



Your Integrated Over-the-Counter Benefit



Important Information. Please Read Carefully

As a **Quality Health Plans of New York** member, you are eligible to get over-the-counter (OTC) items delivered to your home at no cost.

- You do not need a prescription to receive products in this program.
- Each order you place must have a **minimum total of \$25**.
- You may only spend **up to your plan limit per 3-months** and you may place **multiple orders per quarter**. (See chart on the order form below.)
- Unused balances **DO NOT** carry over from quarter to quarter.
- Orders can be placed **up to two (2) months in advance**.

Items usually arrive within ten (10) business days from the date your order is received and verified. Orders placed in advance should arrive within the first ten (10) business days of the month.

Two ways to place your order...

1: Visit www.IntegratedOTC.com

IntegratedOTC.com is the best way to see all available items (including new products), place your order, and get information to track your shipments.

2: Order by phone, fax, or mail

- a) Review the items on the included sheet and choose what you want.
- b) If you're ordering by phone, call **1 (877) 233-7058** [TTY: 1 (866) 706-4757] and choose the menu option for the Pharmacy Department (Option 4) to place your order. We're here to take your call Monday to Friday, 8 am to 5 pm (EST).
- c) If you're ordering by fax or mail, complete the order form. When you're finished, you may fax both sides of the completed form to **1 (888) 260-2323** or mail it to:

Integrated OTC Program

P.O. Box 369
Boys Town, NE 68010

If you ever have a question about your OTC benefit or OTCorders, **call 1 (877) 233-7058 [TTY/TDD: 1 (866) 706-4757]**.



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About OTC Products

Products on the Order Form are eligible for coverage. These are products you would likely find on the shelf at your local pharmacy or general store. Braces, bandages, ointments, pain relievers, and cotton balls are all examples of eligible products. Products you order will be mailed to the address you list on the **Integrated Over-the-Counter Order Form below**.

Dual-purpose items

If a product can be used either to treat a medical condition *or* for a general health purpose, it is considered a **dual-purpose** item. For example, vitamins are considered dual-purpose items. **Talk to your doctor before ordering or using a dual-purpose product.** Do not order a dual-purpose product if your doctor doesn't recommend it.

If your doctor does advise you to use a dual-purpose item, you may order the item(s) through your OTC benefit. **On the order form, dual-purpose products are marked with an asterisk (*).**

Some items may be covered under Medicare Part B or Part D. For example, rolled gauze may be covered under Part B when used as prescribed for covering or dressing a surgical wound. **On the order form, these items are marked with two asterisks (**).** When an item is covered by Part B or Part D due to particular circumstances, you would not use your OTC benefit to obtain the item because it is Medicare-covered in those circumstances, and not part of the supplemental OTC benefit. (For instance, you should make sure that any OTC listed items are covered by Part B or Part D, then you would not use your OTC benefits.)

Items that are not eligible

Items that are not eligible for your OTC benefit include but are not limited to:

- Deodorant and antiperspirants
- Foods and meal replacement items
- Birth control medications and contraceptives
- Herbal supplements and alternative medications
- Lotions, facial creams, and other cosmetic items
- Household items including hand soaps, razors, etc.
- Baby diapers, formulas, and other childcare products

Quality Health Plans of New York and CastiaRx comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

Integrated Over-the-Counter Order Form (Please fill out, sign and return by fax or mail as directed above)

Name	Phone	Member ID#
Shipping Address	City	State ZIP
Circle Month to Be Delivered (May Order Up to 2 Months Ahead) Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec		
Signed: _____		Date: _____

Check Your Plan

	Plan	3-month Limit		Plan	3-month Limit
<input type="checkbox"/>	003 Advantage Health LI	\$90	<input type="checkbox"/>	019 Advantage Silver	\$52
<input type="checkbox"/>	017 Advantage Health NYC	\$95	<input type="checkbox"/>	020 Advantage Silver NY City	\$95
<input type="checkbox"/>	018 Advantage Value One NY	\$75	<input type="checkbox"/>	022 Advantage Premium NY	\$38

ID#	Product		Qty
Additional Items			
G001	Pill Box	\$3	
G002	Travel Sickness 25mg 8ct	\$6	
Allergy			
J003	Saline Nasal Spray 0.65% 44ml	\$3	
J004	Loratadine 10mg 30ct	\$7	
J005	Cetirizine 10mg 30ct	\$9	
J006	Fexofenadine 180mg 15ct	\$12	
J007	Diphenhydramine 25mg 24ct	\$3	
J008	Fluticasone Nasal Spray 60 sprays	\$20	
J009	Chlorpheniramine 4mg 100ct	\$6	
J010	Cough & Cold High BP Tablet 16 ct	\$7	
J011	Cromolyn Sodium Nasal Spray 26ml	\$15	
Antacids			
C008	Milk of Magnesia 12oz	\$6	
C009	Antacid Liquid 12oz	\$6	
C010	Pink Bismuth 8oz	\$5	
C011	Ranitidine 75mg 30ct	\$7	
C012	Simethicone 125mg 60ct	\$7	
C013	Assorted Antacid 500mg 150ct	\$5	

ID#	Product		Qty
C014	Famotidine 10mg 30ct	\$7	
C015	Omeprazole Magnesium 20.6mg	\$15	
C016	Stomach Relief Chewable Tablet	\$6	
Anticandidal			
R001	Clotrimazole 1% Vaginal Cream	\$12	
R002	Monistat 3 Day Treatment	\$18	
R003	Tioconazole 1 Day Treatment	\$20	
Antidiarrheal and Laxative			
H055	Bisacodyl 5mg 25ct	\$4	
H056	Loperamide 2mg 12ct	\$4	
H057	Docusate Sodium 250mg 100ct	\$10	
H058	Docusate Sodium 100mg 100ct	\$5	
H059	Ready To Use Saline Enema 133ml	\$3	
H060	Ex-Lax 24ct	\$12	
H061	Glycerin Suppository 12ct	\$4	
H062	Natural Vegetable Laxative 8.6mg 100ct	\$9	
H063	Senna Plus 60ct	\$6	
H064	Clearlax (Miralax) 510gm	\$15	
H065	Gavilax (Miralax) 238gm	\$8	
Braces and Supports			
S001	Elastic Bandage 3in x 5yd**	\$5	

ID#	Product		Qty
S002	Universal Wrap Around Wrist Support	\$10	
S003	Universal Tennis Elbow Strap	\$12	
S004	Universal Wrap Around Knee Support	\$25	
S005	Universal Back Support	\$35	
S006	Adjustable Ankle Support	\$15	
Cough/Cold			
F015	Cough Drops 30ct	\$3	
F016	Tussin DM Syrup 4oz	\$5	
F017	Tussin DM Sugar Free Syrup 4oz	\$6	
F018	Tussin CF Syrup 4oz	\$6	
F019	Guaifenesin 4oz	\$5	
F020	Sore Throat Spray 6oz	\$5	
F021	Nasal Spray (Oxymetazoline) 0.05% 30ml	\$4	
F022	Nasal Decongestant PE 10mg 36ct	\$5	
F023	Medicated Chest Rub 1.76oz	\$5	
F024	Night Time Liquid 12oz	\$8	
F025	Cough Drops Sugarfree 25ct	\$3	
F026	Daytime Cold/Flu Relief 8oz	\$7	
F027	Mucus Relief Tablet 60ct	\$7	
F028	Mucus Relief DM Tablet 24ct	\$7	
F029	Sore Throat Lozenge 18ct	\$5	
Dental			
M098	Denture Adhesive Cream 2.4oz	\$7	
M099	Toothpaste 5.5oz	\$4	
M100	Toothbrush	\$2	
M101	Dental Floss 55yd	\$3	
M102	Denture Cleanser Tablets 40ct	\$6	
M103	Sensitive Toothpaste 5.6oz	\$7	
M104	Floss Pick 90ct	\$5	
M105	Oral Pain Relief Gel 20%	\$8	
Diagnostics			
G003	Digital Thermometer	\$5	
G004	Digital Ear Thermometer	\$30	
G005	Automatic Blood Pressure Monitor	\$40	
G006	Wrist Blood Pressure Monitor*	\$50	
G007	Pulse Oximeter*	\$40	
Digestive Health			
G008	Beano 30ct	\$8	
G009	Dairy Relief Tablet 60ct	\$12	
Ear Care			

ID#	Product		Qty
Q001	Ear Syringe	\$5	
Q002	Ear Wax Drops 15ml	\$5	
Eye Care			
D026	Redness Relief Eye Drops 15ml	\$4	
D027	Alaway Eye Itch Relief 10ml	\$20	
D028	Systane Eye Drops 15ml	\$20	
D029	Refresh Tears 15ml	\$20	
D030	Refresh Tears Preservative-Free	\$20	
D032	Artificial Tears 15ml	\$5	
D033	Eye Wash 118ml	\$7	
D034	Ketotifen 0.025% Drops 5ml	\$12	
D035	Lubricant Eye Drops Preservative- Free	\$15	
D036	Contact Rinse/Store Solution 12oz	\$14	
D037	Stye Lubricating Eye Ointment 3.5gm	\$13	
Fiber Supplements			
O001	Fiber Gummies 120ct	\$20	
O002	Fiber Powder 13oz	\$10	
O003	Fiber Powder S/F 10oz	\$10	
O004	Fiber Tablets 625mg 90ct	\$10	
First Aid			
L031	Hydrocortisone Ointment 1oz	\$4	
L032	Hydrocortisone Cream 1oz	\$3	
L033	Triple Antibiotic Ointment 1oz	\$5	
L035	Salonpas Patch 60ct	\$12	
L036	Isopropyl Alcohol 70% 16oz**	\$4	
L037	Sheer Bandages 100ct	\$5	
L038	Cotton Balls 100ct	\$3	
L039	SPF 15 Lip Balm 0.15oz	\$3	
L040	Bacitracin Ointment 1oz	\$5	
L041	Alcohol Prep Pads 100 ct**	\$3	
L042	Hydrogen Peroxide 16oz	\$4	
L043	Epsom Salt 16oz	\$4	
L044	Calamine Lotion 6oz	\$5	
L045	Adhesive Tape 1 in - 5 yd**	\$4	
L046	Rolled Gauze 3 in x 2.5 yd**	\$4	
L047	Cotton Swabs 500ct	\$4	
L049	Icy Hot 3oz	\$10	
L050	Muscle Rub 3oz	\$6	
L097	Salonpas Gel 2.75oz	\$12	
L098	Ice Bag 9 inch	\$9	
L099	Abreva Cream 2gm	\$25	
L101	Anti-Itch Cream 1oz	\$3	

ID#	Product		Qty
L103	First Aid Kit	\$10	
L104	Heating Pad	\$20	
L105	Hemorrhoid Ointment 2oz	\$7	
L106	Hemorrhoid Relief Pads 100ct	\$11	
L107	Hemorrhoid Suppositories 12ct	\$5	
L108	Petroleum Jelly 3.75oz	\$3	
L110	Wart Remover Liquid 9.8ml	\$10	
L111	SPF 50 Sunscreen 8oz	\$12	
L112	Capsaicin 0.025% Cream 2oz	\$10	
L113	Cold & Hot Patch 5ct	\$10	
L114	Lice Treatment Shampoo 4oz	\$12	
L115	Permethrin 1% Creme Rinse 2oz	\$12	
L116	Benzoyl Peroxide 10% Gel 1.5oz	\$10	
L117	Aspercreme w/Lidocaine 2.7oz	\$10	
Foot Care			
B053	Foot Powder 7oz	\$6	
B054	Clotrimazole 1% Cream 1oz	\$5	
B055	Miconazole 2% Cream 1oz	\$7	
B056	Terbinafine 1% Cream 0.5oz	\$12	
B057	Tolnaftate 1% Cream 1oz	\$7	
B058	Tolnaftate 1% Powder 45gm	\$7	
B059	Callus Cushion 6ct	\$3	
B060	Medicated Corn Remover 9ct	\$4	
Incontinence Supplies			
N001	Bladder Control Briefs Large 18ct	\$25	
N002	Bladder Control Briefs Medium 20ct	\$25	
N003	Bladder Control Briefs Small 20ct	\$25	
N004	Bladder Control Briefs XL 20ct	\$25	
N005	Bladder Control Pads 22ct	\$20	
N006	Disposable Underpads 10ct	\$10	
N007	A & D Ointment 2oz	\$5	
N008	Barrier Cream 4oz	\$14	
Pain Reliever			
A058	Adult Chew Aspirin 81mg 36ct	\$3	
A059	Aspirin 325mg 100ct	\$3	
A060	Aspirin EC 325mg 100ct	\$5	
A061	Aspirin EC 81mg 120ct	\$5	
A062	Ibuprofen 200mg 50ct	\$4	
A063	Acetaminophen 325mg 100ct	\$5	
A064	Acetaminophen 500mg 100ct	\$6	
A065	Naproxen 220mg 50ct	\$7	
A066	Acetaminophen PM 500/25mg 50ct	\$9	

ID#	Product		Qty
A067	Effervescent Pain Relief 36ct	\$8	
A068	Headache Relief 100ct	\$7	
A069	Urinary Pain Relief 30ct	\$9	
Smoking Cessation			
P001	Nicotine Gum 2mg 110ct	\$40	
P002	Nicotine Gum 4mg 110ct	\$40	
P003	Nicotine Lozenge 2mg 72ct	\$50	
P004	Nicotine Lozenge 4mg 72ct	\$50	
P005	Nicotine Patch Step 1 14ct	\$40	
P006	Nicotine Patch Step 2 14ct	\$40	
P007	Nicotine Patch Step 3 14ct	\$40	
Vitamins			
E067	Senior Multivitamin 60ct*	\$6	
E068	Multivitamin 100ct*	\$4	
E069	Multivitamin With Iron 100ct*	\$4	
E070	Oyster Shell Calcium 500mg 60ct*	\$4	
E071	Oyster Shell Calcium + D 500mg/ 200IU 60 ct*	\$5	
E072	Vitamin B-6 50mg 100ct*	\$4	
E073	Vitamin B-12 100mcg 100ct*	\$4	
E075	Vitamin E 400IU 100ct*	\$8	
E076	Vitamin C 500mg 100ct*	\$5	
E077	Magnesium 250mg 100ct*	\$6	
E078	Folic Acid 400mcg 100ct*	\$3	
E079	Ferrous Sulfate 325mg 100ct*	\$4	
E080	Niacin 100mg 100ct*	\$3	
E081	Niacin 250mg 100ct*	\$8	
E082	Glucosamine-Chondroitin 500/400mg 60ct*	\$13	
E083	Calcium Carbonate/Vit D 600mg/400IU 60ct*	\$4	
E084	Vitamin D 1000IU 100ct*	\$4	
E085	Vitamin D 2000IU 100ct*	\$6	
E086	CoQ10 Capsules 60mg 60ct*	\$12	
E087	Fish Oil 1000mg 60ct*	\$7	
E088	Fish Oil 1000mg No-Burp 90ct*	\$12	
E089	Slow Release Iron 60ct*	\$9	
E090	Complex B-50mg 60ct	\$10	
E091	Melatonin 3mg Tablets 60ct*	\$6	
E092	Calcium 500mg + D Chew Tablets 60ct*	\$7	
E093	Eye Health Multivitamin 60 ct*	\$9	
E094	Vitamin C 500mg Chew Tablets 100ct*	\$7	
E095	Zinc 50mg 100ct*	\$6	
E096	Vitamin B-12 1000mcg 60ct	\$8	