

Pick Your Perks

List of Approved Over-the-Counter Items

The items on this list can be purchased at any local retailer or online website.

Allergy relief	
Allergy nasal spray	Powder laxative
Allergy tablets	Probiotics
Antihistamine tablets	Stool softener
Nasal decongestant spray	Anti-fungal
Nasal saline spray	Anti-fungal cream
Antacids and acid reducers	Athlete's foot cream or spray
Alka-Seltzer®	Bathroom safety and fall prevention
Antacid tablets / chewables	Adjustable transfer bench
Anti-gas liquid	Bath bench (with or without back)
Esomeprazole magnesium	Bathtub safety rail
Famotidine	Bed rail
Omeprazole	Bedside commode
Simethicone	Cane
Anti yeast treatments	Commode liner
Antifungal creams	Grab bar
Anti-diarrheal, laxatives, digestive health	Night light
Anti-diarrheal tablets	Non-skid bath or shower mat
Bismuth subsalicylate (Pepto- Bismol®)	Raised toilet seat
Enema	Toilet safety rails
Fiber tablets*	Cold and flu
Fiber therapy (Methylcellulose)	Cold and flu relief
Gas relief	Cough and cold relief
Glycerin suppository laxative	Cough drops
Lactase capsules	Cough expectorant
Laxative tablets	Cough suppressant
Magnesium hydroxide (milk of magnesia)	Mucus relief
Natural vegetable laxative	Nasal decongestant
	Nasal saline rinse kits

*This is a dual-purpose item, discuss with your personal doctor to determine if it is appropriate for you before purchasing.

Personal steam inhaler
Sore throat lozenges
Sore throat spray
VapoRub®
Cold sore and medicated lip products
Cold sore lip balm
Cold sore treatment (Abreva®, Releev®, etc.)
Medicated lip ointment
Dental and denture care
Dental floss
Denture cleaning tablets
Denture adhesive
Dry mouth oral rinse
Dry mouth spray
Fingertip tooth and gum massager
Interdental flossups
Medicated sore mouth swabs
Oral pain relief
Replacement toothbrush heads
Tongue cleaner
Toothbrush
Toothpaste
Water jet and replacement tips
Diabetes care
Diabetic skin relief foot cream
Diabetic socks
Glucose tablets
Diagnostics
Bathroom scale*
Blood pressure monitor*
Finger pulse Oximeter*
Heart rate monitor*
Home access cholesterol kit*
Peak flow meter*
Thermometer
Thermometer probe covers
Eye and ear care
Artificial tears drops
Artificial tears ointments

Contact lens solution
Cotton tipped swabs
Ear pain relief ear drops
Ear wax removal drops
Ear wax removal system with rubber bulb
Eye patches
Irritation relief eye drops
Redness relief eye drops
Stye eye compress
Stye eye ointment
Swim-ear ear drops
First aid
Adhesive bandages
After Bite® relief
Alcohol pads
Anti-itch lotion or cream
Antiseptic skin cleanser
Antiseptic towelettes
Bacitracin ointment
Bactine® solution
Cotton balls
Cotton tipped applicator
Elastic bandage
First aid kit
Gauze
Hot/cold pack
Hydrocortisone cream
Hydrogen peroxide
Insect repellent spray
Iodine solution antiseptic
Isopropyl alcohol
Liquid bandage
Nitrile exam gloves
Paper surgical tape
Procedural face masks with earloops
Sterile bandages
Triple antibiotic ointment
Vinyl gloves

*This is a dual-purpose item, discuss with your personal doctor to determine if it is appropriate for you before purchasing.

Foot care
Bunion guard
Callus remover pads
Corn Remover Pads
Medicated foot powder
Shoe insoles
Toe protector
Toe separator
Hemorrhoidal preparations
Hemorrhoid itch / pain relief cream
Hemorrhoid itch / pain relief wipes
Hemorrhoidal ointment
Hemorrhoidal suppository
Medicated cooling pads
Pre-moist hemorrhoid pads
Home aids
Cool-mist humidifier
C-PAP pillow (Fiber or memory foam)
Elastic mattress cover
Foam ring cushion
Hypoallergenic pillow
Inflatable shampoo basins
Kitchen scale*
Lumbar cushion
Pill case
Pill crusher
Pill cutter
Seat cushion (gel or foam)
Sharps container
Weighted blanket
Incontinence supplies
A + D ointment
Adult briefs
Barrier cream
Bladder control pads
Disposable underwear
Flushable wipes
No-rinse body wash

Perineal wash
Skin protectant ointment
Washcloth with lanolin
Lice treatments
Lice elimination kit
Lice treatment rinse
Lice treatment shampoo
Motion sickness
Motion sickness caplets
Motion sickness tablets
Pain relief
Cold/hot menthol medicated patch
Epsom salt
Heat wraps
Heating pad
Ice bag
Lidocaine patch
Menthol gel
Migraine pain relief patch
Pain relief cream
Pain relief mask
Pain relief patch
Pain relief spray
Pain relieving muscle rub
Warm or cold water bottle
Pain relievers and fever reducers
Acetaminophen
Arthritis pain relievers
Aspirin
Ibuprofen
Naproxen
Pain relief cream (Capsaicin)
Skin and sun care
Acne gel
Ammonium lactate moisturizing lotion
Calamine skin protectant lotion
Hand sanitizer
Healing ointment or jelly

*This is a dual-purpose item, discuss with your personal doctor to determine if it is appropriate for you before purchasing.

Moisturizing body lotion with aloe
Scar gel
Sunscreen
Sleep aids
Nasal strips
Sleep tablets (non-prescription)
Smoking cessation
Nicotine gum*
Nicotine lozenges*
Nicotine patch*
Supports and braces
Ankle support
Arm sling
Arthritis gloves
Arthritis knee sleeve
Back support
Carpal tunnel brace
Compression socks*
Elbow support
Gait belt
Heel and elbow protector
Hip protector
Knee stabilizer
Knee support
Neck brace
Night wrist support
Protective arm sleeve
Rib belt
Thumb brace
Wrist splint
Wrist support or compression

Vitamins and minerals
Beta carotene*
Biotin gummy*
Calcium + Vitamin D3*
Calcium*
Cod liver oil*
Coenzyme Q-10*
DHEA hormonal supplement*
Fish oil*
Flaxseed*
Folic acid*
Glucosamine / chondroitin*
Herbal cranberry supplement
Immune support chewables*
Iron supplement*
Leg cramps pain relief*
Magnesium*
Melatonin*
Multivitamin*
Niacin*
Omega + DHA*
Potassium gluconate*
Prostate support tablets*
Rena-Vite*
Vitamin A*
Vitamin B-1*
Vitamin B-12*
Vitamin B-6*
Vitamin B-complex*
Vitamin C*
Vitamin D3*
Vitamin E*
Zinc chelated*
Wart remover
Liquid wart remover
Wart removal patch
Wart removal system



*This is a dual-purpose item, discuss with your personal doctor to determine if it is appropriate for you before purchasing.