

2020 Over-the-Counter Benefits at No Cost for StrideSM (HMO) Members



StrideSM (HMO) members receive a minimum of \$150 every year* for Over-the-Counter drugs or supplies.



*After paying your monthly plan premium. Limitations and restrictions may apply.

The hassle-free and easy way to get Over-the-Counter health related supplies

Receive a minimum of \$150 every year in Over-the-Counter Drugs & Supplies

Harvard Pilgrim takes the hassle out of ordering!

1

Select items from this brochure



2

Call 1-888-609-0692 to place your order



3

Receive your order in the mail!



ITEM	ITEM DESCRIPTION	QTY.	PRICE
(1) Allergies			
1A Generic Comparable of Chlortrimeton	Chlorpheniramine Maleate 4 mg	24	\$4
1B Generic Comparable of Benadryl Elixir	Diphenhydramine HCl 12.5mg	118ml	\$3
1C Generic Comparable of Benadryl Caps	Diphenhydramine HCl 25mg	24	\$3
1D Generic of Ocean Saline Nasal Spray	Deep Sea Nasal Spray Saline 0.65%	44ml	\$3
1E Nasacort Allergy 24 Hour	Triamcinolone 55mcg	10.8ml	\$15
1F Flonase	Fluticasone propionate (glucocorticoid) 50mcg	9.9ml	\$15
(2) Analgesics			
2A Generic Comparable of Tylenol Ex 500mg	Acetaminophen Tabs 500 mg	100	\$4
2B Generic Comparable of Bayer Aspirin	Asprin 325 mg	100	\$3
2C Generic Comparable of Zostrix	Trixaicin Capsicum 0.025% (Capsaicin)	60g	\$7
2E Generic Comparable of Advil	Ibuprofen 200mg FC Tab	24	\$3
2F Generic Comparable of Ben Gay	Muscle Rub	35g	\$3
2G Generic Comparable of Aleve	Naproxen Sodium 220mg CPL	50	\$7
2H Generic Comparable of Bayer Aspirin Low Dose 81 mg	Aspirin EC (Delayed Release) 81 mg	120	\$4
2I Generic Comparable of Tylenol PM	Acetaminophen 500 mg/Diphenhydramine HCl 25 mg	50	\$5
2J Generic Comparable of Bayer Aspirin Low Dose Chewable	Aspirin 81 mg Chewable	36	\$4
2K Generic Comparable of Icy Hot Patch	Cold and Hot Patch	5	\$8
2L Generic Comparable of Excedrin	Headache Formula-Aspirin/Acetaminophen/Caffeine	100	\$7
2M Aspercreme	Aspercreme with 4% Lidocaine Maximum Strength	76g	\$6
(3) Antacids			
3A Generic Comparable of Tums-Ex	Calcium Carbonate 750 mg	96	\$5
3B Generic Comparable of Gas-X	Gas Relief Tablets	100	\$5
3C Generic Comparable of Zantac 75	Ranitidine 75 mg	30	\$9
3D Generic Comparable of Alka Seltzer	Antacid & Pain Relief	36	\$6
(4) Anti-Diarrheals			
4A Generic Comparable of Imodium	Loperamide 2 mg	12	\$4
4B Generic Comparable of Pepto Bismol	Pink Bismuth Tablets (chewable)	30	\$5
(5) Anti-Hemorrhoidals			
5A Generic Comparable of Cortaid Maximum Strength	Hydrocortisone oint. USP 1%	28g	\$6
5B Generic Comparable of Preparation H	Prompt Relief Hem Ointment	57g	\$7
5C Generic Comparable of Preparation H Suppositories	Hemorrhoidal Suppositories	24	\$13
(6) Cough/Cold			
6A Generic Comparable of Robitussin Sugar-free Dm	Sugar-free cough syrup	118ml	\$5
6B Generic Comparable of Vicks	Medicated Chest Rub	113g	\$6
6C Mucinex Dm	Mucinex DM 600 mg	20	\$20

ITEM	ITEM DESCRIPTION	QTY.	PRICE
6D Generic Comparable of Afrin nasal Spray	Nasal Spray	30ml	\$3
6H Generic Comparable of Tylenol Sinus Congestion & Pain	Sinus-Acetaminophen / Phenylephrine HCl	24	\$5
6I Generic Comparable of Chloraseptic	Sore throat spray	177ml	\$5
6K Halls Sugar Free Cough Drops	Sugar Free Cough Drops	25	\$4
6L Generic Comparable of Mucus Relief	Expectorant - Guaifenesin 400mg	30	\$7
6M Generic Comparable of Cepacol	Cepacol	18	\$5
(7) Eye Care			
7A Generic Comparable of Collyrium Eye Wash	Eye Wash	118ml	\$4
7B Generic Comparable of Visine	Redness Reliever eye drops	15ml	\$4
7C Generic Comparable of Visine Tears	Artificial Tears	15ml	\$4
7E Generic Comparable of Zaditor	Eye-Itch Relief Antihistamine	5ml	\$15
(8) First Aid Creams & Ointments & Antiseptics			
8A Generic Comparable of Benadryl Cream	Anti-Itch Cream	35g	\$3
8B Generic Comparable of Bacitracin	Bacitracin	14g	\$6
8C Generic Comparable of Lotrimin	Clotrimazole 1% Cream	28g	\$7
8D Generic Comparable of Cortisone	Hydrocortisone Cream	28g	\$5
8E Generic Comparable of Zinc Oxide	Zinc Oxide Ointment	28g	\$8
8F Generic Comparable of Neosporin	Triple-Antibiotic Ointment	28g	\$6
8G Generic Comparable of Micatin	Miconazole Nitrate 2%	45g	\$4
8H Generic Comparable of Debrox	Ear wax removal	15ml	\$4
(9) First Aid Supplies			
9A Generic Comparable of Ace Bandage 3"	Elastic Bandage	1	\$4
9B Butterfly Closure	Butterfly Closures	12	\$2
9C Cotton Balls	Cotton Balls	100	\$4
9D Ice Bag	Ice Bag 9"	1	\$9
9E Generic Comparable of J&J Gauze	Gauze Rolls - Assorted sizes	3	\$4
9F Digital Thermometer	Digital Thermometer	1	\$5
9G Generic Comparable of Q-Tips	Cotton Swabs	300	\$5
(10) Laxatives			
10A Generic Comparable of Colace	Docusate Sodium 100mg	100	\$5
10B Generic Comparable of Fibercon	Fiber-Lax 500mg	90	\$9
10C Generic Comparable of Miralax	Clear Lax Powder	119g	\$11
10D Generic Comparable of Fleet Enema	Enema-Saline Laxative	133ml	\$3
(11) Miscellaneous Items			
11A Digital Blood Pressure Kit*	Automatic Blood Pressure Kit	1	\$25
11B Blood Pressure Kit*	Manual Self Taking Blood Pressure Kit	1	\$19

ITEM	ITEM DESCRIPTION	QTY.	PRICE
11C Generic Comparable of Band Aid	Adhesive Bandages	100	\$3
11D Generic Comparable of Coppertone Sunscreen Lotion	Sunscreen Lotion SPF-30	118ml	\$10
11E Generic Comparable of Dramamine	Motion Sickness Relief Tablets	12	\$4
11F Pill Organizer	One Day At a time Medicine Organizer-Weekly	1	\$7
11G DEX4 Glucose Tablets	Glucose Chewable Tablets	50	\$8
11H Pill Splitter	Pill Splitter	1	\$5
11I Eye Glass Wipes	Wipes and lens cleaner pack	1 pkg	\$4
11J Estroven	Multi-Symptom Menopause Relief	30	\$20
11K Generic Comparable Disposable Underbed Pads	Disposable Underbed Pads	5	\$5
11L Generic Comparable Diaper	Adult Unisex Underwear MD	20	\$15
11M Generic Comparable Diaper	Adult Unisex Underwear LG	20	\$14
11N Generic Comparable Diaper	Adult Unisex Underwear XL	20	\$22
11O Generic Comparable Bladder Pads	Bladder Pads	28	\$7
11P Generic Comparable Scale	400 LB digital Scale	1	\$39
(12) Topical Foot & Topical Oral			
12A Callus Remover	Callus Removers	6	\$4
12C Callus Cushion	Callus Cushions	6	\$3
12E Dental Flossers	Dental Flossers	36	\$3
12G Generic Comparable of Polident	Denture Cleaners	40	\$7
12H Toothpaste	Toothpaste	82g	\$4
12I Toothbrush	Toothbrush	1	\$3
12J Generic Comparable of Fixodent	Denture Adhesives ADH CRM Fresh	68g	\$5
12K Generic Comparable Electric Toothbrush	Rechargeable Toothbrush	1	\$34
12L Generic Comparable Electric Toothbrush	Rechargeable Replacement Heads	2	\$9
12M Generic Comparable Water Flosser	Battery Operated	1	\$19
(13) Vitamins & Minerals*			
13A Fish Oil	Fish Oil - 1200 mg	120	\$9
13B ProSight	Supplement for eyes	60	\$6
13C Allbee With C	B Complex with C	100	\$8
13D Vitamin B	B Complex	100	\$8
13E Vitamin C	Vitamin C Chewable 500 mg	100	\$8
13F Generic Comparable of Centrum	Multivitamin & Mineral	90	\$6

ITEM	ITEM DESCRIPTION	QTY.	PRICE
(13) Vitamins & Minerals* Continued			
13G Folic Acid	Folic Acid 800 mcg	100	\$5
13H Glucosamine Chondroitin	Glucosamine Chondroitin	60	\$15
13J Vitamin E	Vitamin E 400 IU	100	\$8
13K Vitamin D	Vitamin D 1000 IU	100	\$5
13L Antioxidant tablets	Antioxidant Tablets	50	\$7
13M Selenium	Selenium 200 mcg	60	\$7
13N Timed Release Niacin	Timed Release Niacin 500 mg	60	\$10
13O Generic Comparable of Lactaid Tab	Lactase Enzyme Supplement	60	\$9
13P Ferrous Sulfate	Ferrous Sulfate - 325 mg	100	\$3
13Q Generic Comparable of Citracal Calcium Citrate	Calcium Citrate & Vitamin D	60	\$7
13R Generic Comparable of Bayer One A Day Women's	One A Day Women's Multivitamin	90	\$10
13S Generic Comparable of Os-Cal*	Oyster Calcium + Vitamin D	100	\$4
13T CoQ10	CoQ10 100 mg	30	\$10
(14) Smoking Cessation			
14B Generic Comparable of Nicorette 4 mg	Stop Smoking Gum-Nicotine Polacrilex gum 4 mg	50	\$24
(15) Sleep-Aids			
15A Generic Comparable of Simply Sleep	Sleep-tabs 25 mg	24	\$4
15B Melatonin-Sleep Aid	Melatonin Tablet 3 mg	60	\$8

*These items are considered dual purpose items. Prior to ordering these items, the enrollee must have an appropriate conversation with the enrollee's personal provider who orally recommends the OTC item for a specific diagnosable condition.

1. OTC items may only be purchased for the enrollee; it is prohibited to purchase supplies for family members, and friends.
2. The following supplies are not covered as they are non-eligible supplies: Alternative Medicines (includes botanicals, herbals, probiotics, homeopathic, and neutraceuticals), baby supplies, contraceptives, convenience & comfort supplies (insoles, gloves, etc.), cosmetics, food products or supplements, replacement & attachments, such as contact lens containers or batteries.
3. To minimize mailing costs, the plan may impose a limited ordering quantity per purchase.
4. This list is subject to change.
5. This benefit is only available if your plan offers the OTC service as a benefit. Orders will be shipped via UPS or USPS. Please allow 7-10 business days to receive your order from the time the order is placed.
6. Please consult with your doctor before using any OTC products.
7. All OTC supplies are generic comparable of Brand Name item. Any branded item may be substituted for its Generic Comparable based on availability.
8. All items are shipped based on manufacturer availability.
9. All items may not be available all the time.
10. If Generic Item is not acceptable, plan will not ship Brand Name Item.

This information is not a complete description of benefits. Call Member Services at **1-888-609-0692**. TTY users, call 711. October 1 - March 31, 8 a.m. - 8 p.m., 7 days a week, April 1 - September 30, 8 a.m. - 8 p.m., Monday - Friday for more information.



Harvard Pilgrim is an HMO/HMO-POS plan with a Medicare contract. Enrollment in StrideSM (HMO) depends on contract renewal. Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care and Harvard Pilgrim Health Care of New England. Call Member Services at **1-888-609-0692**. TTY users, call 711. October 1 - March 31, 8 a.m. - 8 p.m. 7 days a week, April 1 - September 30, 8 a.m. - 8 p.m. Monday - Friday for more information.