

Over-the-Counter Health & Wellness Products

2015 Catalog and Order Form

Humana[®]



910B



2015 Over-the-Counter (OTC) Health and Wellness Product Order Form



Your current plan may have an over-the-counter benefit that would allow you to purchase over-the-counter (OTC) health and wellness products from the Humana-owned RightSource® mail-order pharmacy.



Call RightSource at **1-855-211-8370 (TTY: 711)** if you have questions about how to use this benefit at RightSource. Customer Care representatives are available Monday – Friday, 8 a.m. – 11 p.m. and Saturday, 8 a.m. – 6:30 p.m., Eastern time.



Keep this catalog somewhere important. You'll need this to look up the health and wellness products you want to order each month.

How to order:



Place your order no later than the 20th of each month to ensure that RightSource is able to process your order within the applicable benefit month. If your total order exceeds your benefit amount limit, please be sure to include a check, money order, or credit card information to pay the remaining amount due. Failure to submit payment in full will lead to a delay in shipment.

You can place your order:



• **Online:** Go to **RightSourceRx.com**



• **Mail:** Fill out the OTC Health and Wellness Product Order Form and mail **only** the order form pages to:
RightSource
PO Box 1197
Cincinnati, OH 45201-1197



• **Fax:** Fill out the OTC Health and Wellness Product Order Form and fax **only** the order form pages to: **1-800-379-7617**

*This order form is for the 2015 benefit year. Please do not submit your first order until after January 1, 2015. Other pharmacies available in our network.

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OTC Health and Wellness Product Order Form

STEP 1 - Complete your information below

Member ID (from your Humana ID card)

Date of birth

Gender

 Male
 Female

First name

Last name

Street number and name

Apt/Suite #

City

State

ZIP code

Daytime phone

Evening phone

Check box if this is a new address

STEP 2 - Complete product selection

During which month would you like to receive this order?*

*Please note: Orders can only be placed for the current or a future month. RightSource® is not able to backdate an order for a previous month.

Product code	Product name	Quantity	Price
1 OTC <input type="text"/>	_____	<input type="text"/>	_____
2 OTC <input type="text"/>	_____	<input type="text"/>	_____
3 OTC <input type="text"/>	_____	<input type="text"/>	_____
4 OTC <input type="text"/>	_____	<input type="text"/>	_____
5 OTC <input type="text"/>	_____	<input type="text"/>	_____
6 OTC <input type="text"/>	_____	<input type="text"/>	_____
7 OTC <input type="text"/>	_____	<input type="text"/>	_____

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OTC Health and Wellness Product Order Form

Member ID (from your Humana ID card)

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Your total order amount \$ _____

Humana monthly allowance \$ _____

Total remaining amount due \$ _____

If your total order is less than your plan's monthly allowance, you **DO NOT** need to include payment and you will receive the items you ordered.

If your order exceeds your plan's monthly allowance, please include your check, money order, or enter your credit card information below to pay the remaining amount due. **Failure to submit payment in full will lead to a delay in shipment.**

STEP 3 – Payment information (if applicable)

Please make checks payable to RightSource. Please do not send cash. There is a \$25 charge for all returned checks.

To pay by credit card, please complete the following:

Credit/Debit Card #

Expiration date

/

Cardholder first name

Cardholder last name

Cardholder signature _____

Note: A monthly allowance amount is only available if your plan offers the over-the-counter (OTC) services as a benefit. Call RightSource at **1-855-211-8370** (TTY: **711**) if you have questions about your order, or about how to use this benefit at RightSource, Monday – Friday, 8 a.m. – 11 p.m., and Saturday, 8 a.m. – 6:30 p.m. Eastern time.

Orders will be shipped to your home by UPS or the US Postal Service at no extra charge to you. Please allow 10 to 14 business days from the time RightSource receives your order to delivery. You'll receive a generic comparable to the name-brand product. Please consult your doctor before using any over-the-counter (OTC) product. This product list is subject to change.

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Over-the-Counter (OTC) Health and Wellness Product Catalog

Note: You will receive the generic equivalent of all items

Antacid, Anti-Diarrheals, and Laxatives

Product code	Product name	Compare to	Package count	Price
075	Antacid/Anti-Gas Chew Tab	Maalox® Plus 1	100	\$7.00
032	Antacid/Anti-Gas Liquid	Mylanta®	360 ml	\$9.00
029	Anti-Diarrheal Tablets – Loperamide 2 mg	Imodium® A-D	12	\$4.75
031	Anti-Hemorrhoidal Ointment	Preparation H®	60 gm	\$7.00
227	Calcium Carbonate Antacid	Extra Strength Tums E-X®	96	\$5.25
203	Calcium Carbonate Antacid – Regular Strength	Tums®	150	\$5.25
098	Extra Strength Gas Relief Tablets	Gas-X® Extra Strength	30	\$5.75
261	Famotidine 20 mg	Pepcid® 20 mg	25	\$7.50
208	Fiber Laxative Tablets	FiberCon®	90	\$9.00
234	Glycerin Suppositories, Adult	Fleet®	25	\$5.25
216	Hemorrhoidal Suppositories	Preparation H® Suppositories	12	\$6.00
262	Lansoprazole 15 mg	Prevacid®	14	\$10.00
093	Laxative – Biscodyl 5 mg	Dulcolax®	25	\$5.00
033	Milk of Magnesia – Laxative/Antacid	Phillips® Milk of Magnesia	360 ml	\$5.25
263	Nexium® OTC	Nexium®	14	\$13.00
112	Omeprazole	Prilosec OTC® 20 mg	14	\$11.00
115	Pink Bismouth – Chewable Tablets	Pepto-Bismol® Chewable Tabs	30	\$6.00
264	Polyethylene Glycol 3350	Miralax®	245 ml	\$10.50
258	Psyllium Fiber Laxative Capsuls	Metamucil®	160	\$11.00
104	Ranitidine 75mg Tablets – Antacid	Zantac®	30	\$7.00
233	Senna Laxative Tabs	Senokot®	100	\$10.00
101	Stool Softener Capsules	Colace®	100	\$7.00

Cough, Cold and Allergy

Product code	Product name	Compare to	Package count	Price
113	Cetirizine HCL 10mg	Zyrtec® 10 mg	30	\$12.00
024	Childrens Diphenhydramine (50mg)	Benadryl® Allergy	120 ml	\$5.00
260	Cough and Cold High Blood Pressure	Coricidin® HBP Cough and Cold	16	\$5.25



237	Daytime PE	Vicks® DayQuil®	16	\$6.00
023	Diphenhydramine (25mg)	Benadryl®	24	\$6.00
111	Expectorant – Guaifenesin 400mg	Mucus Relief 400 mg	30	\$11.00
249	Fexofenadine 180 mg 24 hour	Allegra® Allergy	30	\$17.00
028	generic cough formula – exporant	Robitussin®	120 ml	\$5.00
210	generic cough suppressant (sugar free)	Robitussin® Sugar Free DM	118 ml	\$7.00
026	generic cough suppressant/expectprant	Robitussin® DM	120 ml	\$6.00
096	generic cough suppressant/nasal decongestant/expectprant	Robitussin® CF	120 ml	\$5.25
110	Loratadine 10mg	Claritin®	30	\$10.00
043	Medicated Chest Rub	Vicks® VapoRub®	99 gm	\$6.00
117	Menthol/Benzocaine Sore Throat Lozenges	Chloraseptic® Lozenges	18	\$5.50
228	Nasal Decongestant PE Max Strength	Sudafed® PE Tablets	36	\$6.00
095	Nasal Decongestant Spray	Afrin®	30 ml	\$5.00
220	Phenol/Oral Anesthetic Sore Throat Spray	Chloraseptic®	180 ml	\$6.00
099	Saline Nasal Spray	Ocean® Saline Nasal Spray	45 ml	\$5.00
097	Sinus-Acetaminophen/Phenylephrine HCl	Tylenol® Sinus	24	\$6.00

Diabetes Management

Product code	Product name	Compare to	Package size	Price
265	Compression Stockings 15-20mmHg Regular Beige Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	Jobst®	1	\$15.00
266	Compression Stockings 15-20mmHg Regular Beige Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	Jobst®	1	\$15.00
267	Compression Stockings 15-20mmHg Regular Beige Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	Jobst®	1	\$15.00
268	Compression Stockings 15-20mmHg Regular Beige Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	Jobst®	1	\$15.00
269	Compression Stockings 15-20mmHg Regular Beige Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	Jobst®	1	\$15.00
270	Compression Stockings 15-20mmHg Regular Beige Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	Jobst®	1	\$15.00
271	Compression Stockings 15-20mmHg Regular Beige Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	Jobst®	1	\$15.00
272	Diabetic Skin Relief Foot Cream	Gold Bond® Diabetic Skin Relief Foot Cream	96 gm	\$9.00
223	Glucose Tablets	DEX4® Glucose Tablets	10	\$5.00
273	Reagent Strips for Urinalysis	Diastix® Reagent Strips for Urinalysis	50	\$11.00
274	Sharps container	BD™ Home Sharps container	1	\$5.75
275	Test Strips for Urinalysis	Ketone Test Strips for Urinalysis	50	\$11.00

First Aid Medical Supplies

Product code	Product name	Compare to	Package size	Price
035	Alcohol Prep Pads	Curad® Alcohol Swabs	100	\$6.00
226	Elastic bandage	Ace® Bandage	1	\$6.00
232	First Aid Tape	J&J®	1	\$4.50
044	Plastic Bandages	Band-Aids®	100	\$5.25
040	Triple Antibiotic Ointment	Neosporin®	30 gm	\$6.00
231	Triple Antibiotic Ointment Plus	Neosporin Plus®	30 gm	\$7.00

Pain Relievers

Product code	Product name	Compare to	Package size	Price
002	Acetaminophen 500 mg	Extra Strength Tylenol®	100	\$6.00
020	Acetaminophen 80 mg chewable	Tylenol® Children's Chewable	30	\$5.00
047	Aspirin 325 Mg	Bayer®	100	\$5.00
016	Aspirin Low Dose 81 mg EC	Bayer® Adult Low Strength EC	120	\$6.00
282	Chewable Aspirin	Bayer®	90	\$5.50
213	Cold and Hot Patches	Icy Hot® Patch	5	\$7.00
215	Effervescent pain Relief	Alka-Seltzer®	36	\$6.25
229	Enteric Aspirin 325 mg	Ecotrin®	100	\$6.00
125	Headache Formula – Aspirin/Acetaminophen/Caffeine	Excedrin®	100	\$7.00
019	Ibuprofen 200 mg	Advil®	50	\$5.00
094	Ibuprofen Suspension	Motrin®	120 ml	\$6.75
046	Muscle Rub	Ben-Gay®	120 gm	\$7.00
283	Naproxen Sodium	Aleve®	100	\$9.00
230	Therapeutic Mineral Ice Gel	Mineral Ice®	227 gm	\$8.00
119	Topical Analgesic Cream – Capsicum Cream 0.025%	Zostrix® Cream	60 gm	\$8.00

Personal Care

Product code	Product name	Compare to	Package size	Price
257	7-Day Pill Box	7-Day Pill Box	1	\$7.00
256	Absorbent Underpads (Disposable Chux Pads) 23"x36"	Protection Plus Disposable Underpads 23"x36"	20	\$20.00
253	Adult Incontinence Underwear Large	Protection Plus Classic Protective Underwear Large 40"-56"	18	\$20.00
252	Adult Incontinence Underwear Medium	Protection Plus Classic Protective Underwear Medium 28"-40"	20	\$20.00

251	Adult Incontinence Underwear Small	Protection Plus Classic Protective Underwear Small 20"-28"	22	\$20.00
254	Adult Incontinence Underwear X-Large	Protection Plus Classic Protective Underwear X-Large 56"-68"	14	\$20.00
255	Adult Incontinence Underwear XX-Large	Protection Plus Classic Protective Underwear XX-Large 68"-80"	12	\$20.00
243	Bladder control pads (regular)	Poise® Moderate Pads	20	\$9.00
242	Blood Pressure Home Kit (manual pump w/stethoscope)**	Blood Pressure Home Kit (manual pump w/stethoscope)	1	\$17.00
036	Cotton Swabs	Q-Tips®	300	\$4.75
224	Dental Floss	Dental Floss	1	\$4.75
225	Denture Adhesive	Fixodent®	42 gm	\$6.00
039	Diaper Rash Cream	Desitin® ²⁷⁶ Cream	120 gm	\$6.00
247	Digital Bathroom Scale**	Digital Bathroom Scale	1	\$35.00
245	Digital Blood Pressure Monitor**	Digital Blood Pressure Monitor	1	\$50.00
118	Earwax removal drops	Debrox® Earwax Removal Drops	15 ml	\$8.00
235	Effervescant Denture Tabs	Efferdent®	40	\$5.25
244	Electric Heating Pad**	Electrical Heating Pad	1	\$40.00
276	Eye Drop Cup with Guide	Eye Drop Cup with Guide	1	\$6.00
219	Eye Drops – Redness Reliever	Visine® Original	15 ml	\$5.00
114	Lubricant Eye Drops (Sterile)	Liquifilm Tears®	15 ml	\$6.00
048	Oral Thermometer	B-D® Oral Thermometer	1	\$6.00
284	Toothbrush	Toothbrush	3	\$5.75
285	Toothpaste	Toothpaste	2	\$8.00

**For items noted above: limit one per plan year. Prior to purchase, the enrollee must have appropriate conversations with the enrollee's personal provider and the enrollee's personal provider must orally recommend the OTC item.

Skin Care

Product code	Product name	Compare to	Package size	Price
217	Allergy cream – itch and pain relief	Benadryl® Extra Strength Cream	30 gm	\$5.00
037	Calamine lotion	Caladryl®	180 ml	\$5.25
038	Clotrimazole Cream 1%	Lotrimin AF®	15 gm	\$6.00
004	Hydrocortisone Cream 1%	Cortizone 10®	30 gm	\$5.00
241	Medicated Callus Remover	Dr. Scholl's®	6	\$5.00
286	Medicated Lip Balm	Chapstick®	3	\$5.00
106	Sunblock	Coppertone®	120 ml	\$7.00
277	Terbinafine Cream	Lamisil® AT	.53 oz.	\$10.00
218	Tolnaftate 1% Antifungal	Tinactin® Cream	30 gm	\$8.00

Sleeping Aids

Product code	Product name	Compare to	Package size	Price
121	Acetaminophen, Diphenhydramine HCl	Tylenol® PM Extra Strength Tabs	50	\$6.00
122	Diphenhydramine HCl (25 mg)	Sominex® Tablets	50	\$8.00

Smoking Cessation

Product code	Product name	Compare to	Package size	Price
123	Stop Smoking Gum – 2 mg	Nicorette® 2 mg gum	50	\$20.00
124	Stop Smoking Gum – 4mg	Nicorette® 4 mg gum	50	\$20.00

Vitamins, Minerals and Supplements*

Product code	Product name	Compare to	Package size	Price
109	Calcium Citrate + Vitamin D	Citracal® Caplets+D	60	\$7.00
248	Chewable Calcium with Vitamin D	Caltrate® 600 + D Plus Minerals Chewables	60	\$9.00
902	Co-Enzyme Q-10 30 mg	Co-Enzyme Q-10 30 mg	30	\$10.00
063	Complete Senior Vitamins and minerals	Centrum® Silver	60	\$10.00
011	Daily Multivitamin and Mineral	Centrum®	130	\$8.00
907	Eye Care Vitamins	Ocuvite® Lutein	36	\$9.00
240	Folic Acid 800 Mg	Folic Acid 800 mcg	100	\$5.00
278	Melatonin 5 mg	Melatonin 5 mg	100	\$6.50
107	One a Day Women's Multivitamin	One-A-Day Women's®	60	\$7.00
015	Oyster Calcium + Vitamin D	Os-Cal® 500+D	60	\$6.00
909	Timed Release Niacin 500 mg	Timed Release Niacin 500 mg	100	\$8.00
238	Vitamin B12	Vitamin B12 1000 mcg	100	\$7.00
279	Vitamin B-12 5000mcg Sublingual Tablet	Vitamin B-12 5000mcg Sublingual Tablet	30	\$8.00
280	Vitamin B-Complex Sublingual Tablet	Vitamin B-Complex Sublingual Tablet	60	\$7.00
903	Vitamin B-Complex with B-12	B-Complex with B-12	100	\$8.00
010	Vitamin C 500Mg	Vitamin-C 500 mg	100	\$6.00
209	Vitamin D 1000 IU	Vitamin D 1000 IU	100	\$7.00
239	Vitamin D 5000 IU	Vitamin D 5000 IU	100	\$9.00
012	Vitamin-E 400 IU Synthetic	Vitamin-E 400 IU Synthetic	100	\$7.00

*For items noted above: Prior to purchase the enrollee must have appropriate conversations with the enrollee's personal provider and the enrollee's personal provider must orally recommend the OTC item.

Get your questions answered

Customer Service
1-855-211-8370 (for TTY, dial **711**)



Online
Humana.com



Remember! Keep this catalog.

You'll need this catalog to look up the health and wellness products you want to order each month.

This information is available for free in other languages. Please call our customer service number at **1-855-211-8370 (TTY: 711)**, Monday – Friday, 8 a.m. – 11 p.m., and Saturday, 8 a.m. – 6:30 p.m., Eastern time.

Esta información está disponible gratuitamente en otros idiomas. Llame a nuestro número de Servicio al Cliente al **1-855-211-8370 (TTY: 711)**, lunes a viernes, de 8 a.m. a 11 p.m. y los sábados de 8 a.m. a 6:30 p.m., hora del Este.

本資訊也有其他語言的免費版本可供選擇。請於 8 a.m. – 6:30 p.m. 期間致電 1-855-211-8370 (TTY: 711) 與客戶服務部聯絡。

OTC items may only be purchased for the plan enrollee. It is prohibited to purchase OTC items for family members and friends. Purchase of covered OTC products made under emergency circumstances may be eligible for reimbursement when the monthly benefit allowance is available.

The following items are not covered under this OTC benefit (non-eligible items): Alternative medicines (including botanicals, herbals, probiotics and nutraceuticals including fish oil, glucosamine and chondroitin, garlic, Echinacea, saw palmetto, ginkgo biloba, etc), Baby items, Contraceptives, Convenience (non-medical items), Cosmetics, Food Supplements, Replacement Items, Attachments, and Peripherals (including hearing aid batteries, contact lens containers, etc when not factory packaged with original item).

Humana is a Medicare Advantage organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in this Humana plan depends on contract renewal. Limitations, copayments and restrictions may apply.

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