



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
Allergy tablets
Antihistamine tablets
Nasal decongestant spray
Nasal saline spray
Antacids and acid reducers
Alka-Seltzer®
Antacid tablets / chewables
Anti-gas liquid
Esomeprazole magnesium
Famotidine
Omeprazole
Simethicone
Anti yeast treatments
Antifungal creams
Anti-diarrheal, laxatives, digestive health
Anti-diarrheal tablets
Bismuth subsalicylate (Pepto- Bismol®)
Enema
Fiber tablets*
Fiber therapy (Methylcellulose)
Gas relief
Glycerin suppository laxative
Lactase capsules
Laxative tablets
Magnesium hydroxide (milk of magnesia)
Natural vegetable laxative

Powder laxative
Stool softener
Anti-fungal
Anti-fungal cream
Athlete's foot cream or spray
Bathroom safety and fall prevention
Adjustable transfer bench
Bath bench (with or without back)
Bathtub safety rail
Bedside commode
Cane
Grab bar
Night light
Non-skid bath or shower mat
Raised toilet seat
Toilet safety rails
Cold and flu
Cold and flu relief
Cough and cold relief
Cough drops
Cough expectorant
Cough suppressant
Mucus relief
Nasal decongestant
Nasal saline rinse kits
Personal steam inhaler
Sore throat lozenges

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

**This list is valid through December 31, 2021. Items may be added for the 2022 plan year.

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 cream adhesive
Dry mouth oral rinse
Dry mouth spray
Fingertip tooth and gum massager
Interdental flossups
Medicated sore mouth swabs
Oral pain relief
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
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
Foot care
Bunion guard
Callus remover pads
Corn Remover Pads
Medicated foot powder

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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
Moisturizing body lotion with aloe
Scar gel
Sunscreen
Sleep aids
Nasal strips
Sleep tablets (non-prescription)
Smoking cessation
Nicotine gum*

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Nicotine lozenges*
Nicotine patch*
Supports and braces
Ankle support
Arthritis gloves
Arthritis knee sleeve
Back support
Carpal tunnel brace
Compression socks*
Elbow support
Heel and elbow protector
Hip protector
Knee stabilizer
Knee support
Night wrist support
Protective arm sleeve
Rib belt
Thumb brace
Wrist splint
Wrist support or compression
Vitamins and minerals
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*
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



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