



## Sample OTC and Grocery Purchases

**up to \$350/  
month**

IN ELIGIBLE  
PURCHASES WITH  
THE MEMBERS OTC/  
GROCERY CARD

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KEEP PRODUCTS  
HANDY! IT CAN HELP  
INCREASE  
SHOPPERS & SALES.



# Sample Items which can be purchased under the OTC/Grocery Benefits

Specific approved items may vary by health plan program or product. Verify each item during the checkout process to ensure it is an approved for purchase and reimbursement to the store.



## COLD AND ALLERGY

Allergy, Sinus, and Combination Liquids and Tablets

Asthma Preparations

Cold and Flu Preventives and Symptom Reducers

Cough Drops, Liquids, and Sore Throat Relief

Nasal Sprays, Drops, Inhalers, Moisturizers, and Washes

Nasal Strips and Snore Relief

Vapor Products  
(includes Waterless Vaporizers)

## COMPRESSION SUPPORT

Medical Compression Sleeves and Garments

Men's Support Hose and Accessories<sup>+</sup>

Women's Support Hose and Accessories (Full and Maternity, Knee-High, Thigh-High, and Waist-High)<sup>+</sup>

## DIABETES CARE

Diabetes Care Accessories<sup>++</sup>

Urine Testing Strips and Tablets<sup>++</sup>

## DIGESTIVE HEALTH

Acid Controllers and Antacids

Anti-Diarrheal Liquids and Tablets

Anti-Gas Products

Digestive Aids

Enemas, Laxatives (Suppositories, Liquids, Tablets, and Powders), Stool Softeners, and Kits, etc.

Fiber Products

Hemorrhoid Treatments, Wipes, and Washes

Lactose Intolerance Products

Multi-Symptom and Nausea Products

## EYE AND EAR CARE

Contact Lens Care and Saline Solutions

Dry Eye Relief

Ear Drops and Syringes

Eye Preparations, including Sleep Masks

Eye Wash

## FIRST AID

Adhesive and Liquid Bandages

Antibiotic Products

Anti-Itch Treatments (including Hydrocortisone Products), Jock Itch, and Insect Bite Remedies

Antiparasitic (Lice, Roundworms, Tapeworms, etc.) Treatments and Accessories

Antiseptics and Medicated Products (includes Alcohol, Peroxide, Epsom Salt, etc.)

Finger Cots and Splints

First Aid Dressings, Gauze, Kits, Tapes, Treatments, and Supplies<sup>+</sup>

Skin Protectants (including Petroleum Jelly)

Skin Remedies (including Burn and Scar Treatments)



Surgical Bandages and Dressings<sup>+</sup>

Wound Cleansers (including Salines)<sup>+</sup>

## FOOT CARE

Antifungal Creams, Liquids,  
Powders, and Sprays

Corn, Callus, and Bunion Pads

Corn, Callus, and Wart Removers

Foot Pain Relief

Nail Fungus Treatments

## HEALTH SUPPORTS

Arm Slings and Cervical Collars

Braces:

- Pelvic and Back
- Shoulder and Clavicle

Elastic Bandages

Electric Heating Pads

Hot/Cold Therapy

Joint Warmers and Arthritis Relief

Protective Guards

Supports:

- Abdominal
- Ankle
- Elbow
- Elbow and Arm
- Foot
- Hand and Wrist
- Hernia
- Knee
- Orthopedic
- Rib (Belts)
- Surgical
- Thigh, Calf, and Shin

## HOME HEALTHCARE

Blood Pressure Kits and Accessories<sup>\*</sup>

Diagnostic Products (Home Test  
Kits)<sup>\*</sup>

Dressings<sup>+</sup>:

- Alginate
- Collagen
- Foam
- Gauze (includes Pads, Sponges, and Packing)
- Hydrocolloid/Hydrogel
- Transparent

Stethoscopes, Professional  
Diagnostics, and Accessories<sup>\*</sup>

Tapes, Wraps, and Compression<sup>+</sup>

Thermometer, Fever Strips,  
and Accessories<sup>\*</sup>

Wound Cleansers, Treatments,  
and Accessories<sup>+</sup>

## INCONTINENCE

Antifungals

Deodorizers

Disposable Briefs, Underpads,  
and Undergarments

Disposable Pads, Shields, Guards,  
and Drip Collectors

Incontinence Cleansers and Washes

Reusable Garments and Underpads

Wipes and Towelettes

## ORAL CARE

Dental Gum

Denture Adhesives, Cleaners,  
and Accessories

Denture Repair and Pain Relief  
(including Temporary)

Dry Mouth Products

Floss and Flossers

Gum Care and Interdental

Oral Pain Relief and Mouth Sores  
(including Fluoride Treatments)

Toothbrushes, Refills, and Accessories

Toothpaste, Tooth Powder, and  
Treatments (Regular and Sensitive)

## PAIN RELIEF

Acetaminophen

Aspirin and Combinations

External Muscle and Joint Pain Relief  
Creams, Ointments, Gels, Lotions,  
Liquids, Roll-ons, Sprays, Patches,  
Pads, and Rubs

Feminine Pain Relief

Ibuprofen and Other  
Anti-Inflammatories

Nighttime Pain Relief

Restless-Leg Treatments

Sleep Aids, Sedatives, Stimulants,  
and Motion Sickness Products

Specialty (including Topical  
Headache and Fever Relief) (Adult)

## PATIENT SKIN CARE (EXCLUDES PERINEAL)

Acne Medications (including Creams,  
Gels, Lotions, Patches, Pads, and Masks)

Acne Soaps, Cleansers, Astringents,  
Toners, and Pads

Antifungals

## SMOKING DETERRENTS

Nicotine Patches, Gum, etc.<sup>+</sup>



## SUN CARE

Sun Protection

## VITAMINS AND DIETARY SUPPLEMENTS

Calcium\*

Eye Health Vitamins\*

Iron\*

Mineral Supplements\*

Multi-Minerals\*

Multivitamins and Multivitamins  
with Minerals\*

Single-Entity Mineral Supplements\*

Single-Entity Vitamins\*

Vitamin B and Vitamin B Complex\*

Vitamin C\*

Vitamin D

Vitamin E\*

## WEIGHT CONTROL/ NUTRITIONAL FOOD

Diuretics\*

Weight Control Tablets, Caps, etc.

Weight Loss Cleansing and Detox\*

Food Scales



## BEVERAGES

Bottled, Sparkling, and  
Enhanced Water

Juice Blends, Drinks and Punches  
(including Sparkling)

Soy and Nut Milks

Sports and Energy Drinks

## DIABETES CARE/NUTRITION

Diabetes Nutritional Bars

Diabetes Candy

## FOOD

Breakfast Foods (Toaster Pastries,  
Cereal Bars, Granola)

Cereal (Hot and Cold), Pancakes,  
and Waffles

Dried Fruits, Fruit Snacks

Fruits and Vegetables, including  
Canned and Jarred

Nuts, Seeds and Trail Mix

Peanut Butter (and Other Nut Butters)

Rice, Whole Grains, Dry Pasta,  
Dry Beans

## FROZEN FOOD

Ice Cream, Frozen Yogurt, Sherbet

Prepared Food (Stews, Pizza,  
Soy Burgers)

Seafood

## NON-PERISHABLE FOOD

Baking/Cooking Supplies (Baking  
Powder, Yeast, etc.)

Condiments, Sauces, Dips,  
and Salad Dressing

Flours, Cornmeal, Nut and  
Seed Flours, Bread/Biscuit Mixes

Jams, Jellies

Prepared Food (Canned Stews)

Puddings and Gelatins

Soup

Sugar – White, Brown, and Powdered

## PERISHABLE FOOD

Bakery (Pies, Cakes, Muffins)

Bread, Rolls, and Tortillas

Dairy (Milk, Cheese, Butter, Sour  
Cream)

Meats – Poultry, Ground Beef, Beef

## PERISHABLE FOOD

Ready-to-Eat Soups, Meals,  
Sandwiches

Whole Eggs and Egg Substitutes

Yogurt

## SNACKS

Salty Snacks

Crackers

## WEIGHT MANAGEMENT AND NUTRITIONAL FOODS

Sugar and Salt Substitutes

Weight Management Foods,  
Liquids, and Powders

Weight Management Bars

Nutritional Liquids

Nutritional Powders

Nutritional Bars

Sport and Energy Liquids, Powders,  
and Bars

Talk to your primary care provider (PCP)  
about which grocery items you should  
buy to better manage your health  
and/or chronic illness.

Items you  
**CANNOT** buy with  
your OTC/  
Grocery card

# NOT APPROVED ITEMS

Alternative Medicines:

- Botanicals
- Herbals
- Probiotics
- Nutraceuticals

Athletic Supports and Caps

Baby Care Medicines, Diapers,  
and Formula

Beverages (Soda)

Cake/Cookie Mixes

Cleansers or Soaps  
(except for Acne Use)

## Contraceptives

Convenience Items: Scales<sup>1</sup>,  
Fans, Magnifying Glasses,  
Foot Insoles, Gloves

## Cosmetic Products of Any Kind

Dehydration Drinks

## Deodorants

Dry Skin Moisturizers and Lotions

Enzymes, Essential Fatty Acids, and  
Specialty Supplements (Fish Oil, Flax  
Seed Oil, Glucosamine, Omega 3,  
and Chondroitin)

Eye and Facial Makeup Preparations

Eyeglasses and Lens Accessories

Face Cream

Feminine Personal Care (Antifungal,  
Douches, Tampons, and Pads)

Frozen Food (Desserts/Sweets)

Grooming Devices

Hair Color/Hair Products

Homeopathic Kits and  
Single Remedies

Lip Balm

Lipstick

## Medical Nutritional and IV Therapy

## Men's Grooming

Mouthwash

Non-Perishable Food:

- Cake/Cookie Mixes
- Frosting/Chocolate Chip
- Marshmallows
- Decorations

Nutritional Foods (Bars, Beverages,  
Liquids, and Powders)

Orthopedic Aids (Footwear,  
Warmers, Boots, and  
Post-Operative Shoes)

Perfumes

Physical and Fitness Equipment

Pregnancy Tests<sup>1</sup>

Prenatal Vitamins

Replacement Items:

- Hearing Aid Batteries
- Contact Lens' Containers

Shampoo

Snacks and Desserts (Cookies)

Teeth-Whitening Products

Toiletries