

2021 OTC Benefits At **NO COST** To You!

Receive from **\$20 to \$125** every month*

*in Over-the-Counter Drugs & Supplies
based on plan selection and county.*



That's savings between
\$240 and \$1,500
over the course of a year!**

And Optimum HealthCare takes
the hassle out of ordering!





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Your Monthly allowance is based on your plan type.

Plan ID	Plan Name	Monthly Allowance
001	Optimum Gold Rewards Plan (HMO)	\$50
002	Optimum Platinum Plan (HMO)	\$75
016	Optimum Emerald Partial (HMO D-SNP)	\$125
017	Optimum Emerald Full (HMO D-SNP)	\$125
019	Optimum Platinum Plan (HMO)	\$30
022	Optimum Gold Rewards Plan (HMO)	\$30
026	Optimum Gold Rewards Plan (HMO)	\$30
028	Optimum Diamond Rewards (HMO C-SNP)	\$75
029	Optimum Diamond Rewards COPD (HMO C-SNP)	\$50
030	Optimum Diamond Rewards (HMO C-SNP)	\$30
031	Optimum Diamond Rewards COPD (HMO C-SNP)	\$30
032	Optimum Gold Plus Plan (HMO)	\$50
034	Optimum Diamond Rewards (HMO C-SNP)	\$20
035	Optimum Diamond Rewards COPD (HMO C-SNP)	\$20

**The plan does not allow members to rollover any remaining OTC monthly allowance into the next month.*

**OTC AND
MORE!**

**DO MORE ONLINE
WITH THE
MEMBER PORTAL!**



Place & track orders for your over-the-counter medication and diabetic supplies



Print and order your ID card, provider directory, formulary and other plan materials



Complete your Health Assessment Form



Find a plan doctor, pharmacy, hospital and covered drug



Update your demographic information



Track your out-of-pocket expenses (MOOP)



View your claims activity and benefit information



Access important plan forms and documents from a central location



Gain access to health & wellness information

**LOG ONTO
WWW.YOUOPTIMUMHEALTHCARE.COM
AND REGISTER TODAY!**

**IT'S EASY &
CONVENIENT**



OPTIMUM
HealthCare, Inc.

Welcome to OTC Ordering

*Optimum Healthcare is happy to provide its members with Over-The-Counter Supplies. Members receive a monthly Over-the-Counter allowance of **\$20 to \$125** every month based on plan and county. Choose from 16 different categories of products and supplies from OTC Online or our Catalog. It is easy, convenient, and our supplies will arrive directly to your door.*

Members can place orders by calling our OTC Center at 1-866-900-2688 - TTY: 711

It's as easy as 1, 2, 3...



1 Call our OTC Center



2 We process your order



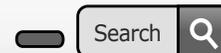
3 You receive supplies by mail

For additional information regarding our OTC Center visit www.youroptimumhealthcare.com and select the OTC link in the Menu.

If you wish to place your order online instead, please see instructions on the next page.



Medicare Plans Members Providers Agents & Brokers **OTC** Quick Links



Member Login

OTC ONLINE

Ordering!

Optimum HealthCare value your membership and are always working towards providing superior services. Member can place their monthly OTC orders through our website.

Placing and managing your orders online is quick and easy through our Member Portal. Just follow the simple steps provided below to place your order.

Visit www.youroptimumhealthcare.com and select the "Member Login" button in the menu.



OPTIMUM
HealthCare, Inc.

Medicare Plans

Members

Providers

Agents & Brokers

OTC

Quick Links



Search



Member Login

1 Log-in to order online

2 We process your order

3 You receive medications by mail

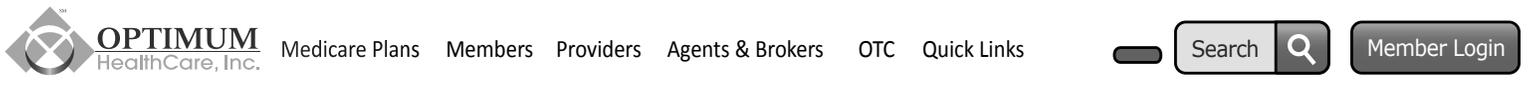
From the Member Portal you can now:

- Place a new order
- Review history of your order(s)
- Track status of your order(s)
- Order anytime day or night

How to Order in the Member Portal Website

The Member Portal is the central destination for all information related to your health, benefits, providers, claims and medication. OTC is part of the Member Portal, hence you have to register on the Member Portal.

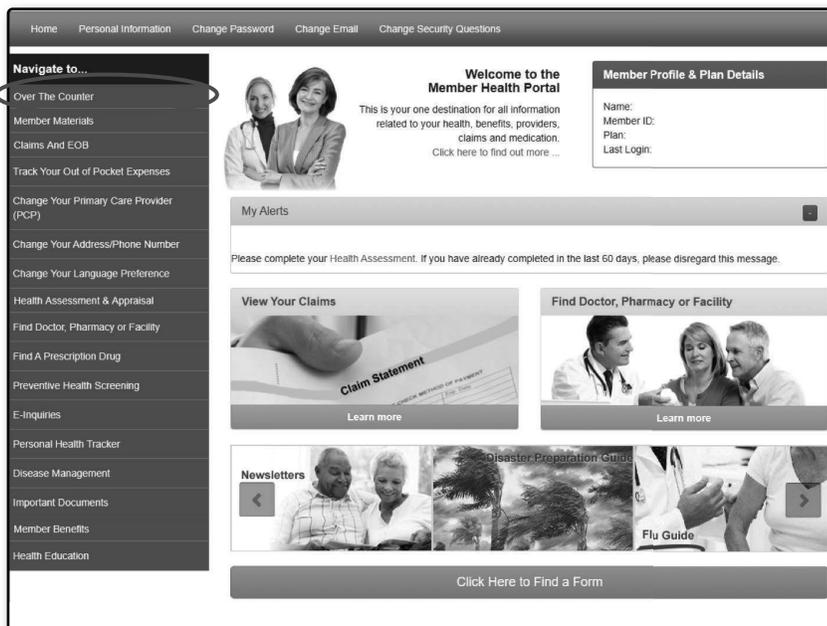
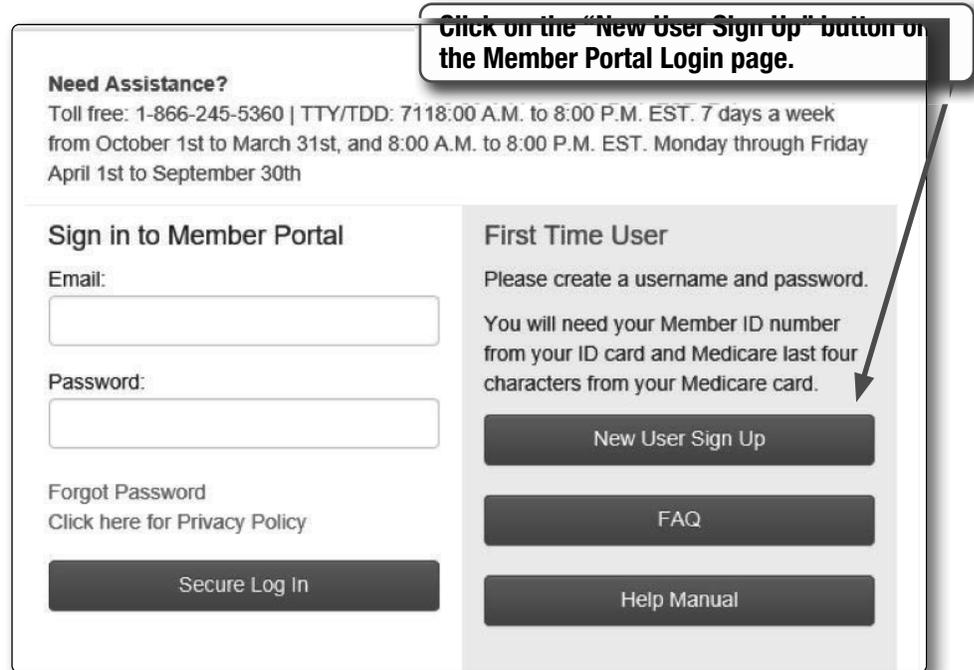
1. Go to www.youroptimumhealthcare.com and click on "Member Portal Registration/Login".



2. If you are a registered user on Member Portal, log into User ID and Password.

a. If you are not registered select the "New User Sign Up Now Button".

- If you need help registering on Member Portal, please click the 'Help Manual' for detailed instructions.



3. Once you are logged into Member Portal, please click the 'Over the Counter/Diabetic Supplies' menu option to order.

How to Order in the Member Portal *continued...*

- On the 'Order Placement -Member' Page, select the Product Name from the drop-down option. (The Item Number, Medicine Group, Description and Drug type will automatically display.) After product is displayed Select the Order quantity and click Submit button.

Order Placement

The COVID-19 crisis presents a major challenge to our nation and our communities. During this unprecedented time, our team and employees are working tirelessly to meet your over the counter (OTC) medication needs. However, from time to time you may notice that some of the products are out of stock and order deliveries may take longer than usual. We thank you for your understanding, support and patience. [Please click here to see our policies for OTC products](#)

Member ID* PBP ID Plan Name

First Name Home Phone

Last Name Cell Phone Business Phone

Type of Meter Physician Certificate Exp Date

PCP Approved Testing Frequency Strip Exhaust Date

Order Month Order Date [Review and Repeat Previous Order](#)

Plan Limit Available Limit

Remove	Medicine Group	Item.No	Product Name	Description	Order Quantity	UOM	Drug Type
	TOPICAL FOOT & TOPICAL ORAL	<input type="text" value="121"/>	<input type="text" value="TOOTHBRUSH"/>	TOOTHBRUSH	<input type="text" value="1"/>	PACK	OTC
		<input type="text" value="--"/>	<input type="text" value="--Select--"/>		<input type="text" value="--"/>		

Submit

Address Confirmation

First Name Member ID

Last Name

Current Primary Address

Address1*

Address2*

City*

State* Zip Code*

Contact Phone Numbers

Home Phone

Business Phone

Cell Phone

Current Shipping Address

Address1*

Address2*

City*

State* Zip Code*

If above permanent address is not correct please call 1-866-900-2688 during regular business hours and request customer service representative to change address

Is the Above Shipping Address Correct? Yes No

Back **Continue**

- After submitting your order, you will be asked to confirm or modify your shipping address.

- Once confirmed, your order number will be displayed and you will receive your supplies by mail.

Order Confirmation - Member

Your Order Number is DO-

Thank you for placing order. You will receive the requested items within 7 to 14 business days. You can always check the status of your order through [Delivery order status link](#)

Delivery Order Status

Member ID

First Name Last Name

Shipping Address

Plan Limit Order Value

Medicine Group	Item.No	Product Name	Description	Quantity	UOM	Drug Type
TOPICAL FOOT & TOPICAL ORAL	121	TOOTHBRUSH	TOOTHBRUSH	1	PACK	OTC

Ok

Over-The-Counter Items



Allergies

Section 1

Item	Item Description	Qty.	Price	
1A	Generic Comparable of Chlortrimeton	Chlorpheniramine Maleate 4mg	24	\$4
1C	Generic Comparable of Benadryl Caps	Diphenhydramine HCl 25mg	24	\$3
1D	Generic Comparable of Ocean Saline Nasal Spray	Deep Sea Nasal Saline 0.65%	44ml	\$3
1E	Nasacort Allergy 24 Hour	Triamcinolone 55mcg	10.8ml	\$15
1F	Flonase	Fluticasone Propionate (glucocorticoid) 50mcg	9.9ml	\$22



Analgesics

Section 2

Item	Item Description	Qty.	Price	
2A	Generic Comparable of Tylenol Ex 500mg	Acetaminophen Tabs 500 mg	100	\$4
2B	Generic Comparable of Bayer Aspirin	Aspirin 325mg	100	\$3
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 220 mg CPL	50	\$7
2H	Generic Comparable of Bayer Aspirin Low Dose 81 mg	Aspirin EC (Delayed Release) 81mg	120	\$4
2I	Generic Comparable of Tylenol PM	Acetaminophen 500mg/Diphenhydramine HCl 25mg	50	\$5
2J	Generic Comparable of Bayer Aspirin Low Dose Chewable	Aspirin 81mg 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



Antacids

Section 3

Item	Item Description	Qty.	Price	
3A	Generic Comparable of Tums-Ex	Calcium Carbonate 750mg	96	\$5
3B	Generic Comparable of Gas-X	Gas Relief Tablets	100	\$5
3D	Generic Comparable of Alka Seltzer	Antacid & Pain Relief	12	\$6



Anti-Diarrheals

Section 4

Item	Item Description	Qty.	Price	
4A	Generic Comparable of Imodium	Loperamide 2mg	12	\$4
4B	Generic Comparable of Pepto Bismol	Pink Bismuth Tablets (chewable)	30	\$5



Anti-Hemorrhoidals

Section 5

Item	Item Description	Qty.	Price	
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	12	\$13

Over-The-Counter Items *continued...*



Cough/Cold

Section 6

Item	Item Description	Qty.	Price
6A	Generic Comparable of Robitussin Sugar Free DM	Sugar Free Cough Syrup	118ml \$5
6B	Generic Comparable of Vicks	Medicated Chest Rub	100g \$6
6C	Mucinex Dm	Mucinex DM 600mg	20 \$20
6D	Generic Comparable of Afrin Nasal Spray	Nasal Spray	15ml \$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 400 mg	30 \$7
6M	Generic Comparable of Cepacol	Cepacol	16 \$5



Eye Care

Section 7

Item	Item Description	Qty.	Price
7A	Generic Comparable of Collyrium Eye Wash	Eye Wash	118ml \$6
7B	Generic Comparable of Visine	Redness Reliever Eye Drops	15ml \$4
7E	Generic Comparable of Zaditor	Eye-Itch Relief Antihistamine	5ml \$15



First Aid Creams, Ointments & Antiseptics

Section 8

Item	Item Description	Qty.	Price
8A	Generic Comparable of Benadryl Cream	Anti-Itch Cream	28g \$5
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
8H	Generic Comparable of Debrox	Ear Wax Removal	15ml \$4



First Aid Supplies

Section 9

Item	Item Description	Qty.	Price
9A	Generic Comparable of Ace Bandage 3"	Elastic Bandage	1 \$6
9B	Butterfly Closure	Butterfly Closures	10 \$2
9C	Cotton Balls	Cotton Balls	100 \$4
9D	Ice Bag	Ice Bag 9"	1 \$9
9F	Digital Thermometer	Digital Thermometer	1 \$8
9G	Generic Comparable of Q-Tips	Cotton Swabs	300 \$5
9H	Sterilizing Antiseptic Wipes	Sterilizing Antiseptic Wipes	50 \$8
9I	Disposable Face Mask	Disposable Face Mask	10 \$10
9J	Hand Sanitizer/Hand Rub	Hand Sanitizer/Hand Rub	115ml \$5
9K	Hand Gloves	Small	150 \$22
9L	Hand Gloves	Medium	150 \$22
9M	Hand Gloves	Large	150 \$22
9N	Hand Gloves	Extra Large	150 \$22

Over-The-Counter Items *continued...*

Section 10		 Laxatives		
Item	Item Description	Qty.	Price	
10A	Generic Comparable of Colace	Docusate Sodium 100mg	100	\$5
10B	Generic Comparable of Fibercon	Fiber-Lax 500mg	60	\$9
10C	Generic Comparable of Miralax	Clear Lax Powder	119g	\$11
10D	Generic Comparable of Fleet Enema	Enema-Saline Laxative	133ml	\$3

Section 11		 Miscellaneous Items		
Item	Item Description	Qty.	Price	
11A	Digital Blood Pressure Kit*	Automatic Blood Pressure Kit	1	\$25
11B	Blood Pressure Kit*	Manual Self Taking Blood Pressure Kit	1	\$19
11C	Generic Comparable of Band Aid	Adhesive Bandage	50	\$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 Tablets	50	\$8
11H	Pill Splitter	Pill Splitter	1	\$5

*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 verbally recommends the OTC item for a specific diagnosable condition.

Section 12		 Topical Foot & Topical Oral		
Item	Item Description	Qty.	Price	
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 Cleanser	40	\$7
12H	Toothpaste	Toothpaste	68g	\$4
12I	Toothbrush	Toothbrush	1	\$3
12J	Generic Comparable of Fixodent	Denture Adhesives ADH CRM Fresh	39g	\$5

Section 13		 Vitamins & Minerals*		
Item	Item Description	Qty.	Price	
13A	Fish Oil	Fish Oil - 1200mg	90	\$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 500mg	100	\$8
13F	Generic Comparable of Centrum	Multivitamin & Mineral	60	\$6

Over-The-Counter Items *continued...*

Section 13		 Vitamins & Minerals*		
Item	Item Description	Qty.	Price	
13G	Folic Acid	Folic Acid 800mcg	100	\$5
13H	Glucosamine Chondroitin	Glucosamine Chondroitin	60	\$15
13J	Vitamin E	Vitamin E 400 IU	100	\$8
13K	Vitamin D	Vitamin D3 (25 mcg) 1000 IU	100	\$5
13L	Antioxidant Tablets	Antioxidant Tablets	50	\$7
13M	Selenium	Selenium 200mcg	60	\$7
13P	Ferrous Sulfate	Ferrous Sulfate - 325mg	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	60	\$10
13S	Generic Comparable of Os-Cal*	Oyster Calcium + Vitamin D	100	\$4
13T	CoQ10	CoQ10 100mg	30	\$10
13U	Vitamin B12	Vitamin B12 1000 mcg	50	\$8
13V	Emergen-C	1000mg Vitamin C Plus Vitamin D & Zinc	10	\$10

*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 verbally recommends the OTC item for a specific diagnosable condition.

Section 14		 Smoking Cessation		
Item	Item Description	Qty.	Price	
14B	Generic Comparable of Nicorette 4mg	Stop Smoking Gum-Nicotine Polacrilex Gum 4mg	40	\$24

Section 15		 Sleep-Aids		
Item	Item Description	Qty.	Price	
15A	Generic Comparable of Simply Sleep	Sleep-tabs 25 mg	24	\$4
15B	Melatonin-Sleep Aid	Melatonin Tablet 3mg	60	\$8

Section 16		 Adult Incontinence		
Item	Item Description	Qty.	Price	
16A	Diapers	Adult Protective Diapers, Small 20-28"	20	\$20
16B	Diapers	Adult Protective Diapers, Medium 28-40"	20	\$20
16C	Diapers	Adult Protective Diapers, Large 40-56"	20	\$20
16D	Diapers	Adult Protective Diapers, X-Large 56-68"	20	\$20
16E	Wipes	Adult Wipes	48	\$3
16F	Diapers	Adult Protective Diapers, XX-Large 68-80"	20	\$22

How do I order Diabetic Supplies with OTC?

Optimum HealthCare provides its members the ability to order diabetic supplies in conjunction with our Over-the-Counter (OTC) program. An authorization and/or a prescription may be required from a physician. See the Physician's Order Form on the next page.

Diabetic Supplies - It's Easy as 1-2-3

- 1 Order your diabetic supplies by visiting our Member Portal website: www.youroptimumhealthcare.com or by calling us at **1-866-900-2688 • TTY: 711**
- 2 Pay **\$0** for diabetic monitors, lancets and test strips through the plan mail order program.
Compare to pharmacy retail cost of **20%***
- 3 Your supplies will be mailed direct at **NO COST TO YOU!**



* Co-insurance amount for retail supplies varies by plan.

To place online orders through the OTC (Over the Counter and Diabetic Supplies) System you must be an active member and register through the Member Portal. The Member Portal is a central destination for all information related to your health, benefits, providers, claims and medication.

Physician Order Diabetic Form

The Health Plan needs information on your blood testing frequency. Please provide this form to your Provider and have them fax it back to us at 813-506-6275.



OPTIMUM
HealthCare, Inc.

**Physician Order -
Diabetes Supplies**

OTC Department
Please fax this form at fax number
813-506-6275.

Important Optimum HealthCare Information

Confidential Patient Information. For INTERNAL Use Only

PCP ID#: _____
PCP Name: _____

Member ID#: _____
Name: _____

PCP Phone#: _____
PCP Fax#: _____
PCP Address: _____

DOB: _____
Phone#: _____
Deliver Order#: _____
Order Date: _____

Dear Provider,

Your patient is requesting diabetic testing supplies from the OTC Department. In order for us to fulfill in a timely manner, please fill out the below form and fax it back to us immediately. Thank you for your cooperation.

Physician to complete and fax to: 813-506-6275

1. Does the patient currently have diabetes? (check one) Yes No
2. Does the patient need to check his/her blood sugar daily? (check one) Yes No
If yes, then please select from below
 1-time 2-times 3-times 4-times 5-times 6-times 7-times 8-times 9-times
3. How long will the patient needs to test at the above frequency? (check one)
If yes, then please select from below
 1-month 3-months 6-months 1-year

By my signature below, I confirm that the patient has diabetes and is being treated by me. Furthermore, the patient has been seen and evaluated for his/her diabetes within six (6) months of this order. All information contained in this diabetes order form accurately reflects the patient's diagnosis and the treatment regimen that I prescribed. The medical records for this patient substantiate the prescribed testing frequency. The patient/caregiver is able to follow instructions for controlling diabetes and has been instructed on the proper use of the ordered items. In accordance with medical requirements. I will maintain the signed original of this order in the patient's medical record file and acknowledge that the Health Plan has the right to request progress note for this patient.

Physician's Signature: _____

Date: ____/____/____

NP#:

--	--	--	--	--	--	--	--	--	--

Physician's Office
Stamp with
address here

OTC Diabetic Supply FAX Form - Rev 11/18

Tear Here

Disclaimers

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 nutraceuticals), 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. Items, quantity strength and size may change depending on availability.
5. This benefit is only available if your plan offers the OTC service as a benefit.
6. Please consult with your doctor before using any OTC products.
7. All OTC supplies are generic comparable of Brand 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.
11. The plan does not allow to rollover any remaining OTC benefits into the next month.
12. Items may vary based on the manufacturer and availability (For example, caplets, tablets, capsule or soft gels may be substituted for one another).
13. For all people who have diabetes (insulin and non-insulin users) supplies to monitor your blood glucose: Blood glucose monitor, blood glucose test strips, lancet devices and lancets, and glucose-control solutions for checking the accuracy of test strips and monitors are available through the Plan Mail-Order service by calling Member Services. Authorization and/or a prescription may be required from a physician.
14. The plan may ship an item label for children if the dosage for children and adults are the same.
15. Orders will be shipped via UPS or USPS. Estimated time to receive your order from the time the order is placed is approximately 7-14 business days.
16. Shipping time may vary depending upon product availability, order volume and other circumstances.
17. Plan may add and remove any item without notice.

Please call our Member Service Department at 1-866-245-5360 for additional information. From October 1 to March 31, we are open 7 days a week from 8 a.m. to 8 p.m. EST. From April 1 to September 30, we are open Monday through Friday, 8 a.m. to 8 p.m. EST.

Optimum HealthCare, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Optimum HealthCare, Inc. cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. Optimum HealthCare, Inc. konfòm ak lwa sou dwa sivil Federal ki aplikab yo e li pa fè diskriminasyon sou baz ras, koulè, peyi orijin, laj, enfimite oswa sèks. Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-245-5360 (TTY: 711). Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-866-245-5360 (TTY: 711).

Order History Summary

My Order History

Month	Date Order Placed	Delivery Order Number	Item Order
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			



To place your order please call our OTC Center number:

Toll Free at: 1-866-900-2688 TTY: 711

From October 1 to March 31, we are open 7 days a week from 8 a.m. to 8 p.m. EST.

From April 1 to September 30, we are open Monday through Friday, 8 a.m. to 8 p.m. EST.

www.youoptimumhealthcare.com