



# OTC Savings Guide

2021 Tufts Health Plan Senior Care Options



# DailyCare<sup>+</sup> Card



## You get \$25 to spend every 3 months!

Once your coverage begins, you get \$25 to spend every calendar quarter on approved personal care products at a participating store. The list of items you can buy with your card is on the next page.

### How it works:

At the beginning of each of the four calendar quarters (see right), your card is loaded with \$25. That's \$100 a year!

**Your balance does not carry over**, so try to spend the full \$25 before the end of each calendar quarter.

**Don't throw out your card**—it will be reloaded at the start of the next calendar quarter.

\$25 {	Jan	Feb	Mar
\$25 {	Apr	May	Jun
\$25 {	Jul	Aug	Sep
\$25 {	Oct	Nov	Dec

### 3 easy ways to enjoy your benefits

**Online**—Go to [NationsOTC.com](https://NationsOTC.com), log in using your 19-digit OTC card number, and select the items you want to purchase. Place your order by completing the checkout process. Your order will be delivered at no additional cost.

**By phone**—Call [1-833-SHOP-OTC](tel:1-833-SHOP-OTC)/1-833-746-7682 (TTY: 711) Mon-Fri, 8 a.m.–8 p.m. and a NationsOTC representative will take your order.

**In-store**—Swipe your card at the register at the following stores:



## Covered Items

<b>Eye and Ear Care</b>	Ear Plugs & Protection
<b>Feminine Personal Care</b>	Deodorants & Powders
	Douches
	Feminine Anti-Itch
	Feminine Moisturizers
	Wipes & External Washes
<b>Foot Care</b>	Odor & Wetness Powders
	Odor & Wetness Sprays
	Mixed/Miscellaneous Odor & Wetness Treatments
<b>Hair Care</b>	Shampoo
	Conditioner
	Therapeutic Shampoo, Conditioner, & Scalp Treatment
<b>Household Products</b>	Bath Tissue
<b>Oral Care</b>	Mouthwash
<b>Patient Cleansing and Bathing</b>	Cleansers & Washes
	Wipes & Towelettes
<b>Physical Fitness and Exercise Equipment</b>	Scales (Includes Body Fat Analyzers)
<b>Shaving and Grooming</b>	Razors & Refills (Disposable & Reusable)
<b>Skin Care</b>	Body Cleansing Liquids (Body Washes & Gels)
	Hand & Body Cleansing Bars (Soap)
	Hand Cleansing Liquids
	Instant Hand Sanitizers
	Mixed/Miscellaneous Hand & Body Cleansing (Towelettes, Foaming, etc.)
	Beauty Hand & Body Moisturizers
	Therapeutic Hand & Body Moisturizers
	Therapeutic Hand & Body Treatments

## Non-Covered Items (examples)

- Alternative medicines (botanicals, herbals, probiotics, and nutraceuticals)
- Baby medicines
- Cosmetic products of any kind
- Dehydration drinks
- Food products or supplements
- Hair color
- Perfumes
- Teeth whitening strips/treatment

# Instant Savings Card



## You get \$112 to spend every 3 months!

Once your coverage begins, you get \$112 to spend every calendar quarter on health-related items at a participating store. The list of items you can buy with your card is in this booklet.

### How it works:

At the beginning of each of the four calendar quarters (see right), your card is loaded with \$112. That's \$448 a year!

**Your balance does not carry over**, so try to spend the full \$112 before the end of each calendar quarter.

**Don't throw out your card**—it will be reloaded at the start of the next calendar quarter.

\$112 {	Jan	Feb	Mar
\$112 {	Apr	May	Jun
\$112 {	Jul	Aug	Sep
\$112 {	Oct	Nov	Dec

### 3 easy ways to enjoy your benefits

**Online**—Go to [NationsOTC.com](https://NationsOTC.com), log in using your 19-digit OTC card number, and select the items you want to purchase. Place your order by completing the checkout process. Your order will be delivered at no additional cost.

**By phone**—Call [1-833-SHOP-OTC](tel:1-833-SHOP-OTC)/1-833-746-7682 (TTY: 711) Mon–Fri, 8 a.m.–8 p.m. and a NationsOTC representative will take your order.

**In-store**—Swipe your card at the register at the following stores:










# What's covered with your Instant Savings Card

In order to fully utilize your SCO Instant Savings Card benefit, below is a list of the products that you can purchase with your card. Tufts Health Plan Senior Care Options has included color-coding to provide direction on how best to access each item. Please note, some items may also be available with a prescription from your provider and at no cost to you. Using this option would allow you to put your Instant Savings Card quarterly allowance towards other covered items.

## Color code:

-  Item can be purchased using your SCO Instant Savings Card quarterly allowance.
-  Please check with your health care provider or Care Manager prior to purchasing the item using your SCO Instant Savings Card quarterly allowance.
-  Item is covered with a prescription from your physician and at no cost to you. If you choose to purchase the item using your SCO Instant Savings Card quarterly allowance, no prescription is needed.

Cold & Allergy		
Adult Cough, Cold & Flu	Cough, Cold & Flu Liquids	
	Cough, Cold & Flu Tabs	
	Mixed/Miscellaneous Adult Cough, Cold & Flu	
	Cold & Flu Preventatives/Symptom Reducers	
	Brand Name Cough, Cold & Flu	
	Generic Cough, Cold & Flu	
Cough Drops, Sore Throat Relief	Sore Throat Pain Relief	
	Throat & Cough Drops	
	Mixed/Miscellaneous Cough Drops, Sore Throat Relief	
	Brand Name Cough Drops, Sore Throat Relief	
	Generic Cough Drops, Sore Throat Relief	
Allergy, Sinus & Combinations	Allergy, Sinus & Combination Liquids	
	Allergy, Sinus & Combination Tabs	
	Mixed/Miscellaneous Allergy, Sinus & Combinations	
	Brand Name Allergy, Sinus & Combinations	
	Generic Allergy, Sinus & Combinations	



<b>Nasal</b>	Nasal Sprays, Drops & Inhalers	
	Nasal Moisturizing Products & Washes	
	Nasal Strips & Snore Relief	
	Mixed/Miscellaneous Nasal	
	Brand Name Nasal	
	Generic Nasal	
<b>Respiratory Treatments</b>	Vapor Products (Includes Waterless Vaporizers)	
	Vaporizers, Humidifiers & Accessories	
	Mixed/Miscellaneous Respiratory Treatments	
<b>Compression Hosiery</b>		
<b>Support Hose—Low Compression (8–15 mmHg)</b>	Mixed/Miscellaneous Support Hose & Accessories	
	Men's Support Hose	
	Women's Support Hose-Knee High	
	Women's Support Hose-Thigh High	
	Women's Support Hose-Full & Maternity	
	Athletic Support Socks	
	Brand Name Support Hose	
	Generic Support Hose	
<b>Medical Support—High Compression (Over 15 mmHg)</b>	Mixed/Miscellaneous Medical Support & Accessories	
	Knee High Medical Support	
	Thigh High Medical Support	
	Waist High Medical Support	
	Lymphedema Treatments (Sleeves, Socks, Pumps, Etc.)	
	Women's High Compression Support Hose - Full & Maternity	
	Brand Name Medical Support	
	Generic Medical Support	
<b>Diabetes Care</b>		
<b>Diabetes Care Accessories</b>	Mixed/Miscellaneous Diabetes Care Accessories	
	Alcohol Swabs	
	Brand Name Diabetes Care Accessories	
	Generic Diabetes Care Accessories	
<b>Diabetes Nutritionals &amp; Wellness</b>	Diabetes Supplements	
<b>Diabetes Health &amp; Personal Care</b>	Diabetes Skin Care & External Pain Relief	
<b>Urine Testing</b>	Urine Test Strips	
	Urine Test Tablets	
	Mixed/Miscellaneous Urine Testing	
	Brand Name Urine Testing	
	Generic Urine Testing	

## Digestive Health

<b>Stomach Remedies</b>	Antacid Liquids	
	Antacid Tabs & Other Forms	
	Antacid Effervescent	
	Multi-Symptom & Nausea Products	
	Mixed/Miscellaneous Stomach Remedies	
	Brand Name Antacids	
	Generic Antacids	
<b>Acid Controllers</b>	Acid Controllers	
	Mixed/Miscellaneous Stomach Acid Controllers	
	Brand Name Acid Controllers	
	Generic Acid Controllers	
<b>Laxatives</b>	Fiber Products	
	Enemas, Laxative Suppositories, Kits, Etc.	
	Laxative Tabs & Powders (Includes Combination Products)	
	Laxative Liquids (Includes Combination Products)	
	Stool Softeners	
	Mixed/Miscellaneous Laxatives	
	Brand Name Laxatives	
	Generic Laxatives	
<b>Anti-Diarrheals</b>	Anti-Diarrheal Tabs	
	Anti-Diarrheal Liquids	
	Mixed/Miscellaneous Anti-Diarrheals	
	Brand Name Anti-Diarrheals	
	Generic Anti-Diarrheals	
<b>Lactose Intolerance &amp; Digestive Aids</b>	Lactose Intolerance	
	Generic Digestive Aids	
	Digestive Health Prebiotics & Probiotics	
<b>Anti-Gas</b>	Anti-Gas Products	
	Mixed/Miscellaneous Anti-Gas	
	Brand Name Anti-Gas	
	Generic Anti-Gas	
<b>Hemorrhoidal Preparations</b>	Hemorrhoidal Treatments	
	Hemorrhoidal Wipes & Washes	
	Mixed/Miscellaneous Hemorrhoidal Preparations	
	Brand Name Hemorrhoidal Preparations	
	Generic Hemorrhoidal Preparations	



## Eye & Ear Care

### Contact Lens Care

Soft Lens Multi-Purpose Solutions

Soft Lens Disinfecting

Soft Lens Saline Solutions

Soft Lens Cleaners

Soft Lens Rewetting Drops

Gas Permeable & Hard Lens Care

Mixed/Miscellaneous Contact Lens Care

Brand Name Contact Lens Care

Generic Contact Lens Care

### Reading Glasses & Magnifying Glasses

Reading Glasses

Magnifying Glasses

Mixed/Miscellaneous Reading Glasses & Magnifying Glasses

### Eye Preparations

Eye Relief Products

Dry Eye Relief

Eye Wash

Mixed/Miscellaneous Eye Preparations (Includes Sleep Masks)

Brand Name Eye Preparations

Generic Eye Preparations

### Ear Care

Ear Drops & Syringes

Hearing Aids

Lipoflavonoids

Mixed/Miscellaneous Ear Care

Brand Name Ear Care

Generic Ear Care

## Electrical & Audio

### Batteries

Hearing Aid Batteries (Standard & High Performance)

## First Aid

### First Aid Dressings

Adhesive & Liquid Bandages

First Aid Tapes

Gauze Pads & Dressings

Mixed/Miscellaneous First Aid Dressings

Surgical Bandages & Surgical Dressings

Brand Name First Aid Dressings

Generic First Aid Dressings

<b>First Aid Treatments</b>	Antibiotic Products	
	Antiseptics & Medicated Products (Includes Alcohol, Peroxide, Epsom Salt, Etc.)	
	Mixed/Miscellaneous First Aid Treatments	
	Skin Remedies (Includes Burn & Scar Treatments)	
	Skin Protectants (Includes Petroleum Jelly)	
	Wound Cleansers (Salines)	
	Brand Name First Aid Treatments	
	Generic First Aid Treatments	
<b>Antiparasitic Treatments</b>	Lice Treatments & Accessories	
	Mixed/Miscellaneous Antiparasitic Treatments & Accessories	
	Brand Name Antiparasitic Treatments	
	Generic Antiparasitic Treatments	
<b>First Aid Kits &amp; Supplies</b>	First Aid Kits	
	Mixed/Miscellaneous First Aid Kits & Supplies	
	Brand Name First Aid Kits & Supplies	
	Generic First Aid Kits & Supplies	
<b>Anti-Itch Treatments</b>	Hydrocortisone Products	
	Anti-Itch Treatments (Excludes Hydrocortisone), Jock Itch & Insect Bite Remedies	
	Mixed/Miscellaneous Anti-Itch Treatments	
	Brand Name Anti-Itch Treatments	
	Generic Anti-Itch Treatments	
<b>Home Health Care</b>		
<b>Bathroom Safety</b>	Bathtub Safety & Accessories	
	Bathtub & Toilet Rails & Frames	
	Elevated Toilet Seats & Accessories	
	Grab Bars & Handles	
	Sitz Baths & Bidets	
	Hand Held Showers	
	Mixed/Miscellaneous Bathroom Safety	

## Home Diag & Patient Aids For Daily Living

### Patient Aids For Daily Living

Nightlights, Safety Lights
Bathing & Oral Hygiene Aids (Example: Bath Seats, Toothbrush Modifiers)
Mobility Safety: Stair Rails, Stair Treads, Temporary Mobility Ramps
Grooming & Dressing Aids (Example: Dressing Stick, Long Handle Shoehorn)
Medical Alert IDs & Devices
Medicine Dosers, Pillboxes, Pill Cutters, Organizers & Reminders
Reachers, Grippers & Lifts
Reading, Writing & Telephone Aids

## Foot Care

### Foot Cushioning & Treatments

Corn, Callus & Bunion Pads
Corn & Callus Removers

### Antifungal Treatments

Antifungal Powders
Antifungal Creams & Liquids
Antifungal Sprays
Nail Fungus Treatments
Mixed/Miscellaneous Antifungal Treatments
Brand Name Antifungal Treatments
Generic Antifungal Treatments

### Wart Removers

Pads & Liquids
Mixed/Miscellaneous Wart Removers
Brand Name Pads & Liquids
Generic Pads & Liquids

### Foot Grooming & Pain Relief

Foot Pain Relief
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## Health Supports

### Braces

Ankle & Foot
Hand & Wrist
Elbow & Arm
Knee
Thigh, Calf & Shin
Joint Warmers & Arthritis
Mixed/Miscellaneous Braces
Brand Name Braces
Generic Braces



<b>Hot/Cold Therapy</b>	Hot/Cold Therapy	
	Heating Pads (Electric)	
	Mixed/Miscellaneous Hot/Cold Therapy	
	Brand Name Hot/Cold Therapy	
	Generic Hot/Cold Therapy	
<b>Incontinence</b>		
<b>Disposable Incontinence</b>	Disposable Underwear	
	Disposable Briefs & Undergarments	
	Disposable Underpads	
	Disposable Pads, Shields, Guards & Drip Collectors	
	Mixed/Miscellaneous Disposable Incontinence	
	Brand Name Disposable Incontinence	
	Generic Disposable Incontinence	
<b>Reusable Incontinence</b>	Reusable Garments	
	Reusable Underpads	
	Mixed/Miscellaneous Reusable Incontinence	
	Brand Name Reusable Incontinence	
	Generic Reusable Incontinence	
<b>Incontinence Supplies</b>	Perineal-Only Cleansers & Washes	
	Perineal-Only Wipes & Towelettes	
	Perineal-Only Moisturizers, Barriers & Protectants	
	Perineal-Only Antifungals	
	Deodorizers	
	Mixed/Miscellaneous Incontinence Supplies	
	Brand Name Incontinence Supplies	
	Generic Incontinence Supplies	
<b>Oral Care</b>		
<b>Toothpaste &amp; Treatments</b>	Regular Toothpaste & Toothpowder	
	Sensitive Toothpaste & Treatments	
	Mixed/Miscellaneous Toothpaste & Treatments	
	Brand Name Toothpaste & Treatments	
	Generic Toothpaste & Treatments	
<b>Toothbrushes</b>	Manual Toothbrushes	
	Battery Toothbrushes & Refills	
	Rechargeable Toothbrushes & Refills	
	Mixed/Miscellaneous Toothbrushes & Accessories	
	Brand Name Toothbrushes	
	Generic Toothbrushes	

<b>Denture Products</b>	Denture Adhesives	
	Denture Cleaners & Accessories	
	Denture Repair & Pain Relief	
	Mixed/Miscellaneous Denture Products	
	Brand Name Denture Products	
	Generic Denture Products	
<b>Interdental, Gum Care, Etc.</b>	Floss & Flossers	
	Interdental	
	Gum Care	
	Dental Gum	
	Mixed/Miscellaneous Interdental, Gum Care, Etc.	
	Brand Name Interdental, Gum Care, Etc.	
	Generic Interdental, Gum Care, Etc.	
<b>Oral Remedies</b>	Oral Pain Relief & Mouth Sores	
	Dry Mouth Products	
	Temporary Dental Repair	
	Mixed/Miscellaneous Oral Remedies (Includes Fluoride Treatments)	
	Brand Name Oral Remedies	
	Generic Oral Remedies	
<b>Pain Relief</b>		
<b>Adult Pain Relief</b>	Adult Acetaminophen	
	Feminine Pain Relief	
	Adult Aspirin & Combinations	
	Adult Ibuprofen & Other Anti-Inflammatories	
	Mixed/Miscellaneous Adult Pain Relief	
	Adult Specialty (Includes Topical Headache & Fever Relief)	
	Brand Name Adult Pain Relief	
	Generic Adult Pain Relief	
<b>External Pain Relief</b>	External Muscle/Joint Pain Relief Patches & Pads	
	External Muscle/Joint Pain Relief Rubs & Liquids	
	External Muscle/Joint Pain Relief Liquids, Roll-ons and Sprays	
	Mixed/Miscellaneous External Pain Relief	
	Brand Name External Pain Relief	
	Generic External Pain Relief	

## Patient Skin Care

### Patient Skin Support

Moisturizers, Barriers & Protectants
Antifungals
Mixed/Miscellaneous Patient Skin Support
Brand Name Patient Skin Support
Generic Patient Skin Support

## Physical Fitness & Exercise Equipment

### Physical Fitness

Pedometers, Fitness Trackers
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## Skin Care

### Acne Medications (Face & Body)

Acne Creams, Gels, Lotions & Patches
Acne Soaps & Cleansers
Acne Astringents & Pads
Mixed/Miscellaneous Acne Medications
Brand Name Acne Medications
Generic Acne Medications

## Smoking Deterrents

### Nicotine Patches, Gum, Etc.

Nicotine Patches
Nicotine Gum
Mixed/Miscellaneous Nicotine Patches, Gum, Etc.
Brand Name Smoking Deterrents
Generic Smoking Deterrents

## Sun Care

### Adult Sun Protection (SPF 15+)

Sun Protection (SPF 15–49)
Sun Protection (SPF 50+)
Mixed/Miscellaneous Sun Protection (SPF 15+)
Lip Protection (Sun Care Lines Only)
Sport Sun Protection
Brand Name Sun Protection (SPF 15+)
Generic Sun Protection (SPF 15+)



## Vitamins/Dietary Supplements

<b>Multivitamins &amp; Multivitamins w/Minerals</b>	Adult Multivitamins & Multivitamins w/Minerals	
	Eye Health Vitamins	
	Mixed/Miscellaneous Multivitamins & Multivitamins W/Minerals	
	Brand Name Multivitamins & Multivitamins w/Minerals	
	Generic Multivitamins & Multivitamins w/Minerals	
<b>Specialty Supplements</b>	Joint Health (Incl. Glucosamine)	
	Menopause Support (Soy)	
	CoQ10 Only (UBIQUINOL)	
	Heart Health & Essential Fatty Acids (Fish Oil, Flax, GLA, etc.)	
	General Health Prebiotics & Probiotics	
<b>Single-Entity Vitamins</b>	Vitamin B & Vitamin B Complex	
	Vitamin C	
	Vitamin E	
	Mixed/Miscellaneous Single Entity Vitamins	
	Vitamin D	
	Brand Name Single Entity Vitamins	
	Generic Single Entity Vitamins	
<b>Mineral Supplements</b>	Calcium	
	Iron	
	Mixed/Miscellaneous Mineral Supplements	
	Multi-Mineral	
	Brand Name Mineral Supplements	
	Generic Mineral Supplements	



**If you have any questions** about your Instant Savings or DailyCare<sup>+</sup> card, please contact Tufts Health Plan Senior Care Options (HMO-SNP) Customer Relations at **1-855-670-5934 (TTY: 711)\*** for specific instructions on using this benefit. Representatives are available 7 days a week, 8 a.m.–8 p.m. (Apr. 1–Sept. 30, Mon.–Fri., 8 a.m.–8 p.m.)

For card services, including checking your balance and finding an accepted retailer, call OTC Network at **1-888-682-2400** or go to **[www.myotccard.com](http://www.myotccard.com)**. You can also view this information on your mobile phone with the OTC Network app.

## Benefits at Your Fingertips!

### With the OTC Network<sup>®</sup> mobile app



Check card  
balance.



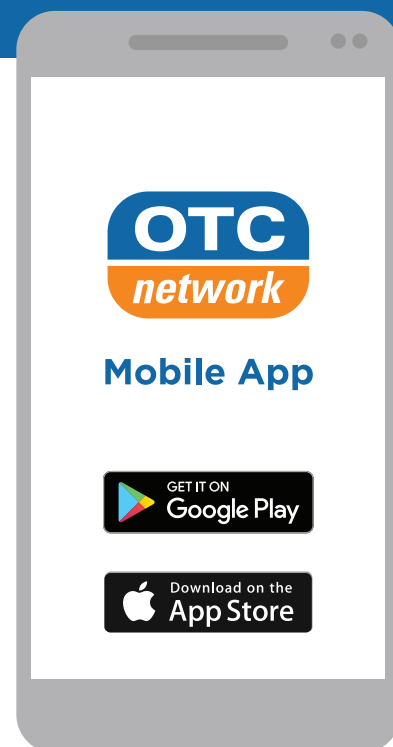
Choose a  
participating retailer.



Discover item eligibility  
by the scan of a barcode.

As an OTC Network<sup>®</sup> cardholder, you now have instant access to your card account. The OTC Network<sup>®</sup> mobile app allows you to keep track of your card balance and easily find eligible items when shopping at participating retailers—right at your fingertips, 24 hours a day, seven days a week.

For more OTC Network<sup>®</sup> card information, visit **[otcnetwork.com](http://otcnetwork.com)**.



Tufts Health Plan Senior Care Options is an HMO-SNP plan with a Medicare contract. Enrollment in Tufts Health Plan Senior Care Options depends on contract renewal. The HMO-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. The SCO is available to anyone who has MassHealth Standard only. Other eligibility requirements may apply. Tufts Health Plan Senior Care Options complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-670-5934 (TTY: 711). H2256\_S\_2021\_28\_C