



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 StrideSM (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 StrideSM (HMO) Members



StrideSM (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	
(1) Allergies				
1A	Generic Comparable of Chlortrimeton	Chlorpheniramine Maleate 4 mg	24	\$4
1B	Generic Comparable of Benadryl Elixir	Diphenhydramine HCl 12.5mg	118ml	\$3
1C	Generic Comparable of Benadryl Caps	Diphenhydramine HCl 25mg	24	\$3
1D	Generic of Ocean Saline Nasal Spray	Deep Sea Nasal Spray Saline 0.65%	44ml	\$3
1E	Nasacort Allergy 24 Hour	Triamcinolone 55mcg	10.8ml	\$15
1F	Flonase	Fluticasone propionate (glucocorticoid) 50mcg	9.9ml	\$15
(2) Analgesics				
2A	Generic Comparable of Tylenol Ex 500mg	Acetaminophen Tabs 500 mg	100	\$4
2B	Generic Comparable of Bayer Aspirin	Asprin 325mg	100	\$3
2C	Generic Comparable of Zostrix	Trixaicin Capsicum 0.025% (Capsaicin)	60g	\$7
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 220mg CPL	50	\$7
2H	Generic Comparable of Bayer Aspirin Low Dose 81 mg	Aspirin EC (Delayed Release) 81 mg	120	\$4
2I	Generic Comparable of Tylenol PM	Acetaminophen 500 mg/Diphenhydramine HCl 25 mg	50	\$5
2J	Generic Comparable of Bayer Aspirin Low Dose Chewable	Aspirin 81 mg 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
(3) Antacids				
3A	Generic Comparable of Tums-Ex	Calcium Carbonate 750 mg	96	\$5
3B	Generic Comparable of Gas-X	Gas Relief Tablets	100	\$5
3C	Generic Comparable of Zantac 75	Ranitidine 75 mg	30	\$9
3D	Generic Comparable of Alka Seltzer	Antacid & Pain Relief	36	\$6
(4) Anti-Diarrheals				
4A	Generic Comparable of Imodium	Loperamide 2 mg	12	\$4
4B	Generic Comparable of Pepto Bismol	Pink Bismuth Tablets (chewable)	30	\$5
(5) Anti-Hemorrhoidals				
5A	Generic Comparable of Cortaid Maximum Strength	Hydrocortisone oint. USP 1%	28g	\$6
5B	Generic Comparable of Preparation H	Prompt Relief Hem Ointment	57g	\$7
5C	Generic Comparable of Preparation H Suppositories	Hemorrhoidal Supositories	24	\$13
(6) Cough/Cold				
6A	Generic Comparable of Robitussin Sugar-free Dm	Sugar-free cough syrup	118ml	\$5
6B	Generic Comparable of Vicks	Medicated Chest Rub	113g	\$6
6C	Mucinex Dm	Mucinex DM 600 mg	20	\$20
6D	Generic Comparable of Afrin nasal Spray	Nasal Spray	30ml	\$3
6H	Generic Comparable of Tylenol Sinus Congestion & Pain	Sinus-Acetaminophen / Phenylephrine HCl	24	\$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 orally recommends the OTC item for a specific diagnosable condition.

- 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. This list is subject to change.

5. 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.

6. Please consult with your doctor before using any OTC products.

7. All OTC supplies are generic comparable of Brand Name 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.
- | ITEM | ITEM DESCRIPTION | QTY. | PRICE | |
|---|---|---------------------------------------|-------|------|
| 6I | 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 400mg | 30 | \$7 |
| 6M | Generic Comparable of Cepacol | Cepacol | 18 | \$5 |
| (7) Eye Care | | | | |
| 7A | Generic Comparable of Collyrium Eye Wash | Eye Wash | 118ml | \$4 |
| 7B | Generic Comparable of Visine | Redness Reliever eye drops | 15ml | \$4 |
| 7C | Generic Comparable of Visine Tears | Artificial Tears | 15ml | \$4 |
| 7E | Generic Comparable of Zaditor | Eye-Itch Relief Antihistamine | 5ml | \$15 |
| (8) First Aid Creams & Ointments & Antiseptics | | | | |
| 8A | Generic Comparable of Benadryl Cream | Anti-Itch Cream | 35g | \$3 |
| 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 |
| 8G | Generic Comparable of Micatin | Miconazole Nitrate 2% | 45g | \$4 |
| 8H | Generic Comparable of Debrox | Ear wax removal | 15ml | \$4 |
| (9) First Aid Supplies | | | | |
| 9A | Generic Comparable of Ace Bandage 3” | Elastic Bandage | 1 | \$4 |
| 9B | Butterfly Closure | Butterfly Closures | 12 | \$2 |
| 9C | Cotton Balls | Cotton Balls | 100 | \$4 |
| 9D | Ice Bag | Ice Bag 9” | 1 | \$9 |
| 9E | Generic Comparable of J&J Gauze | Gauze Rolls - Assorted sizes | 3 | \$4 |
| 9F | Digital Thermometer | Digital Thermometer | 1 | \$5 |
| 9G | Generic Comparable of Q-Tips | Cotton Swabs | 300 | \$5 |
| (10) Laxatives | | | | |
| 10A | Generic Comparable of Colace | Docusate Sodium 100mg | 100 | \$5 |
| 10B | Generic Comparable of Fibercon | Fiber-Lax 500mg | 90 | \$9 |
| 10C | Generic Comparable of Miralax | Clear Lax Powder | 119g | \$11 |
| 10D | Generic Comparable of Fleet Enema | Enema-Saline Laxative | 133ml | \$3 |
| (11) Miscellaneous Items | | | | |
| 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 Bandages | 100 | \$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 |
- | ITEM | ITEM DESCRIPTION | QTY. | PRICE | |
|---|--|---|-------|------|
| 11F | Pill Organizer | One Day At a time Medicine Organizer-Weekly | 1 | \$7 |
| 11G | DEX4 Glucose Tablets | Glucose Chewable Tablets | 50 | \$8 |
| 11H | Pill Splitter | Pill Splitter | 1 | \$5 |
| 11I | Eye Glass Wipes | Wipes and lens cleaner pack | 1 pkg | \$4 |
| 11J | Estroven | Multi-Symptom Menopause Relief | 30 | \$20 |
| (12) Topical Foot & Topical Oral | | | | |
| 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 Cleaners | 40 | \$7 |
| 12H | Toothpaste | Toothpaste | 82g | \$4 |
| 12I | Toothbrush | Toothbrush | 1 | \$3 |
| 12J | Generic Comparable of Fixodent | Denture Adhesives ADH CRM Fresh | 68g | \$5 |
| (13) Vitamins & Minerals* | | | | |
| 13A | Fish Oil | Fish Oil - 1200 mg | 120 | \$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 Chewable 500 mg | 100 | \$8 |
| 13F | Generic Comparable of Centrum | Multivitamin & Mineral | 90 | \$6 |
| 13G | Folic Acid | Folic Acid 800 mcg | 100 | \$5 |
| 13H | Glucosamine Chondroitin | Glucosamine Chondroitin | 60 | \$15 |
| 13J | Vitamin E | Vitamin E 400 IU | 100 | \$8 |
| 13K | Vitamin D | Vitamin D 1000 IU | 100 | \$5 |
| 13L | Antioxidant tablets | Antioxidant Tablets | 50 | \$7 |
| 13M | Selenium | Selenium 200 mcg | 60 | \$7 |
| 13N | Timed Release Niacin | Timed Release Niacin 500 mg | 60 | \$10 |
| 13O | Generic Comparable of Lactaid Tab | Lactase Enzyme Supplement | 60 | \$9 |
| 13P | Ferrous Sulfate | Ferrous Sulfate - 325 mg | 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 | 90 | \$10 |
| 13S | Generic Comparable of Os-Cal* | Oyster Calcium + Vitamin D | 100 | \$4 |
| 13T | CoQ10 | CoQ10 100 mg | 30 | \$10 |
| (14) Smoking Cessation | | | | |
| 14B | Generic Comparable of Nicorette 4 mg | Stop Smoking Gum-Nicotine Polacrilex gum 4 mg | 50 | \$24 |
| (15) Sleep-Aids | | | | |
| 15A | Generic Comparable of Simply Sleep | Sleep-tabs 25 mg | 24 | \$4 |
| 15B | Melatonin-Sleep Aid | Melatonin Tablet 3 mg | 60 | \$8 |
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