

## Hassle-free and as easy as 1... 2... 3...

**1** Select items from  
this brochure



**2** Call 1-888-609-0692 to  
place your order



**3** Receive your order  
in the mail!



Harvard Pilgrim is an HMO plan with a Medicare contract. Enrollment in Stride<sup>SM</sup> (HMO) depends on contract renewal.

## The hassle-free and easy way to get Over-the-Counter health related supplies

Receive a minimum of \$150 every year  
in Over-the-Counter Drugs & Supplies

### Harvard Pilgrim takes the hassle out of ordering!

Check your Summary of Benefits for details.

This information is not a complete description of benefits. Call Member Services at **1-888-609-0692**. TTY users, call 711. October 1 - March 31, 8 a.m. - 8 p.m. 7 days a week, April 1 - September 30, 8 a.m. - 8 p.m. Monday - Friday for more information.

## 2019 Over-the-Counter Benefits at No Cost for Stride<sup>SM</sup> (HMO) Members



Stride<sup>SM</sup> (HMO) members receive a  
minimum of \$150 every year\* for  
Over-the-Counter drugs or supplies.



\*After paying your monthly plan premium. Limited to \$50 a month. Limitations and restrictions may apply.

ITEM	ITEM DESCRIPTION	QTY.	PRICE
<b>(1) Allergies</b>			
<b>1A</b> Generic Comparable of Chlortrimeton	Chlorpheniramine Maleate 4 mg	24	<b>\$4</b>
<b>1B</b> Generic Comparable of Benadryl Elixir	Diphenhydramine HCl 12.5mg	118ml	<b>\$3</b>
<b>1C</b> Generic Comparable of Benadryl Caps	Diphenhydramine HCl 25mg	24	<b>\$3</b>
<b>1D</b> Generic of Ocean Saline Nasal Spray	Deep Sea Nasal Spray Saline 0.65%	44ml	<b>\$3</b>
<b>1E</b> Nasacort Allergy 24 Hour	Triamcinolone 55mcg	10.8ml	<b>\$15</b>
<b>1F</b> Flonase	Fluticasone propionate (glucocorticoid) 50mcg	9.9ml	<b>\$15</b>
<b>(2) Analgesics</b>			
<b>2A</b> Generic Comparable of Tylenol Ex 500mg	Acetaminophen Tabs 500 mg	100	<b>\$4</b>
<b>2B</b> Generic Comparable of Bayer Aspirin	Aspirin 325mg	100	<b>\$3</b>
<b>2C</b> Generic Comparable of Zostrix	Trixaicin Capsicum 0.025% (Capsaicin)	60g	<b>\$7</b>
<b>2E</b> Generic Comparable of Advil	Ibuprofen 200mg FC Tab	24	<b>\$3</b>
<b>2F</b> Generic Comparable of Ben Gay	Muscle Rub	35g	<b>\$3</b>
<b>2G</b> Generic Comparable of Aleve	Naproxen Sodium 220mg CPL	50	<b>\$7</b>
<b>2H</b> Generic Comparable of Bayer Aspirin Low Dose 81 mg	Aspirin EC (Delayed Release) 81 mg	120	<b>\$4</b>
<b>2I</b> Generic Comparable of Tylenol PM	Acetaminophen 500 mg/Diphenhydramine HCl 25 mg	50	<b>\$5</b>
<b>2J</b> Generic Comparable of Bayer Aspirin Low Dose Chewable	Aspirin 81 mg Chewable	36	<b>\$4</b>
<b>2K</b> Generic Comparable of Icy Hot Patch	Cold and Hot Patch	5	<b>\$8</b>
<b>2L</b> Generic Comparable of Excedrin	Headache Formula-Aspirin/Acetaminophen/Caffeine	100	<b>\$7</b>
<b>2M</b> Aspercreme	Aspercreme with 4% Lidocaine Maximum Strength	76g	<b>\$6</b>
<b>(3) Antacids</b>			
<b>3A</b> Generic Comparable of Tums-Ex	Calcium Carbonate 750 mg	96	<b>\$5</b>
<b>3B</b> Generic Comparable of Gas-X	Gas Relief Tablets	100	<b>\$5</b>
<b>3C</b> Generic Comparable of Zantac 75	Ranitidine 75 mg	30	<b>\$9</b>
<b>3D</b> Generic Comparable of Alka Seltzer	Antacid & Pain Relief	36	<b>\$6</b>
<b>(4) Anti-Diarrheals</b>			
<b>4A</b> Generic Comparable of Imodium	Loperamide 2 mg	12	<b>\$4</b>
<b>4B</b> Generic Comparable of Pepto Bismol	Pink Bismuth Tablets (chewable)	30	<b>\$5</b>
<b>(5) Anti-Hemorrhoidals</b>			
<b>5A</b> Generic Comparable of Cortaid Maximum Strength	Hydrocortisone oint. USP 1%	28g	<b>\$6</b>
<b>5B</b> Generic Comparable of Preparation H	Prompt Relief Hem Ointment	57g	<b>\$7</b>
<b>5C</b> Generic Comparable of Preparation H Suppositories	Hemorrhoidal Suppositories	24	<b>\$13</b>
<b>(6) Cough/Cold</b>			
<b>6A</b> Generic Comparable of Robitussin Sugar-free Dm	Sugar-free cough syrup	118ml	<b>\$5</b>
<b>6B</b> Generic Comparable of Vicks	Medicated Chest Rub	113g	<b>\$6</b>
<b>6C</b> Mucinex Dm	Mucinex DM 600 mg	20	<b>\$20</b>
<b>6D</b> Generic Comparable of Afrin nasal Spray	Nasal Spray	30ml	<b>\$3</b>
<b>6H</b> Generic Comparable of Tylenol Sinus Congestion & Pain	Sinus-Acetaminophen / Phenylephrine HCl	24	<b>\$5</b>

ITEM	ITEM DESCRIPTION	QTY.	PRICE
<b>6I</b> Generic Comparable of Chloraseptic	Sore throat spray	177ml	<b>\$5</b>
<b>6K</b> Halls Sugar Free Cough Drops	Sugar Free Cough Drops	25	<b>\$4</b>
<b>6L</b> Generic Comparable of Mucus Relief	Expectorant - Guaifenesin 400mg	30	<b>\$7</b>
<b>6M</b> Generic Comparable of Cepacol	Cepacol	18	<b>\$5</b>
<b>(7) Eye Care</b>			
<b>7A</b> Generic Comparable of Collyrium Eye Wash	Eye Wash	118ml	<b>\$4</b>
<b>7B</b> Generic Comparable of Visine	Redness Reliever eye drops	15ml	<b>\$4</b>
<b>7C</b> Generic Comparable of Visine Tears	Artificial Tears	15ml	<b>\$4</b>
<b>7E</b> Generic Comparable of Zaditor	Eye-Itch Relief Antihistamine	5ml	<b>\$15</b>
<b>(8) First Aid Creams &amp; Ointments &amp; Antiseptics</b>			
<b>8A</b> Generic Comparable of Benadryl Cream	Anti-Itch Cream	35g	<b>\$3</b>
<b>8B</b> Generic Comparable of Bacitracin	Bacitracin	14g	<b>\$6</b>
<b>8C</b> Generic Comparable of Lotrimin	Clotrimazole 1% Cream	28g	<b>\$7</b>
<b>8D</b> Generic Comparable of Cortisone	Hydrocortisone Cream	28g	<b>\$5</b>
<b>8E</b> Generic Comparable of Zinc Oxide	Zinc Oxide Ointment	28g	<b>\$8</b>
<b>8F</b> Generic Comparable of Neosporin	Triple-Antibiotic Ointment	28g	<b>\$6</b>
<b>8G</b> Generic Comparable of Micatin	Miconazole Nitrate 2%	45g	<b>\$4</b>
<b>8H</b> Generic Comparable of Debrox	Ear wax removal	15ml	<b>\$4</b>
<b>(9) First Aid Supplies</b>			
<b>9A</b> Generic Comparable of Ace Bandage 3"	Elastic Bandage	1	<b>\$4</b>
<b>9B</b> Butterfly Closure	Butterfly Closures	12	<b>\$2</b>
<b>9C</b> Cotton Balls	Cotton Balls	100	<b>\$4</b>
<b>9D</b> Ice Bag	Ice Bag 9"	1	<b>\$9</b>
<b>9E</b> Generic Comparable of J&J Gauze	Gauze Rolls - Assorted sizes	3	<b>\$4</b>
<b>9F</b> Digital Thermometer	Digital Thermometer	1	<b>\$5</b>
<b>9G</b> Generic Comparable of Q-Tips	Cotton Swabs	300	<b>\$5</b>
<b>(10) Laxatives</b>			
<b>10A</b> Generic Comparable of Colace	Docusate Sodium 100mg	100	<b>\$5</b>
<b>10B</b> Generic Comparable of Fibercon	Fiber-Lax 500mg	90	<b>\$9</b>
<b>10C</b> Generic Comparable of Miralax	Clear Lax Powder	119g	<b>\$11</b>
<b>10D</b> Generic Comparable of Fleet Enema	Enema-Saline Laxative	133ml	<b>\$3</b>
<b>(11) Miscellaneous Items</b>			
<b>11A</b> Digital Blood Pressure Kit*	Automatic Blood Pressure Kit	1	<b>\$25</b>
<b>11B</b> Blood Pressure Kit*	Manual Self Taking Blood Pressure Kit	1	<b>\$19</b>
<b>11C</b> Generic Comparable of Band Aid	Adhesive Bandages	100	<b>\$3</b>
<b>11D</b> Generic Comparable of Coppertone Sunscreen Lotion	Sunscreen Lotion SPF-30	118ml	<b>\$10</b>
<b>11E</b> Generic Comparable of Dramamine	Motion Sickness Relief Tablets	12	<b>\$4</b>

ITEM	ITEM DESCRIPTION	QTY.	PRICE
<b>11F</b> Pill Organizer	One Day At a time Medicine Organizer-Weekly	1	<b>\$7</b>
<b>11G</b> DEX4 Glucose Tablets	Glucose Chewable Tablets	50	<b>\$8</b>
<b>11H</b> Pill Splitter	Pill Splitter	1	<b>\$5</b>
<b>11I</b> Eye Glass Wipes	Wipes and lens cleaner pack	1 pkg	<b>\$4</b>
<b>11J</b> Estroven	Multi-Symptom Menopause Relief	30	<b>\$20</b>
<b>(12) Topical Foot &amp; Topical Oral</b>			
<b>12A</b> Callus Remover	Callus Removers	6	<b>\$4</b>
<b>12C</b> Callus Cushion	Callus Cushions	6	<b>\$3</b>
<b>12E</b> Dental Flossers	Dental Flossers	36	<b>\$3</b>
<b>12G</b> Generic Comparable of Polident	Denture Cleaners	40	<b>\$7</b>
<b>12H</b> Toothpaste	Toothpaste	82g	<b>\$4</b>
<b>12I</b> Toothbrush	Toothbrush	1	<b>\$3</b>
<b>12J</b> Generic Comparable of Fixodent	Denture Adhesives ADH CRM Fresh	68g	<b>\$5</b>
<b>(13) Vitamins &amp; Minerals*</b>			
<b>13A</b> Fish Oil	Fish Oil - 1200 mg	120	<b>\$9</b>
<b>13B</b> ProSight	Supplement for eyes	60	<b>\$6</b>
<b>13C</b> Allbee With C	B Complex with C	100	<b>\$8</b>
<b>13D</b> Vitamin B	B Complex	100	<b>\$8</b>
<b>13E</b> Vitamin C	Vitamin C Chewable 500 mg	100	<b>\$8</b>
<b>13F</b> Generic Comparable of Centrum	Multivitamin & Mineral	90	<b>\$6</b>
<b>13G</b> Folic Acid	Folic Acid 800 mcg	100	<b>\$5</b>
<b>13H</b> Glucosamine Chondroitin	Glucosamine Chondroitin	60	<b>\$15</b>
<b>13J</b> Vitamin E	Vitamin E 400 IU	100	<b>\$8</b>
<b>13K</b> Vitamin D	Vitamin D 1000 IU	100	<b>\$5</b>
<b>13L</b> Antioxidant tablets	Antioxidant Tablets	50	<b>\$7</b>
<b>13M</b> Selenium	Selenium 200 mcg	60	<b>\$7</b>
<b>13N</b> Timed Release Niacin	Timed Release Niacin 500 mg	60	<b>\$10</b>
<b>13O</b> Generic Comparable of Lactaid Tab	Lactase Enzyme Supplement	60	<b>\$9</b>
<b>13P</b> Ferrous Sulfate	Ferrous Sulfate - 325 mg	100	<b>\$3</b>
<b>13Q</b> Generic Comparable of Citracal Calcium Citrate	Calcium Citrate & Vitamin D	60	<b>\$7</b>
<b>13R</b> Generic Comparable of Bayer One A Day Women's	One A Day Women's Multivitamin	90	<b>\$10</b>
<b>13S</b> Generic Comparable of Os-Cal*	Oyster Calcium + Vitamin D	100	<b>\$4</b>
<b>13T</b> CoQ10	CoQ10 100 mg	30	<b>\$10</b>
<b>(14) Smoking Cessation</b>			
<b>14B</b> Generic Comparable of Nicorette 4 mg	Stop Smoking Gum-Nicotine Polacrilex gum 4 mg	50	<b>\$24</b>
<b>(15) Sleep-Aids</b>			
<b>15A</b> Generic Comparable of Simply Sleep	Sleep-tabs 25 mg	24	<b>\$4</b>
<b>15B</b> Melatonin-Sleep Aid	Melatonin Tablet 3 mg	60	<b>\$8</b>

\*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 orally recommends the OTC item for a specific diagnosable condition.

**DISCLAIMERS:**

- OTC items may only be purchased for the enrollee; it is prohibited to purchase supplies for family members, and friends.
- 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.
- To minimize mailing costs, the plan may impose a limited ordering quantity per purchase.
- This list is subject to change.
- This benefit is only available if your plan offers the OTC service as a benefit. Orders will be shipped via UPS or USPS. Please allow 7-10 business days to receive your order from the time the order is placed.
- Please consult with your doctor before using any OTC products.
- All OTC supplies are generic comparable of Brand Name item. Any branded item may be substituted for its Generic Comparable based on availability.
- All items are shipped based on manufacturer availability.
- All items may not be available all the time.
- If Generic Item is not acceptable, plan will not ship Brand Name Item.