



Over-the-Counter (OTC) Benefit

Stock up on eligible over-the-counter items with this debit card.

Think about all the OTC medications and supplies you purchase throughout the year—everything from non-prescription pain relievers and allergy medications to vitamins and first aid kits. These items can get expensive, especially if you are managing a chronic condition and need diabetes care accessories, supplies for wound care, or other OTC items on a regular basis.

To help you with the cost of these supplies, your plan includes a HealthTeam Advantage debit card—loaded with **\$40** per quarter for PPO I plans and **\$75** per quarter for PPO II plans—to purchase OTC items from participating retailers. (You can carry any unused portion to the next quarter, but you must use all **\$160** for PPO I or **\$300** for PPO II, by December 31.)

Your card will be mailed separately with instructions for activation.

Representative OTC Items*

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| Abdominal Supports | First Aid Dressings |
| Acid Controllers | First Aid Kits & Supplies |
| Acne Medication | First Aid Treatments |
| Adult Cough, Cold & Flu | Foot Treatments |
| Adult Pain Relief | Hemorrhoidal Preparations |
| Allergy & Sinus medications | Incontinence supplies |
| Antacids | Interdental, Gum Care, Etc. |
| Antibiotic creams | Laxatives |
| Anti-diarrhea medications | Lip Care Medicated |
| Anti-fungal medications | Liquids (Alcohol & Peroxide in First Aid) |
| Anti-gas medications | Medical Support–High Compression |
| Anti-itch medications | Mineral Supplements |
| Anti-parasitic Treatments | Nasal/Sinus |
| Bandages (band-aids) | Oral Remedies Orthopedic & Surgical Support |
| Contact Lens Care | Respiratory Treatments |
| Cough Drops, Sore Throat | Sleep Aids, Stimulants & Motion Sickness |
| Denture Products | Sun Protection (SPF 15+) |
| Diabetes Care Accessories | Stomach Remedies |
| Diagnostic Products | Support Hose–Low Compression |
| Digestive Aids | Toothbrushes and Toothpaste |
| Diuretics & Weight Loss | Urine Testing |
| Cleansing & Detox | Vitamins, Multi-Vitamins & Minerals |
| Drys (Epsom Salt & Boric Acid in First Aid) | Wart Removal Treatments |
| Ear Care | Weight Control (Tablets, Caps, Etc.) |
| Elastic Bandages | Wound Care–Specialized |
| External Pain Relief | |
| Eye Preparations | |

* Representative list of OTC items only. A full catalog of approved items will be available January 1, 2024.