

CATALOG
SAMPLE



2022 Over-the-Counter Benefit

Shop covered products with the over-the-counter (OTC) benefit

Over-the-counter (OTC) benefit

Peoples Health offers its members an over-the-counter (OTC) benefit as part of the Peoples Health Medicare Advantage plan. Members get credits to buy covered over-the-counter products like toothpaste, pain relief, vitamins, cough drops and more. It's all included at no cost to the member.

How it works

1. Credits are added to the OTC account every quarter.
2. Use these credits to buy covered OTC products.
3. Credits expire at the end of each quarter or at the end of the year, depending on the plan.

Choose how you shop OTC products



Catalog

Simply fill out an order form and mail it in.



Online

Shop by visiting the website or using the mobile app on a smartphone or tablet.



Phone

Call and place an order over the phone.

THIS IS A SAMPLE CATALOG. It contains only a partial list of the kinds of items that are covered to purchase with the plan's OTC benefit. For the 2022 plan year, there are hundreds of items available through the catalog, website or mobile app.

What types of over-the-counter products can you buy?

Items covered by the benefit include many items you use every day.

Allergy

Allergy relief tablets

Bathroom Safety

Shower bench

Tub safety treads

Braces & Supports

Back support

Pull-over knee support

Canes

Folding cane

Quad base cane

Cough, Cold & Flu

Cold & flu medicines

Cough drops

Digestive Health

Antacids

Gas relief

Eye & Ear Care

Eye drops

Ear wax treatment

First Aid

Bandages

Hand sanitizers

Healing creams

Home Tests & Monitoring

Floor scale

Thermometer

Incontinence

Incontinence under garments

Skin cleansers

Leg & Foot Care

Bunion guards

Medicated foot powder

Oral Care

Denture cleaner

Toothbrushes

Toothpaste

Pain Relief

Aspirin

Hemorrhoidal ointments

Pain relief gel

Skin Care

Aloe vera

Sunscreen

Vein healing cream

Stop Smoking

Nicotine gum

Nicotine patches

Vitamins & Supplements

Calcium

Melatonin

Multivitamins

See the following pages to get more details on the kinds of items that are covered to purchase.

Allergy



Zyrtec® 24 Hour Allergy Relief with 10 mg Cetirizine HCl
30 tablets.



Sudafed PE® Maximum Strength Non-Drowsy Sinus Decongestant
36 tablets.



Allergy Relief Loratadine***
Compares to Claritin®. 30 tablets, 10 mg.




Allergy Relief Minitabs
Compares to Benadryl® Allergy Ultratab®. 24 minitabs.

Bathroom Safety



Handheld Shower
Handheld shower head with 6.5-ft. long hose. Some assembly required.
⚠️ *Do not over-tighten.*



Shower Safety Bench with Back 
Aluminum frame. No tools needed; some assembly required.



Locking Raised Toilet Seat with Arms
Raises seat height 5" above the toilet. Padded foam arms.

Braces & Supports



Curad® Pull-Over Knee Support
Provides moderate compression. Made with latex-free elastic. Measure knee circumference at knee cap with leg straight to size. Available in S, M, L, XL or XXL sizes.



Arthritis Gloves
Mild compression to enhance circulation. Cotton lycra. Measure across the knuckles to size. Available in S, M or L sizes. 1 pair.



Back Support with Dual Pulley System
Metal stays provide added support for lower back and abdomen. Fits comfortably under clothing. Available in S/M, L/XL or XXL sizes.



Protective Arm Sleeve
Mild compression protects fragile skin from everyday scrapes, shearing and bumps. One size fits most. 1 pair.

Canes



Folding Cane**
Molded contour grip handle. Non-slip rubber tip. Weight capacity: 250 lbs. Black. Height adjusts 32"-36".



Quad Cane — Small Base**
Stable 4-point base. Weight capacity: 300 lbs. Height adjusts 29"-38".



Cane with Offset Handle**
Aluminum with cushion handle and wrist strap. Weight capacity: 300 lbs. Black. Height adjusts 29"-38".

Cough, Cold & Flu



Vicks® DayQuil™ Cold & Flu
May help relieve cold and flu symptoms. Non-drowsy. 24 LiquiCaps™.



Cepacol® Extra Strength Lozenges
Honey-Lemon flavor. 16 lozenges.



Cough Drops — Sugar-Free
Compares to Halls®. Black Cherry flavor. 2 packs of 25 drops.



Cold & Flu — Nighttime
Compares to Vicks® Nyquil Cold & Flu. Cherry flavor. 12 fl. oz.

Digestive Health



Prilosec OTC™ ***
Acid Reducer. 14 tablets.



Metamucil® Sugar-Free Singles
For relief of occasional constipation. Orange flavor. 30 individual serving packets.



Stomach Relief Bismuth Liquid
Compares to Pepto-Bismol®. 8 fl. oz.



Omeprazole Magnesium Acid Reducer***
Compares to Prilosec OTC®. 42 capsules.



Extra Strength Antacid Soft Chews
May help relieve heartburn, sour stomach and acid indigestion. Cherry flavor. 36 chews.

Eye & Ear Care



Bausch + Lomb Soothe® Lubricant Eye Drops
Dry eye therapy. Preservative-free. 30 single-use vials. 0.02 fl. oz. each.



Bausch & Lomb Advanced Eye Relief®
Replenishes tears. 1 fl. oz.



Artificial Tears
Compares to active ingredients of Visine Tears® Eye Drops. 0.5 fl. oz.



Earwax Treatment Drops
Compares to Debrox®. 0.5 fl. oz.

First Aid



Neosporin® Ointment
Infection protection to treat minor cuts, scrapes and burns. 1 oz.



Curad® Variety Pack Bandages
20 Waterproof, 50 Flex-Fabric™, 60 Plastic, 60 Sheer, 10 XL Flex-Fabric™. Assorted sizes, 200 count.



Band-Aid® Brand Bandages
Flexible fabric adhesive bandages. All one size, 100 count.



Ben's® Tick & Insect Repellent
Repels mosquitoes for up to 10 hours. 30% DEET. 3.4 fl. oz. pump.



Powder-free Synthetic Exam Glove
Powder-free, latex-free, stretch vinyl gloves.



Isopropyl Alcohol***
70% isopropyl alcohol. First aid antiseptic. 16 fl. oz.
⚠ Cannot ship to Hawaii or P.O. boxes.

Home Tests & Monitoring



Garmin® Vivosmart® 4 Watch
Smart Device with Daily Fitness and Wellness Monitoring. Safe for use in shower or swimming. Compatible with smart phones. More information available online.
⚠ Cannot ship to Hawaii or P.O. boxes.



CPAP Pillow with Memory Foam
May help provide comfortable and effective use of CPAP breathing equipment while sleeping.



Urinary Tract Infection At-Home Test
Clinically tested. Results in 2 minutes. 3 count.



Electric Heating Pad
Auto shut off. 12" x 24".



No Touch Thermometer
Infrared technology measures temperature near forehead. Backlit LCD screen.
⚠ Cannot ship to Hawaii or P.O. boxes.



Talking Digital Floor Scale****
Speaks in English and Spanish. Platform size: 14.5" x 11¾". 400 lb. capacity.

Incontinence



FitRight® Aloe Wipes
Hypoallergenic, pH-balanced and alcohol-free. Scented; non-flushable. 8" x 12", 100 count.



FitRight® Disposable Underwear for Women**
Made specifically for women with a shape and absorbency designed for comfort, discretion and leak protection. Available in SM/MD and LG/XL sizes. Pack of 20.



FitRight® Disposable Brief**
Cloth-like material with odor protection. Wicks fluid away to promote dryness. Moisture indicator. Tab closures. Latex-free. Available in S, M, R, L, XL or XXL sizes. 1 case of 80.



Poise® Pads
Moderate Absorbency. Long Length.



Reusable Underpad**
Waterproof bottom layer helps prevent leakage. Machine washable. 34" x 48".

👣 Leg & Foot Care



Gold Bond® Ultimate Diabetics' Dry Skin Relief Foot Cream
May relieve dry, cracked skin and soothe skin discomfort. Dimethicone 3%, White Petrolatum 30%. 3.4 oz.



Jobst® SensiFoot™ Diabetic Socks
Anti-microbial. Made of acrylic, nylon and spandex. Non-constricting and mild compression. 1 pair, Crew Length. Available in S, M, L or XL sizes. Colors: Black or White.



Curad® Compression Dress Socks 8–15 mmHg
Controlled compression may help circulation and leg fatigue. Over the calf. Available in S, M or L sizes. 1 pair. Color: Black.



Curad® Mediplast Wart Pad
May help with the removal of corns, calluses and warts. Three 2" x 3" cut-to-fit pads.



Plantar Fasciitis Relief Sleeve
Compression for a gentle, comfortable stretch. Wears comfortably under socks for extra support. Available in S, M, L or XL sizes. 1 sleeve.



Toe Straightener
Cushions, protects and keeps toes in their correct position. One size fits most. 4 pack.

🦷 Oral Care



Colgate® Sonic Toothbrush
Sonic action with rubber polisher and cheek and tongue cleaner. Soft bristles. One AA battery included.



Crest® Toothpaste — Regular Paste
4.2 oz.



Super Poligrip® Denture Adhesive
Zinc free. 2.4 oz.



Biotene® Dry Mouth Oral Rinse
Mint flavor. 16 fl. oz.



Oral-B Glide Pro-Health Dental Floss, Cool Mint, 40 m, 3 pack
40m, 3 pack.



Polident Denture Cleanser
Antibacterial daily cleanser. 6 boxes of 40 tablets.

💊 Pain Relief & Management



Tylenol® Extra Strength 500 mg
Acetaminophen 500 mg. 100 caplets.



MOTRIN® IB Pain Reliever / Fever Reducer
Ibuprofen 200 mg. 100 coated caplets.



ActivICE™
Temporary relief from muscle aches, joint and back pain. 8% menthol. 3 oz. roll-on.
⚠️ *Cannot ship to Hawaii or P.O. boxes.*



Salonpas Lidocaine 4% Gel Patch
Provides temporary relief from back, neck, shoulder, knee and elbow pain. 6 patches.



Ibuprofen 200 mg
Compares to Advil®. 100 coated tablets.



Hemorrhoidal Ointment
Compares to Preparation H®. 2 oz.

Skin Care



Remedy® Intensive Enlivaderm™ Serum
Moisturizes very dry, calloused skin.
Contains 20% Urea and Glycolic Acid. 4 oz.



Remedy® Hydrating Cleanser
Paraben-free. 8 oz.



Clearasil® Ultra Rapid Action Pads for Acne
Exfoliating pad may help reduce pimple size
and redness. Salicylic acid 2%. 90 count.



**Neutrogena® Age Shield® Face
Oil-Free Sunscreen — SPF 70**
3 fl. oz.



Sunscreen Lotion — SPF 50
Compares to Coppertone®. UVA/UVB
protection. Water resistant. 8 oz.



Soothe & Cool® Cornstarch Body Powder
Absorbs moisture and odor. Talc-free. 14 oz.



Vein Healing Cream
May help diminish the appearance of
varicose veins, spider veins and broken
capillaries. 4 oz.



Zinc Oxide Ointment
May help protect the skin from minor skin
rashes. 20% Zinc Oxide. 16 oz.

Stop Smoking



Nicotine Patch — 21 mg*
Compares to the active ingredient in
Habitrol®. Color: Clear. 14 count.



Nicotine Gum — 4 mg*
Compares to Nicorette® Mint Gum.
110 count.

Vitamins & Supplements



PreserVision® AREDS+LUTEIN[†]
Promotes eye health. 50 softgels.



VitaJoy® Daily D 2000 IU[‡]
Peach flavor. 120 gummies.



VitaJoy® Melatonin 5 mg[‡]
Strawberry flavor. 120 gummies.



Sentry Senior 50+ Multivitamin[†]
Compares to Centrum® Silver® Multivitamin.
100 tablets.



Omega-3 Fish Oil 1000 mg[‡]
Contains EPA and DHA fatty acids. 90 softgels.



Vitamin C 500 mg Chewable Tablets[‡]
May provide antioxidant support and immune
function support. Orange flavor. 110 tablets.



Probiotic[‡]
Saccharomyces Boulardii 250 mg.
Compares to Florastor®. 50 capsules.



Diabetes Glucose Tablets[‡]
May help raise low blood sugar. Orange
flavor. 50 chewable tablets.

 Battery(ies) included  One-Year Limited Warranty

* Members may purchase this item after discussing item(s) with their physician who recommends the item(s) for a specific condition.

** Some items on this page may be covered by the plan, or Original Medicare if you are not enrolled in the plan, and if item is determined to be medically necessary. Please check with your physician before ordering.

*** In certain circumstances some items on this page may be covered by the plan, or Original Medicare if you are not enrolled in the plan, and if item is determined to be medically necessary. Please check with your healthcare provider before ordering.

**** Scales are only available to members with congestive heart failure or liver disease in order to monitor weight changes. Scales are not allowable for other conditions or diseases. Please discuss with your healthcare provider before ordering.

† Members may order these item(s) after discussing the item(s) with their physician who recommends the item(s) for a specific condition. Debate exists on the merits of these supplements, so it is important that you speak with your doctor before taking supplements, especially if you have a serious medical condition. These statements have not been evaluated by the Food and Drug Administration.

If you have questions or are ready to enroll, contact your sales agent.

Or call toll-free at **1-800-978-9765**, **TTY 711**, 8 a.m. – 8 p.m. local time, 7 days a week.

Go online anytime to **peopleshealth.com**.



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