Part B/D - Under certain circumstances some items may be covered under either Part B or Part D. When you are eligible to receive these items under Part B or Part D you may not purchase these items through your Part C supplemental OTC benefit. For your convenience, we've marked these items with an (\*).

‡ Dual-purpose items are medicines and products that can be used for either a medical condition or for general health and well-being. In order to purchase these items under your plan, your personal physician must recommend them to you for a specific diagnosed condition. Please speak to your physician before ordering these items.

Visit [www.securityhealth.org/OTC](http://www.securityhealth.org/OTC) for the most up-to-date listing.

OTC medicines are generally safe but can interact negatively with other medicines, both OTC and prescription. Consult with your health care provider or pharmacist prior to purchase. Always read label and packaging instructions to know how much you should take, when to take it, what side effects you may encounter, and what potential interactions you may have with other medicines. General precautions include: OTC products should only be used when needed and as directed; never exceed the recommended dosage; if pregnant or breastfeeding, ask a health professional before use; keep out of reach of children; if a health problem persists or worsens while taking an OTC medicine, consult your health care provider immediately.

Security Health Plan of Wisconsin, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status.

**ATTENTION:** If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-472-2363 (TTY 711).

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-472-2363 (TTY 711).

**LUS CEEV:** Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-472-2363 (TTY 711).

**Large print – If you require materials in large print, please call 1-800-472-2363 (TTY 711).**

Security Health Plan is an HMO-POS, MSA and D-SNP plan with a Medicare contract. Enrollment in Security Health Plan depends on contract renewal.

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**SecurityHealth Plan**<sup>SM</sup>

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