

Keep this catalog  
for future orders.

# 2023 Over-the-Counter (OTC) Product Catalog



Get OTC products delivered to your doorstep at no additional cost!



[CapitalHealthPlan.NationsBenefits.com](https://CapitalHealthPlan.NationsBenefits.com)

# Shop Easier, Healthier and Happier

Hello, Valued Member:

We would like to take this opportunity to welcome you and thank you for choosing **Capital Health Plan** to participate in your health care. As a valued member, you have an OTC benefit through **NationsOTC**<sup>®</sup> that gives you access to hundreds of OTC products across a variety of categories.

Placing an order is simple. You have four easy ways to use your benefit allowance and receive two-day shipping at no additional cost. We encourage you to keep this catalog where it's easily accessible. You can use your catalog to place future orders. It also contains helpful information such as:

- Instructions on how to place an order
- Order form and postage-paid envelope
- Abridged list of categories and eligible products

If you need help placing an order, please call **877-210-6729 (TTY: 711)**. Member Experience Advisors are available 24 hours per day, 7 days per week, 365 days per year. Language support services are available if needed, free of charge.

Sincerely,

**Your NationsOTC Team**

# Helpful Benefit Information



You can save time and money by using your OTC benefit allowance to order the items you need to personalize your care. We encourage you to spend your full allowance before the end of your benefit period.

**Additional information about your OTC benefit is outlined below:**



## **Benefit Usage:**

This benefit is only for you and cannot be used for your family or friends.

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## **Availability:**

Items, amounts, sizes, and values are subject to change depending on availability.

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## **Substitution:**

If an item is out of stock, a similar product of equal or higher value will be shipped.

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## **Delivery:**

Please allow two days for delivery.

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## **Returns:**

Due to the personal nature of these products, you do not have to ship products you wish to return back to NationsOTC.

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## **Disenrollment:**

If you disenroll from your health plan, your OTC benefit will automatically end.

# Ordering OTC Products Has Never Been Easier

**You have four convenient ways to place an order. Choose the option that's best for you:**



## Website



To place an order through the MyBenefits portal, scan the QR code using your smartphone camera or visit:

**CapitalHealthPlan.NationsBenefits.com**



## App



To place an order through the MyBenefits app, scan the QR code using your smartphone or search “**MyBenefits**” in the App Store or Google Play.



If this is your first time placing an order online, you will need to create an account by registering on the **MyBenefits portal** or the **MyBenefits app**. If you already created an account, simply log in and select the items you would like to order. Once you're ready to place your order, click “**Checkout.**”



## Phone

To place an order by phone, please call **877-210-6729 (TTY: 711)**. Member Experience Advisors are available 24 hours per day, 7 days per week, 365 days per year.



## Mail

To place an order by mail, send your completed order form using the postage-paid envelope to:

**NationsOTC**  
**1801 NW 66th Avenue, Suite 100**  
**Plantation, FL 33313**

**Please Note:** Order forms should be mailed **before the 20th of the month** to ensure the order total is applied to the current benefit period. We encourage you to place an order online or by phone if the end of your benefit period is approaching. Please do not send cash or checks in the mail.

# Product Categories



To see a complete list of your covered 2023 OTC products, please visit the **MyBenefits portal** at **CapitalHealthPlan.NationsBenefits.com**

Bathroom Safety & Fall Prevention	6
Cold, Flu & Allergy	6
Dental & Denture Care	7
Diabetes Care	8
Digestive Health	8
Eye & Ear Care	8
First Aid & Medical Supplies	9
Foot Care	10
Hemorrhoidal Preparations	10
Home Diagnostic & Patient Aids	10
Incontinence Supplies	10
Pain Relief	11
Personal Care	12
Rehabilitation, Therapy & Exercise	12
Skin Care	12
Sleep Aids	12
Vitamins & Dietary Supplements	12

Item #	Description	Count	Price
<b>Bathroom Safety &amp; Fall Prevention</b>			
5647	Bath Mat, Non-Skid	1 ct.	\$14.00
5853	Shower Mat, Non-Skid	1 ct.	\$14.00
5806	Slipper Socks, One Size Fits Most	1 ct.	\$5.50
<b>Cold, Flu &amp; Allergy</b>			
5252	Abreva® Cream, 10%, 2 gm.	1 ct.	\$24.00
5084	Acetaminophen Sinus Congestion Caplets, 325 mg., 5 mg.	24 ct.	\$4.50
5335	Afrin® Nasal Spray, 0.05%, 0.5 oz.	1 ct.	\$13.00
5790	Airborne® Chew†	32 ct.	\$10.00
5606	Blistex® Ointment, 0.15 oz.	1 ct.	\$4.00
5344	Carmex®	1 ct.	\$2.50
5133	Cepacol® Sore Throat Lozenges	16 ct.	\$5.00
5052	Cetirizine Allergy Tablets, 10 mg.	30 ct.	\$8.00
5334	Claritin® Tablets, 10 mg.	10 ct.	\$18.00
5338	Cough & Cold for High Blood Pressure	16 ct.	\$5.00
5220	Cough Drops, Cherry	30 ct.	\$3.00
5202	Cough Drops, Halls®	30 ct.	\$4.50
5545	Cough Drops, Honey Lemon	30 ct.	\$3.00
5126	Cough Drops, Menthol	30 ct.	\$3.00
5405	Cough Drops, Sugar-Free, Black Cherry	25 ct.	\$3.00
5399	Day & Night Cold & Flu Caplets	20 ct.	\$6.00
5451	Diphenhydramine Allergy Tablets, 25 mg.	24 ct.	\$3.00
5855	Fexofenadine Allergy Tablets, 180 mg.	30 ct.	\$11.00
5856	Fluticasone Propionate Allergy Nasal Spray, 24-Hour, 144 sprays, 50 mcg.	1 ct.	\$21.00
5857	Loratadine Allergy Tablets, 10 mg.	100 ct.	\$12.00
5559	Medicated Lip Balm, 0.15 oz.	1 ct.	\$2.00
5465	Mucinex® DM Tablets, 600 mg., 30 mg.	20 ct.	\$17.00
5858	Mucus Relief DM Expectorant & Cough Suppressant, Extended Release, 1,200 mg., 60 mg.	14 ct.	\$10.00
5040	Night Cold & Flu Liquid, 650 mg., 30 mg., 12.5 mg., 8 oz.	1 ct.	\$6.00
5233	NyQuil® Liquid, 650 mg., 30 mg., 12.5 mg., 8 oz.	1 ct.	\$12.00
5005	Robitussin® DM Syrup, 200 mg., 20 mg., 4 oz.	1 ct.	\$11.00
5072	Saline Nasal Spray, 0.65%, 1.5 oz.	1 ct.	\$3.50

Item #	Description	Count	Price
<b>Cold, Flu &amp; Allergy</b>			
5693	Sore Throat Lozenges, Cherry	18 ct.	\$5.00
5023	Tussin DM Sugar-Free Syrup, 100 mg., 10 mg., 4 oz.	1 ct.	\$4.00
5511	Vapor Rub, 3.5 oz.	1 ct.	\$5.00
5426	Zyrtec®, 10 mg.	14 ct.	\$22.00
<b>Dental &amp; Denture Care</b>			
5700	Biotene® Dry Mouth Oral Rinse, 16 oz.	1 ct.	\$14.00
5330	Dental Floss, Mint Waxed	1 ct.	\$3.00
5130	Dental Floss, Reach®, Mint Waxed	1 ct.	\$4.00
5168	Dental Travel Kit	1 ct.	\$3.50
5260	Denture Adhesive Cream, 2.4 oz.	1 ct.	\$4.00
5626	Denture Brush	1 ct.	\$1.50
5546	Denture Cleaning Tablets	40 ct.	\$4.00
5808	Efferdent® Plus Mint Tablets	44 ct.	\$9.00
5204	Efferdent® Tablets	20 ct.	\$3.00
5379	Fixodent® Cream, 2.4 oz.	1 ct.	\$7.00
5200	Interdental Flossers	90 ct.	\$3.50
5195	Oral Pain Relief Gel, 20%, 0.33 oz.	1 ct.	\$3.00
5809	Polident® Overnight	84 ct.	\$12.00
5810	Tongue Cleaner	1 ct.	\$6.00
5510	Toothbrush, Adult	1 ct.	\$1.50
6051	Toothbrush, Battery Powered	1 ct.	\$17.00
5101	Toothbrush, Colgate®, Adult Medium	1 ct.	\$3.00
5505	Toothbrush, Colgate®, Adult Soft	1 ct.	\$3.00
5160	Toothbrush, Rechargeable	1 ct.	\$35.00
5161	Toothbrush, Rechargeable Replacement Heads	2 ct.	\$17.00
5702	Toothbrush, Soft 2-pack	1 ct.	\$5.50
5241	Toothpaste Squeezer	1 ct.	\$3.00
5047	Toothpaste, Colgate®, 4 oz.	1 ct.	\$4.00
5811	Toothpaste, Crest® Sensi-Relief, 4.1 oz.	1 ct.	\$9.00
5102	Toothpaste, Fluoride, 6.4 oz.	1 ct.	\$3.00
5859	Toothpaste, Pepsodent®, 5.5 oz.	1 ct.	\$3.50

Item #	Description	Count	Price
<b>Dental &amp; Denture Care</b>			
5421	Toothpaste, Sensitive Teeth, 4.3 oz.	1 ct.	\$4.00
5294	Toothpaste, Ultrabrite®, 6 oz.	1 ct.	\$4.00
<b>Diabetes Care</b>			
5295	Alcohol Pads*	100 ct.	\$3.50
5812	Diabetic Skin Relief Foot Cream, 4 oz.	1 ct.	\$12.00
5225	Diabetic Socks, Black, Medium, 3-pack	1 ct.	\$7.00
5223	Diabetic Socks, Black, Large, 3-pack	1 ct.	\$7.00
5860	Diabetic Socks, Black, X-Large, 3-pack	1 ct.	\$7.00
5222	Diabetic Socks, White, Large, 3-pack	1 ct.	\$7.00
<b>Digestive Health</b>			
5214	Alka-Seltzer® Tablets	24 ct.	\$8.00
5304	Antacid Chewables, 500 mg.	150 ct.	\$5.00
5438	Antacid Chewables, Extra Strength, 750 mg.	96 ct.	\$4.50
5420	Docusate Sodium Stool Softener Softgels, 100 mg.	100 ct.	\$5.00
5079	Famotidine Acid Reducer, 10 mg.*	30 ct.	\$5.00
5280	Gas Relief Chewable Tablets, 80 mg.	100 ct.	\$6.00
5009	Gas-X® ES Chewables, 125 mg.	18 ct.	\$10.00
5429	Loperamide Anti-Diarrheal Caplets, 2 mg.*	12 ct.	\$5.00
5863	Omeprazole Acid Reducer, Delayed Release Tablets, 20 mg.*	42 ct.	\$23.00
5286	Pepto-Bismol®, 525 mg., 8 oz.	1 ct.	\$8.00
5289	Pepto-Bismol® Tablets, 262 mg.	30 ct.	\$8.00
5696	Polyethylene Glycol Powder Laxative, 8.3 oz.	1 ct.	\$13.50
5212	Senna + Laxative Tablets, 50 mg., 8.6 mg.	60 ct.	\$3.00
5800	TUMS® Extra Strength, 750 mg.	96 ct.	\$7.50
<b>Eye &amp; Ear Care</b>			
5004	Artificial Tears Drops, 0.5 oz.	1 ct.	\$4.50
5487	Clear Eyes® Eye Drops, 0.2 oz.	1 ct.	\$4.00
5385	Cotton Swabs	300 ct.	\$4.00
5189	Earwax Removal Drops, 6.5%, 0.5 oz.	1 ct.	\$3.00
5704	Earwax Removal System with Rubber Bulb, 6.5%	1 ct.	\$9.00
5041	Irritation Relief Eye Drops, 0.5 oz.	1 ct.	\$7.00



Item #	Description	Count	Price
<b>Eye &amp; Ear Care</b>			
5608	Q-Tips® Cotton Swabs	170 ct.	\$4.00
5048	Redness Relief Eye Drops, 0.5 oz.	1 ct.	\$3.00
<b>First Aid &amp; Medical Supplies</b>			
5404	Adhesive First Aid Tape*	1 ct.	\$3.00
6005	Antiseptic Towelettes	100 ct.	\$6.00
5798	Bacitracin Ointment, 1 oz.	1 ct.	\$4.00
5151	Bandage, Stretch Gauze*	1 ct.	\$2.00
5173	Bandages, Assorted*	100 ct.	\$4.50
5128	Band-Aids®*	100 ct.	\$8.50
5203	Benadryl® Cream, 1 oz.	1 ct.	\$8.00
5547	Burn Relief Spray, 4 oz.	1 ct.	\$6.00
5199	Butterfly Closures	12 ct.	\$3.00
5192	Cotton Balls	100 ct.	\$4.00
5078	Diphenhydramine Anti-Itch Cream, 2%, 1.25 oz.	1 ct.	\$4.00
5193	Disposable Gloves, Nitrile, Medium	100 ct.	\$16.00
5191	Disposable Gloves, Nitrile, Large	100 ct.	\$16.00
5930	Disposable Gloves, Nitrile, X-Large	100 ct.	\$16.00
5612	First Aid Kit, 75 Pieces	1 ct.	\$7.50
5711	First Aid Kit, 175 Pieces	1 ct.	\$15.00
5605	Flex Seal™ Spray Bandage, 1.35 oz.*	1 ct.	\$7.00
5400	Hydrocortisone Cream, 1%, 1 oz.	1 ct.	\$4.00
5527	Hydrogen Peroxide, 3%, 4 oz.	1 ct.	\$2.00
5227	Hydrogen Peroxide, 3%, 8 oz.	1 ct.	\$4.00
5317	Ice Bag	1 ct.	\$5.00
5045	Liquid Bandage, 0.3 oz.	1 ct.	\$8.00
5059	Neosporin® Ointment, 0.5 oz.	1 ct.	\$8.00
5250	Neosporin® Plus, 0.5 oz.	1 ct.	\$9.00
5437	Petroleum Jelly, 4 oz.	1 ct.	\$3.00
5817	Procedural Face Masks with Earloops	50 ct.	\$12.00
5541	Rubbing Alcohol, 70%, 16 oz.*	1 ct.	\$4.00
5131	Tape, Paper Surgical, 1" x 10 yd.*	1 ct.	\$2.00
4039	Triple Antibiotic + Pain Relief Ointment, 1 oz.	1 ct.	\$4.00

Item #	Description	Count	Price
<b>First Aid &amp; Medical Supplies</b>			
5869	Triple Antibiotic Ointment, 1 oz.	1 ct.	\$4.50
5127	Vaseline® Jelly, 3.75 oz.	1 ct.	\$4.50
<b>Foot Care</b>			
5216	Clotrimazole Athlete's Foot Cream, 1%, 1.5 oz.	1 ct.	\$4.00
<b>Hemorrhoidal Preparations</b>			
5414	Hemorrhoid Ointment, 2 oz.	1 ct.	\$5.00
5820	Preparation H® Medicated Wipes	48 ct.	\$11.00
<b>Home Diagnostic &amp; Patient Aids</b>			
5813	Activity Tracker	1 ct.	\$55.00
5119	Bathroom Scale, Digital <sup>†§</sup>	1 ct.	\$35.00
5814	Bathroom Scale, Digital Talking <sup>†§</sup>	1 ct.	\$45.00
5371	Blood Pressure Monitor, Upper Arm Automatic <sup>‡</sup>	1 ct.	\$35.00
5573	Blood Pressure Monitor, Upper Arm Talking <sup>‡</sup>	1 ct.	\$45.00
5370	Blood Pressure Monitor, Wrist <sup>‡</sup>	1 ct.	\$30.00
5872	Blood Pressure Monitor, Wrist Talking <sup>‡</sup>	1 ct.	\$40.00
5821	Kitchen Scale, Digital <sup>‡</sup>	1 ct.	\$25.00
5500	Long Handle Bath Sponge	1 ct.	\$8.00
5639	Night Light	1 ct.	\$4.00
5508	Pill Box, 7 Day, AM & PM	1 ct.	\$9.00
5096	Pulse Oximeter <sup>‡</sup>	1 ct.	\$35.00
5098	Reaching Aid Device	1 ct.	\$16.50
5656	Shoe Horn	1 ct.	\$2.00
5149	Thermometer, 60 Second	1 ct.	\$3.00
6048	Thermometer, Digital Ear	1 ct.	\$28.00
5627	Thermometer, Talking Ear & Forehead	1 ct.	\$48.50
<b>Incontinence Supplies</b>			
5525	A&D Ointment, 4 oz.	1 ct.	\$3.00
5447	Adult Washcloths Disposable*	48 ct.	\$5.50
5879	Attends® Discreet Women's Moderate Bladder Control Pad*	20 ct.	\$8.00
5880	Attends® Discreet Women's Maximum Bladder Control Pad*	20 ct.	\$9.00
5881	Attends® Discreet Women's Panty Liner*	28 ct.	\$6.50
5716	Attends® Discreet Women's Ultrathin Pad*	20 ct.	\$8.00

Item #	Description	Count	Price
<b>Incontinence Supplies</b>			
5825	Bathing Wipes	8 ct.	\$7.00
5883	Disposable Underwear Pull-Up, Medium, 34" to 44"	20 ct.	\$15.00
5882	Disposable Underwear Pull-Up, Large, 44" to 58"	18 ct.	\$15.00
5884	Disposable Underwear Pull-Up, X-Large, 58" to 68"	14 ct.	\$15.00
5529	Flushable Wipes*	24 ct.	\$5.50
5722	Underpad, Disposable, 30" x 30"	10 ct.	\$10.00
<b>Pain Relief</b>			
5430	Acetaminophen Arthritis, 650 mg.	100 ct.	\$11.00
5303	Acetaminophen Extra Strength Tablets, 500 mg.	100 ct.	\$6.50
5428	Acetaminophen PM Extra Strength Caplets, 500 mg., 25 mg.	50 ct.	\$3.00
6039	Acetaminophen PM Extra Strength Caplets, 500 mg., 25 mg.	100 ct.	\$7.00
5054	Advil® LiquiGels, 200 mg.	20 ct.	\$8.00
5053	Advil® Tablets, 200 mg.	50 ct.	\$12.00
5375	After Bite® Relief, 0.5 oz.	1 ct.	\$6.00
5256	Aleve® Caplets, 220 mg.	90 ct.	\$15.00
4040	Aspercreme® with Lidocaine, 4%, 2.7 oz.	1 ct.	\$13.00
5073	Aspirin Chewables, Low Dose, 81 mg.	36 ct.	\$2.50
5090	Aspirin, Enteric Coated Tablets, Low Dose, 81 mg.	120 ct.	\$4.00
5034	Bayer® Enteric Coated Aspirin, Low Dose, 81 mg.	32 ct.	\$4.50
4007	Capsaicin Heat Patch, 0.025%	2 ct.	\$2.00
5080	Cold Hot Medicated Patch	5 ct.	\$6.00
4038	Diclofenac Arthritis Pain Relief Gel, 1%, 3.53 oz.	1 ct.	\$12.00
5011	Excedrin® Migraine Tablets, 250 mg., 250 mg., 65 mg.	24 ct.	\$8.00
5314	Fast Freeze® Pain Relief Spray, 4 oz.	1 ct.	\$9.00
5472	Heating Pad, 12" x 15"	1 ct.	\$22.00
5726	Heating Pad, X-Large, 12" x 24"	1 ct.	\$35.00
5725	Heating Pad Wrap For Shoulder, Neck & Back, 25" x 26"	1 ct.	\$60.00
5887	HeatWraps, Neck & Shoulder	3 ct.	\$6.00
5093	Ibuprofen Tablets, 200 mg.	50 ct.	\$3.00
5485	Ibuprofen Tablets, 200 mg.	100 ct.	\$5.00
5342	Icy Hot® Pain Relief Roll-On, 16%, 2.5 oz.	1 ct.	\$9.00
5341	Icy Hot® Patch, 5%	5 ct.	\$8.00

Item #	Description	Count	Price
<b>Pain Relief</b>			
5888	Lidocaine Patch, 4%	5 ct.	\$9.00
5457	Muscle Rub Cream, 1.25 oz.	1 ct.	\$3.00
5383	Salonpas® Patch	6 ct.	\$13.00
5423	Tylenol® Extra Strength Tablets, 500 mg.	100 ct.	\$17.00
5425	Tylenol® PM Extra Strength Tablets, 500 mg.	24 ct.	\$11.00
<b>Personal Care</b>			
5390	Anti-Dandruff Shampoo, 11 oz.	1 ct.	\$5.00
<b>Rehabilitation, Therapy &amp; Exercise</b>			
6073	Pedal Exerciser	1 ct.	\$50.00
<b>Skin Care</b>			
5535	Aloe Vera Cream, 6 oz.	1 ct.	\$3.50
5169	Anti-Bacterial Wet Wipes	24 ct.	\$3.00
5091	Dry Skin Cream, 16 oz.	1 ct.	\$9.00
5924	Hand Sanitizer Gel, 8 oz.	1 ct.	\$4.50
5486	Insect Repellent, Cutter® Backwoods, 6 oz.	1 ct.	\$8.00
6036	Moisturizing Body Lotion with Aloe, 8 oz.	1 ct.	\$6.00
5665	Sunscreen, SPF 30, 4 oz.	1 ct.	\$6.00
<b>Sleep Aids</b>			
5074	Diphenhydramine Sleep Tablets	50 ct.	\$5.00
<b>Vitamins &amp; Dietary Supplements</b>			
5359	Biotin Gummy, 5,000 mcg.‡	60 ct.	\$8.50
5300	Calcium, 600 mg.‡	60 ct.	\$6.00
5355	Calcium + Vitamin D3 Gummy, 500 mg., 25 mcg.‡	60 ct.	\$12.00
5298	Calcium + Vitamin D3 Tablets, 600 mg.‡	60 ct.	\$4.00
5001	Centrum® Silver Vitamins‡	125 ct.	\$22.00
5156	Coenzyme Q-10, 100 mg.‡	30 ct.	\$11.00
5918	Daily Multivitamin Gummy‡	120 ct.	\$12.00
5448	Eye Supplement Tablets‡	60 ct.	\$4.00
5299	Ferrous Sulfate Iron Supplement, 325 mg.‡	100 ct.	\$3.00
5140	Fish Oil Softgels, 1,000 mg.‡	60 ct.	\$9.00
5271	Flaxseed Oil Softgels, 1,000 mg.‡	100 ct.	\$8.00
6026	Glucosamine (Joint Health Support), 500 mg.‡	60 ct.	\$9.00

Item #	Description	Count	Price
<b>Vitamins &amp; Dietary Supplements</b>			
5176	Glucosamine Chondroitin, 1,500 mg., 1,200 mg.†	60 ct.	\$16.00
5436	Lutein, 20 mg.†	60 ct.	\$11.00
5742	Magnesium, 250 mg.†	110 ct.	\$6.00
5328	Magnesium, 500 mg.†	100 ct.	\$7.00
5273	Melatonin, 3 mg.†	90 ct.	\$6.00
5358	Melatonin Gummy, 5 mg.†	120 ct.	\$12.00
5920	One Daily Men's Multivitamin†	100 ct.	\$6.00
5186	One Daily Women's Multivitamin†	100 ct.	\$6.00
5132	Senior Multivitamin†	90 ct.	\$7.00
4005	Senior Men's Multivitamin†	100 ct.	\$9.00
4006	Senior Women's Multivitamin†	100 ct.	\$9.00
5746	Vitamin B-12, 500 mcg.†	100 ct.	\$6.00
6060	Vitamin B-12, 1,000 mcg.†	100 ct.	\$9.50
5922	Vitamin B-12, Sublingual, 5,000 mcg.†	30 ct.	\$6.50
5305	Vitamin B-Complex†	100 ct.	\$4.00
5179	Vitamin B-Complex + Vitamin C†	100 ct.	\$7.00
5301	Vitamin C, 500 mg.†	100 ct.	\$5.00
5748	Vitamin C, 1,000 mg.†	100 ct.	\$9.00
5492	Vitamin C Gummy, 250 mg.†	60 ct.	\$9.00
5175	Vitamin D3, 10 mcg.†	100 ct.	\$4.00
5183	Vitamin D3, 25 mcg.†	100 ct.	\$8.00
5749	Vitamin D3, 125 mcg.†	100 ct.	\$8.50
5356	Vitamin D3 Gummy, 50 mcg.†	60 ct.	\$11.00
5269	Vitamin E, 180 mg.†	110 ct.	\$9.00
5274	Zinc Tablets, 50 mg.†	100 ct.	\$6.00

\*Under certain circumstances, these items may be covered under either Part B or Part D. When an item is covered by Part B or Part D due to particular circumstances, you would not use your Part C Supplemental OTC benefit to obtain this item because it is Medicare-covered in those circumstances.

†Dual-purpose items are medicines and products that can be used for either a medical condition or for general health and well-being. These items may be purchased only after discussing the purchase with your personal provider (or satisfying other requirements your plan may specify).

§Scales are available to members with congestive heart failure or liver disease, to monitor fluid retention.

This product list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the OTC items are trademarks of each company. Item costs may change from year to year. Please review the product labeling and consult with your doctor with any health or medical questions.

**STEP 1 – Fill Out Your Personal Information**

**Member ID** (found on member ID card) \_\_\_\_\_ **Date of Birth** (MM/DD/YYYY) \_\_\_\_\_

\_\_\_\_\_

**First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_

\_\_\_\_\_

**Street #** \_\_\_\_\_ **Street Name** \_\_\_\_\_ **Apt/Suite #** \_\_\_\_\_

\_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **ZIP Code** \_\_\_\_\_

\_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

\_\_\_\_\_

**STEP 2 – Make Your Selection**

ITEM #	DESCRIPTION	PRICE	QUANTITY	TOTAL
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____

**STEP 2 – Make Your Selection**

ITEM #	DESCRIPTION	PRICE	QUANTITY	TOTAL
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
<b>Total Order Amount</b> .....				\$ _____

**NOTE:** If the total amount exceeds your benefit allowance, a Member Experience Advisor will call you to collect payment before your order can be processed.

**STEP 3 – Mail Completed Form**

Send the completed order form using the postage-paid envelope to:

**NationsOTC**  
**1801 NW 66th Avenue, Suite 100**  
**Plantation, FL 33313**

If you have any questions or need assistance placing your order, please call NationsOTC at **877-210-6729 (TTY: 711)**. Member Experience Advisors are available 24 hours per day, 7 days per week, 365 days per year. Language support services are available free of charge.

I understand that the phone numbers and/or emails I provided on this form may be used by NationsOTC or any of its contracted parties to contact me about my account, my health benefit plan or related programs, or services provided to me.

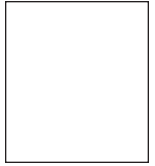
**IMPORTANT:** Please mail your order form no later than the 20th of the month to ensure your order total is applied to the current benefit period. If you need your order sooner, please go online or call.











1801 NW 66th Avenue, Suite 100  
Plantation, FL 33313

## Get started today!



Visit us online at  
**CapitalHealthPlan.**  
**NationsBenefits.com**



Download the  
**MyBenefits app** to  
your mobile device



Call us at  
**877-210-6729**  
(TTY: 711)



**Complete and mail**  
an order form to  
NationsOTC

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