

# 2022

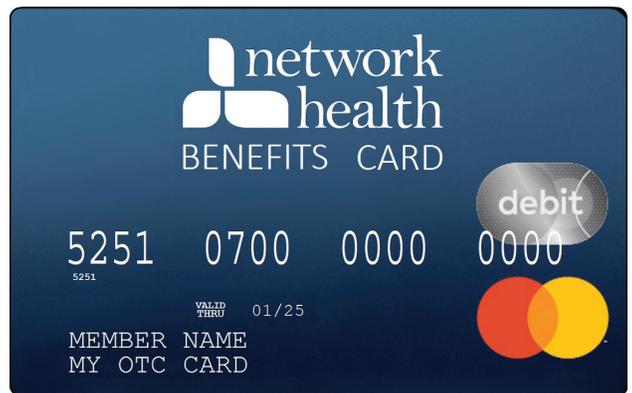
## My Over-the-Counter (OTC) Card

### Get OTC products at no cost to you

Members of **Network PlatinumChoice** and **Network Health Medicare Explore** get an easy-to-use OTC card that can be used to get the products you need, when you need them.

You'll receive your OTC card within three weeks of your plan's effective date. When you get it, the card will be loaded with your quarterly benefit amount. Remember, the benefit doesn't roll over and unused funds expire at the end of each quarter (March 31, June 30, September 30 and December 31). Your new quarterly benefit will automatically be reloaded on the first day of the new quarter (January 1, April 1, July 1, October 1).

Simply present your OTC card at the pharmacy, store or online when you're purchasing products from the approved list, which can be found on the back of this flier.



Log in to your member portal at [login.networkhealth.com](https://login.networkhealth.com) to see your card balance. If you prefer to call, or if you have questions, you can call Employee Benefits Corporation at 888-831-4753 (TTY 711), Monday-Friday from 8 a.m. to 8 p.m. For more information about this benefit, visit [networkhealth.com/medicare/additional-benefits](https://networkhealth.com/medicare/additional-benefits).



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## My Over-the-Counter (OTC) Card

**You can use your OTC card to purchase items on this list. Please note, you can't use your card to purchase dietary supplements or homeopathic remedies.**

- Acid controllers
- Allergy and sinus
- Antibiotic products
- Anti-diarrheal treatments
- Anti-gas (excludes digestive aids such as Beano®)
- Antifungal (foot)
- Anti-itch and insect bite remedies
- Antiseptics and wound cleansers
- Bath transfer benches
- Blood pressure monitors
- Canes
- Cholesterol testing
- Commodes
- Compression hosiery (excludes medical compression below 30)
- Cold sore remedies (medicated products only)
- Cotton balls, rolled cotton, cotton applicators (sterile products only)
- Cough, cold and flu relief
- Denture adhesives
- Denture pain relief
- Denture cleansers
- Ear care
- Elevated toilets
- Enemas
- Eye care
- Face mask for prevention of coronavirus (N95, KN95, multi-layer disposable face masks) (excludes respiratory masks, face shields and masks with respiratory valves)
- Feminine antifungal and anti-itch
- First aid dressings and supplies
- First aid wound and skin protectants
- Foot care treatments (excludes products for comfort or general use, including insoles)
- Glucosamine and/or chondroitin
- Hand sanitizers (must include a minimum of 60 percent alcohol)
- Head lice products
- Hemorrhoid preparations
- Hot and cold therapy, such as ice packs and electric heating pads
- Incontinence supplies
- Incontinence protection
- Incontinence treatment products
- Laxatives used to treat a medical condition for short duration (fiber and non-fiber) (excludes digestive aids such as Beano and nutritional foods for help with regularity)
- Limb/joint protectors
- Medication dosers/organizers
- Medicated nasal sprays, drops and Inhalers
- Medicated nasal strips
- Nasal moisturizers and washes
- Nasal strips and snore relief
- Oral rehydration solutions
- Oral remedies or treatments (such as saliva substitutes, mouth sore treatments, dental repair)
- Pain relief oral and topical
- Pulse oximeters
- Reading glasses and maintenance accessories
- Shower grab bar
- Shower stools
- Skin treatments to treat existing skin conditions such as eczema and psoriasis
- Sleep aids and sedatives (excludes prescriptions)
- Smoking deterrents
- Specialized braces and supports
- Stomach remedies
- Sun protection (SPF 15 and above)
- TENS units
- Thermometer
- Urinals/bedpans
- Wart removers
- Wound care