



# OTC Retail Network and Item Categories

## Over-the-Counter (OTC) Network

You can make purchases with your flex card at the approved retail locations listed below. All OTC items purchased at these locations must be on the approved list. Please see page 2 for approved item categories.

### Retail Network Listing:

ACME	Haggen	Randalls
Alberstons	Jay C Food Store	Rite Aid
Baker's	Jewel Osco	Ruler
Carrs-Safeway	King Soopers	Safeway
City Market	Kings	Schnucks
CVS	Kroger	Shaw's & Star Markets
Dillons	Mariano's	Smith's Food and Drug
Food 4 Less	Metro Market	Tom Thumb
Foods Co	Pavilions	Vons
Fred Meyer	Pay-Less Super Markets	Walgreens
Fry's	Pick 'n Save	Walmart
Gerbes	QFC	
Giant Eagle	Ralphs	

## Over-the-Counter (OTC) Item Categories

Your OTC purchases are limited to approved items only. You can find a list of approved item categories below.

To see a complete list of your covered 2023 OTC products, please visit the MyBenefits portal at [CentralHealthPlan.NationsBenefits.com](https://CentralHealthPlan.NationsBenefits.com)

### COLD & ALLERGY

#### Allergy

Allergy Liquids

Allergy Nasal Sprays, Drops & Inhalers

Allergy Tabs & Caps

Mixed/Miscellaneous Allergy

#### Cough Drops, Sore Throat Relief

Mixed/Miscellaneous Cough Drops, Sore Throat Relief

Sore Throat Pain Relief

Throat & Cough Drops

#### Cough, Cold, Flu & Sinus

Cold & Flu Preventatives/Symptom Reducers

Cough, Cold, Flu & Sinus Liquids

Cough, Cold, Flu & Sinus Tabs & Caps

Mixed/Miscellaneous Cough, Cold, Flu & Sinus

#### Lip Care

Medicated Lip Treatments

## **COLD & ALLERGY (Cont)**

### **Nasal**

Decongestant Nasal Sprays, Drops & Inhalers

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Mixed/Miscellaneous Nasal

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Nasal Moisturizers & Washes

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Nasal Strips, Dilators & Snore Relief

### **Respiratory Treatments**

Mixed/Miscellaneous Respiratory Treatments

Vapor Products (Includes Waterless Vaporizers)

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Vaporizers, Humidifiers & Accessories

## **COMPRESSION SUPPORT**

### **Men's, Women's and Unisex Compression Socks**

Men's, Women's and Unisex Compression Socks

## **DIABETES CARE**

### **Diabetes Care Accessories**

Mixed/Miscellaneous Diabetes Care Accessories

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Sharps Containers & Supplies

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Diabetes Health & Wellness

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Diabetes Cough, Cold & Allergy

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Diabetes Neuropathy & Skin Care

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Diabetes Supplements

## DIGESTIVE HEALTH

### Anti-Diarrheals

Anti-Diarrheal Liquids

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Anti-Diarrheal Tabs & Caps

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Diarrhea-Related Oral Rehydration Therapy

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Mixed/Miscellaneous Anti-Diarrheals

### Anti-Gas

Anti-Gas

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Mixed/Miscellaneous Anti-Gas

### Digestive Aids

Digestive Health Prebiotics & Probiotics

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Lactose Intolerance

### Hemorrhoid Preparations

Hemorrhoid Treatments

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Hemorrhoid Wipes & Washes

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Mixed/Miscellaneous Hemorrhoid Preparations

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Mixed/Miscellaneous Diabetes Care Accessories

### Laxatives

Enemas, Laxative Suppositories, Kits, Etc.

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Fiber Products

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Laxative Liquids & combination stool-softener products

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Mixed/Miscellaneous Laxatives

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Non-liquid Laxatives (non-fiber) & combination stool-softener products

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Stool Softeners

## DIGESTIVE HEALTH (Cont)

### Stomach & Nausea Remedies

Acid Controllers

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Antacid Liquids

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Antacid Tabs & Caps

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Mixed/Miscellaneous Stomach & Nausea Remedies

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Multi-Symptom Products

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Nausea & Motion Sickness

## EYE & EAR CARE

### Contact Lens Care

Mixed/Miscellaneous Contact Lens Care

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Soft Lens Cleaners

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Soft Lens Multi-Purpose Solutions

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Soft Lens Saline Solutions

### Ear Care

Ear Drops & Syringes

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Lipoflavonoids

### Eye Preparations

Eye Relief Products

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Eye Wash

### Reading Glasses & Magnifying Glasses

Magnifying Glasses

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Reading Glasses

## FEMININE CARE

### Feminine Antifungal

Feminine Antifungal

## FIRST AID

Antiparasitic Treatments

Lice Treatments & Accessories

Mixed/Miscellaneous Antiparasitic Treatments

### First Aid Kits & Supplies

Finger Cots & Splints

Mixed/Miscellaneous First Aid Kits & Supplies

### First Aid Tapes & Adhesive Wraps

First Aid Tapes & Adhesive Wraps

### Itch Treatments

Chronic Itch Treatments

Mixed/Miscellaneous Itch Treatments

Poison Ivy, Oak & Sumac Treatments

### Protective Gloves

Protective Gloves

### Wound & Surgical Dressings

Adhesive & Liquid Bandages

Alginate & Collagen Dressings

Foam Dressings

Gauze, Non-Stick & Absorbent Dressings

Hydrocolloid & Hydrogel Dressings

## FIRST AID (Cont)

### Wound Treatments & Skin Relief

Mixed/Miscellaneous Wound Treatments & Skin Relief (incl. witch hazel)

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Scar Treatments

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Skin Protectants (Includes Petroleum Jelly)

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Topical Antibiotics & Antimicrobials

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Wound, Burn & Skin Treatments (Includes Epsom Salt)

### Wound Washes & Cleansers

Hydrogen Peroxide

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Mixed/Miscellaneous Wound Washes & Cleansers

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Povidone Iodine

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Rubbing Alcohol

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Saline Solutions & Sprays

## FOOT CARE

### Antifungal Treatments

Antifungal Creams & Liquids

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Antifungal Powders

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Antifungal Sprays

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Antifungal Treatments

### Mixed/Miscellaneous Antifungal Treatments

Nail Fungus Treatments

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Foot Cushioning & Treatments

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Corn & Callus Removers

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Corn, Callus & Bunion Pads

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Foot Grooming & Pain Relief

## FOOT CARE (Cont)

### Foot Pain Relief

Wart Removers

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Mixed/Miscellaneous Wart Removers

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Wart Remover Pads & Liquids

## HEALTH SUPPORTS

### Abdominal Supports & Rib Belts

Abdominal Supports

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Mixed/Miscellaneous Abdominal Supports & Rib Belts

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Rib Belts

### Braces

Ankle & Footm Elbow & Arm, Hand & Wrist, Joint Warmers & Arthritis,  
Knee & Thigh, Calf & Shin

### Elastic Bandages & Athletic Treatments

Mixed/Miscellaneous Elastic Bandages & Athletic Treatments

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Protective Guards

### Hot/Cold Therapy

Electric Heating Pads

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Hot/Cold Therapy

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Mixed/Miscellaneous Hot/Cold Therapy

### Orthopedic & Surgical Support

Arm Slings & Cervical Collars

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Hernia Supports & Suspensories

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Mixed/Miscellaneous Orthopedic & Surgical Support

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Sacro & Back Braces

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Shoulder & Clavicle Braces



## HOME DIAGNOSTICS & PATIENT AIDS FOR DAILY LIVING

### Home Diagnostics

Blood Pressure Kits & Accessories

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Cholesterol Meters & Testing Kits

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Drug & Alcohol Tests

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Pulse Oximeters & Heart Rate Monitors

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Stethoscopes & Accessories

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Thermometers, Fever Strips & Accessories

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Patient Aids For Daily Living

### Bathing & Oral Hygiene Aids

Eating & Drinking Aids

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Grooming & Dressing Aids

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Medical Alert IDs & Devices

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Medicine Dosers, Pillboxes, Organizers & Reminders

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Mixed/Miscellaneous Patient Aids For Daily Living

### Mobility Safety: stair rails, stair treads, temporary mobility ramps

Night Lights

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Reachers, Grippers & Lifts

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Reading, Writing & Telephone Aid

## HOME HEALTH CARE

### Bathroom Safety

Bathtub & Toilet Rails & Frames

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Bathtub Safety & Accessories

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Elevated Toilet Seats & Accessories

## HOME HEALTH CARE (Cont)

Grab Bars & Handles

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Hand Held Showers

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Mixed/Miscellaneous Bathroom Safety

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Sitz Baths & Bidets

### Specialized Orthopedic Braces/Support/Splints

Mixed/Miscellaneous Specialized Orthopedic Braces/ Supports/Splints

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Specialized Ankle & Foot Braces/Supports/Splints

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Specialized Elbow & Arm Braces/Supports/Splints

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Specialized Knee Hinged Braces/Supports/Splints

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Specialized Knee Immobilizer Braces/Supports/Splints

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Specialized Shoulder & Clavicle Braces/Supports/Splints

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Specialized Thigh & Calf Braces/Supports/Splints

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Specialized Wrist & Hand Braces/Supports/Splints

### Walking Aids

Canes for the Visually Impaired

## INCONTINENCE

### Disposable Incontinence

Disposable Briefs & Undergarments

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Mixed/Miscellaneous Disposable Incontinence

### Incontinence Personal Care

Deodorizers

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Mixed/Miscellaneous Incontinence Personal Care

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Perineal - Only Antifungals

## INCONTINENCE (Cont)

Perineal - Only Cleansers & Washes

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Perineal - Only Moisturizers, Barriers & Protectants

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Perineal - Only Wipes & Towelettes

## ORAL CARE

Denture Care

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Denture Adhesives

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Denture Cleaners & Accessories

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Denture Repair & Pain Relief

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Mixed/Miscellaneous Denture Care

### Interdental, Floss & Gum Care

Dental Gum

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Floss & Flossers

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Mixed/Miscellaneous Interdental, Floss & Gum Care

### Oral Remedies

Dry Mouth

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Mixed/Miscellaneous Oral Remedies (Includes Fluoride Treatments)

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Oral Pain Relief & Mouth Sores

### Toothbrushes

Battery Toothbrushes & Refills

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Manual Toothbrushes

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Mixed/Miscellaneous Toothbrushes & Accessories

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Toothpaste & Treatments

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Mixed/Miscellaneous Toothpaste & Treatments

## ORAL CARE (Cont)

Sensitive Toothpaste & Treatments

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Whitening Toothpaste

## PAIN RELIEF

### External Pain Relief

External Muscle/Joint Pain Relief Creams, Ointments & Gels

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External Muscle/Joint Pain Relief Lotions, Liquids, Roll-Ons & Sprays

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External Muscle/Joint Pain Relief Patches & Pads

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Mixed/Miscellaneous External Pain Relief

### Internal Pain Relief

Adult Acetaminophen

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Adult Aspirin & Combinations

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Adult Ibuprofen & Other Anti-Inflammatories

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Adult Nighttime Pain Relief

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Feminine Pain Relief

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Mixed/Miscellaneous Internal Pain Relief

### Sleep Aids & Stimulants

Sleep Aids & Sedatives

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Stimulants

## PATIENT SKIN CARE

### Patient Skin Support

Antifungals

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Mixed/Miscellaneous Patient Skin Support

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Moisturizers, Barriers & Protectants

## PHYSICAL FITNESS & EXERCISE EQUIPMENT

### Physical Fitness

Pedometers & Fitness Trackers

## SKIN CARE

### Facial & Body Acne Medications

Acne Astringents & Toners

Acne Creams, Gels, Lotions & Patches

Acne Soaps & Cleansers

Mixed/Miscellaneous Facial & Body Acne Medications

## SMOKING DETERRENTS

### Smoking Deterrents

Mixed/Miscellaneous Smoking Deterrents

Nicotine Gum & Lozenges

Nicotine Patches

## SUN CARE

### Sun Protection

Mixed/Miscellaneous Sun Protection

Sport Sun Protection

Sun Protection

## SUPPLEMENTS

### Mineral Supplements

Calcium

Iron

Mixed/Miscellaneous Mineral Supplements

## SUPPLEMENTS (Cont)

### Multi-Minerals

Multivitamins

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Eye Health Vitamins

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Mixed/Miscellaneous Multivitamins

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Multivitamins

### Single Entity Vitamins

Mixed/Miscellaneous Single Entity Vitamins

### Specialty Supplements

CoQ10 Only (UBIQUINOL)

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Enzymes, Amino Acids & Hormones

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General Health Prebiotics & Probiotics

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Heart Health & Essential Fatty Acids (Fish Oil, Flax, GLA, etc.)

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Joint Health (incl. Glucosamine)

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Menopause Support (Soy)

## WEIGHT MANAGEMENT & NUTRITIONAL FOODS

### Diuretics & Weight Loss Cleansing & Detox

Diuretics

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Mixed/Miscellaneous Diuretics & Weight Loss Cleansing & Detox

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Weight Loss Cleansing & Detox

### Weight Management

Food Scales

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Weight Management Tabs & Caps