



a **Point32Health** company



Instant Savings

6363 0110 1234 1234 123

Member T. Name

Use this for approved over-the-counter (OTC) items and groceries.



# Instant Savings Card Shopping Guide

2026 Tufts Health Plan Senior Care Options (D-SNP)



# One card— two great ways to save!



## Food & Beverage Items

**\$235**



### (Medicaid allowance)

\$235 to spend each calendar quarter for food and beverages, and other personal care items.

## Health-Related Items

**\$115**



### (Medicare allowance)

\$115 to spend each calendar quarter for over-the-counter (OTC) medicines and health-related items.

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**Don't throw out your card**  
It will be reloaded at the start of each quarter.

# When do you receive allowance amounts?



Each calendar quarter, you receive two separate amounts on your Instant Savings card:

- **A Medicare allowance of \$115** each calendar quarter (January, April, July, and October) to spend on Medicare-approved over-the-counter (OTC) medicines and health-related items.
- **A Medicaid allowance of \$235** each calendar quarter (January, April, July, and October) to spend on Medicaid-approved food, beverage, and personal care items.

The two credit amounts are separate and can't be combined.  
**Don't throw out your card**—it will be reloaded at the start of each quarter.

Load			Reload			Reload			Reload		
\$115			+ \$115			+ \$115			+ \$115		
\$235			+ \$235			+ \$235			+ \$235		
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec



Your balances do not carry over, so try to spend the full amounts before the end of each calendar quarter.

To check your balance, visit [www.thpmp.org/mybenefitscenter](http://www.thpmp.org/mybenefitscenter), call **1-888-682-2400**, or use the OTC Network mobile app.



## Your Care Manager is here to help

Your dedicated Care Manager helps you get the most out of your plan. From making sure you get the care and services you need, to helping you use your OTC benefit to buy everyday health items, your Care Manager is here for you. If you're not sure who your Care Manager is, call Member Services at **1-855-670-5934 (TTY: 711)**.



# 3 ways to use your card

1



## Shop in stores

Swipe your Instant Savings card at:



**DOLLAR GENERAL**



For a complete list of participating retailers and locations, visit [www.thpmp.org/mybenefitscenter](http://www.thpmp.org/mybenefitscenter). Select "Locations" at the top of the homepage to search for participating retail locations near you.

Swipe your Instant Savings card at the register to pay for eligible items.

You don't need a prescription or have to go to the pharmacy window.

When you swipe your card, the cost of all Medicare-eligible items will automatically be deducted from your Medicare allowance, and the cost of all Medicaid-eligible items will automatically be deducted from your Medicaid allowance.

You are responsible for the costs of items that are not eligible and/or for the costs of eligible items that exceed your balance at the time of purchase.



You can also use your mobile phone to pay for eligible OTC items in-store by downloading the OTC Network app and using the Scan to Pay feature.

# 2



## Order by phone

### CVS

**1-833-875-1816**

Mon–Fri, 9 a.m.–11 p.m., and  
a CVS Health representative  
will take your order.

### Medline

**1-833-569-2330  
(TTY: 711)**

Mon–Fri, 8 a.m.–7 p.m., and  
a Medline representative will  
take your order.

### No additional shipping fees

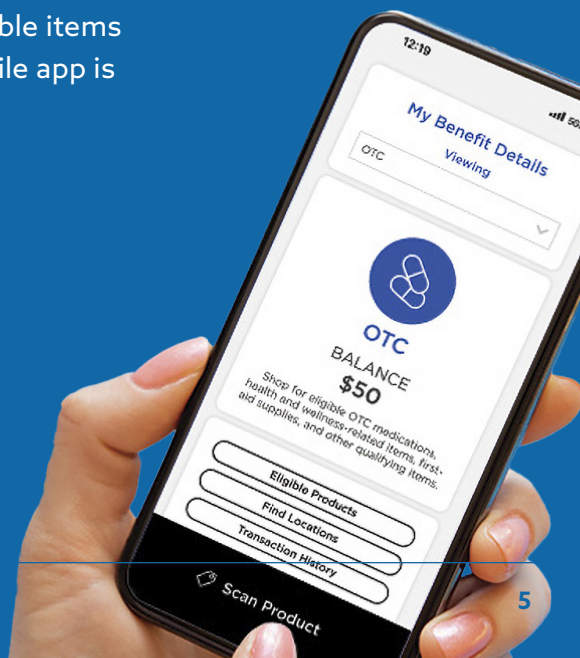
Your products will be delivered with no additional shipping fees  
approximately 2-5 business days after your order is processed.



## Download the OTC Network app to check item eligibility by scanning bar codes while you shop.

If you have a smartphone, you can download and use the OTC Network® mobile app to keep track of your card balance and easily find eligible items when shopping at participating retailers. The OTC Network® mobile app is available on the Apple App Store and Google Play Store.

- View your available balance.
- Find preferred retailers or shop online.
- View transaction history.
- Scan product barcodes in store to check for eligibility. Pay for eligible OTC items in-store using the Scan to Pay feature.





Go to [www.thpmp.org/mybenefitscenter](http://www.thpmp.org/mybenefitscenter), and log in using the 19-digit number listed on your Instant Savings card and your nine-digit member ID number from your Tufts Health Plan Senior Care Options (D-SNP) member ID card.

To search for eligible items, including national and store brands, click on "Products" at the top of the homepage.

To shop online, select "Locations" at the top of the homepage, then select "Online" on the left panel to see links to **CVS Health**, **Medline**, **Walmart.com**, and **Walgreens.com**. Click on the link for the site where you would like to shop and follow the instructions below to shop on that site.



**CVS Health:** Order your items online at the CVS Health site or call **1-833-875-1816** Mon–Fri, 9 a.m.–11 p.m., and a CVS Health representative will take your order.



**Medline:** Order your items online at the Medline site or call **1-833-569-2330** Mon–Fri, 8 a.m.–7 p.m. ET, and a Medline representative will take your order.

**CVS Health and Medline include only eligible items.**

OTC items ordered from these sites online or by phone will be delivered with no additional shipping fees approximately 2–5 business days after the order is received. See [www.thpmp.org/sco-otcbenefit](http://www.thpmp.org/sco-otcbenefit) for more details.



**Walmart.com:** Order your items online at [www.walmart.com](http://www.walmart.com). At checkout, select pay with card and enter your Instant Savings card number.



**Walgreens.com:** Order your items online at [www.walgreens.com](http://www.walgreens.com). At checkout, enter your Instant Savings card number where card number is requested.

**Walmart.com and Walgreens.com include both eligible items and other non-eligible items.**

Your Instant Savings card can only be used to pay for eligible items up to the balance on your Instant Savings card. You can pay for non-eligible items with another form of payment, such as personal credit card.

Shipping fees may apply depending on your order size and are not covered by your Instant Savings card. To avoid shipping fees, choose in-store pick-up. See [www.thpmp.org/sco-otcbenefit](http://www.thpmp.org/sco-otcbenefit) for more details.



Purchases from other retailer websites do not qualify.














If you lose your card, call Member Services and request a replacement.






**1-855-670-5934**  
**(TTY: 711)**


# Food and beverage items you can buy with your \$235 Medicaid allowance

The items listed below can be purchased with your Instant Savings card's \$235 Medicaid allowance. This is not a complete list. For complete list of covered items, visit [www.thpmp.org/mybenefitscenter](http://www.thpmp.org/mybenefitscenter).

Groceries			
<b>Beverages</b>    	Dry and liquid/concentrated drink mixes	<b>Non-Perishable Food (continued)</b>      	Jams, jellies, sweet spreads, syrup
	Soda		Peanut butter (& other nut butters)
	Coffee creamers & flavorings		Cereal (hot & cold)
	Coffee & tea (dry or liquid)		Breakfast foods (toaster pastries, cereal bars, granola & granola bars)
	Cocoa & hot chocolate		Dried fruit, fruit snacks
	Juices (includes sparkling)		Pancakes & waffles
	Juice beverages, drinks & punches (includes sparkling)		Dry pasta
	Bottled waters		Dry beans
	Enhanced waters		Rice & whole grains
	Ice		Dry mixes (side dishes, dinner dishes)
	Sparkling water & tonic		Canned/jar fruits and vegetables, including salsa & non-processed beans
	Baby water		Prepared food (canned stews, heat & eat)
			Soup
<b>Frozen food</b>  	Ice cream, frozen yogurt, sherbet	<b>Perishable Food</b>    	Canned meat
	Fruits & vegetables		Canned seafood
	Appetizers, french fries, onion rings, etc.		Dairy - (milk, cheese, butter, sour cream & whipping cream)
	Meats		Whole eggs & egg substitutes
	Seafood		Yogurt
	Juices		Margarine
	Prepared food (stews, pizza, heat & eat)		Soy & other nut milks
<b>Non-Perishable Food</b>  	Plant-based meat		Prepared foods (heat & eat)
	Baking & cooking supplies (baking powder, yeast, etc.)		Deli (processed & fried)
	Puddings & gelatin		Plant-based cheese
	Flours, cornmeal, nut & seed flours, bread & biscuit mixes		Produce (fruits & vegetables)
	Sugar - white, brown & powdered		Meats - fresh (poultry, ground beef, beef, etc.)
	Herbs, spices & seasoning		Meats - processed (sausage, jerky, lunch meat)
	Oils & shortening		Seafood
	Condiments, sauces, dips, mayonnaise & salad dressing		Plant-based meat
	Tomato, spaghetti, alfredo, or other nutritionally significant sauce.		Bread, rolls & tortillas
		<b>Snacks and Desserts</b>	Crackers
			Nuts & trail mix
			Seeds



Household Products	
<b>Air and Fabric Fresheners</b>	Disinfectants
	Air scents (sprays, solids, gels)
	Fabric & carpet fresheners
<b>Cleaners and Waxes</b> 	Abrasive cleaners
	Bathroom cleaners
	Multi-Purpose cleaners & disinfectants
	Oven cleaners
	Drain cleaners
	Floor & furniture waxes & polishes, rug cleaners
	Window cleaners
	Miscellaneous cleaners & waxes
<b>Cleaning Tools and Accessories</b> 	Brooms, mops & accessories
	Sponges, scrubbers, brushes, and dusters
	Household gloves
<b>Dish and Laundry</b> 	Dishwashing products
	Laundry - washer products (including pre-treatments)
	Laundry - dryer products
	After-laundry products
	Dishwasher products
<b>Home Health Care</b>	Mattress & pillow pads & covers
	Bedding, restraints, gowns, etc.
<b>Housewares</b>	Water purifiers
<b>Insecticides, Rodenticides, and Pesticides</b>	Insecticides, rodenticides & pesticides
<b>Plastic, Foil, and Paper Products</b> 	Plastic & foil wraps, bags & disposable storage containers
	Facial tissue
	Bath tissue
	Paper towels
	Household wipes
	Disposable napkins, plates & cups
	Miscellaneous plastic, foil & paper
	Garbage bags
<b>Water Purification</b>	Water filtration pitchers & filters

Personal Items	
<b>Cold and Allergy</b>	Lip moisturizers
<b>Batteries</b> 	Watch & device batteries
	Household batteries
<b>Deodorants</b> 	Solids & gels
	Sprays
	Roll-ons
<b>Eye &amp; Ear Care</b>	Ear plugs & protection
<b>Family Planning</b>	Female condoms & spermicides
	Personal lubricants
<b>Hair Care</b>	Shampoos
	Conditioners
<b>Shaving &amp; Grooming</b> 	Razor refills
	Reusable system razors
	Disposable razors
<b>Skin Care</b>	Personal hygiene sets
<b>Weight Management &amp; Nutritional Foods</b>	Sugar & salt substitutes

### Examples of non-covered items with the Medicaid allowance:

#### Grocery

- Sport drinks (Gatorade and others)
- Other desserts & sweets
- Cake & cookie mixes, frosting, chocolate chips, marshmallows, decorations
- Bakery (pies, cakes, muffins, etc.)
- Lard
- Cookies
- Salty snacks

#### Daily health and hygiene

- Alternative therapy products (acupressure, aromatherapy, magnetic therapy, and weighted blankets)
- Cosmetic products of any kind
- Hair color
- Perfumes
- Teeth whitening strips & treatments

Some items may not be covered due to nutritional value. Additionally, eligibility and availability of items listed here and in the "health-related" section below may change due to regulatory or other changes.













For a full, up-to-date list of covered items, please visit [www.thmp.org/mybenefitscenter](http://www.thmp.org/mybenefitscenter) or call Member Services at **1-855-670-5934 (TTY: 711)**.

# Health-related items you can buy with your \$115 Medicare allowance

The items listed below can be purchased with your Instant Savings card's \$115 Medicare allowance. This is not a complete list. For complete list of covered items, visit [www.thpmp.org/mybenefitscenter](http://www.thpmp.org/mybenefitscenter).

Cold & Allergy		Digestive Health	
<b>Cough, Cold, Flu, and Sinus</b> 	Cough, cold, flu & sinus tabs & caps	<b>Stomach and Nausea Remedies</b> 	Antacid liquids
	Cold & flu preventatives/symptom reducers		Antacid tabs & caps
<b>Cough Drops, Sore Throat Relief</b> 	Sore throat pain relief	<b>Laxatives</b> 	Multi-symptom products
	Throat & cough drops		Acid controllers
<b>Allergy</b> 	Allergy liquids	<b>Anti-Diarrheals</b> 	Nausea & motion sickness
	Allergy tabs & caps		Fiber products
<b>Nasal</b> 	Allergy nasal sprays, drops & inhalers	<b>Digestive Aids</b> 	Enemas, laxative suppositories, kits, etc.
	Hypo-allergenic bedding		Non-liquid laxatives (non-fiber) & combination stool-softener products
<b>Lip Care</b> 	Decongestant nasal sprays, drops & inhalers	<b>Anti-Gas Treatments</b> 	Laxative liquids & combination stool-softener products
	Nasal moisturizers & washes		Stool softeners
<b>Respiratory Treatments</b> 	Nasal strips, dilators & snore relief	<b>Hemorrhoid Preparations</b> 	Anti-diarrheal tabs & caps
	Medicated lip treatments		Anti-diarrheal liquids
	Asthma preparations		Diarrhea-related oral rehydration therapy
	Vapor products (includes waterless vaporizers)		Lactase digestive enzyme drops & tablets
	Vaporizers, humidifiers & accessories		Digestive health prebiotics & probiotics
			Anti-gas capsules, chewable tablets, liquids, etc.
			Hemorrhoid treatments
			Hemorrhoid wipes & washes

Electronics		Wound Washes and Cleansers		Rubbing alcohol	
Consumer Heating and Cooling		Fans		Hydrogen peroxide	
				Saline solutions and sprays	
				Povidone iodine	
				Sterile water	
First Aid		Patient Aids For Daily Living			
Wound and Surgical Dressings		Patient Aids For Daily Living		Bathing & oral hygiene aids	
				Night lights	
				Mobility safety (stair rails, stair treads, temporary mobility ramps)	
				Non-slip socks & slippers	
				Eating & drinking aids	
				Grooming & dressing aids	
				Medical alert IDs & devices	
				Medication compliance & safety aids	
				Reachers, grippers & lifts	
				Reading, writing & telephone aids	
Wound Treatments and Skin Relief		Home Health Care			
		Wheelchair Accessories		Wheelchair cushions/seats	
					
Antiparasitic Treatments					
					
First Aid Kits and Supplies					
					
Itch Treatments					
					



## Helpful tip



Some items on the full list may be available at no cost to you and not require using your Instant Savings card. Check with your Care Manager or health care provider for details. If you're not sure who your Care Manager is, call Member Services at **1-855-670-5934 (TTY: 711)**.

## Helpful tip

Some items on the full list may be available at no cost to you and not require using your **Instant Savings card**. Check with your Care Manager or health care provider for details. If you're not sure who your Care Manager is, call Member Services at **1-855-670-5934 (TTY: 711)**.



Oral Care	
<b>Toothpaste and Treatments</b>  	Regular toothpaste & tooth powder
	Sensitive toothpaste & treatments
	Whitening toothpaste
<b>Toothbrushes</b>  	Manual toothbrushes
	Battery toothbrushes & refills
	Rechargeable toothbrushes & refills
<b>Denture Care</b>  	Denture adhesives
	Denture cleaners & accessories
	Denture repair & pain relief
<b>Mouthwash and Breath Care</b>  	Mouthwash
	Breath fresheners
	Therapeutic breath treatments
<b>Interdental, Floss, and Gum Care</b>  	Floss & flossers
	Interdental
	Gum care
	Dental gum
<b>Oral Remedies</b>  	Oral pain relief & mouth sores
	Dry mouth
	Temporary dental repair
	Night & grind guards

Physical Fitness & Exercise Equipment	
<b>Physical Fitness</b>  	Strength & range of motion equipment (bands, hand exercisers, etc.)
	Yoga mats
	Stability devices (balls, boards, etc.)
	Foam rollers & massage devices
	Weights
	Cardio (aerobic steps, jump ropes)
	Pedometers
<b>Exercise Equipment</b>  	Multi-function fitness trackers
	Scales (including body fat analyzers)
	Treadmills
	Steppers & ellipticals
	Stationary bikes

#### Examples of non-covered items with the Medicare allowance:

- Certain baby care items such as formula, baby food, diapers, and bottles and accessories
- Nutritional bars
- Rechargeable household batteries, chargers & testers
- Athletic compression socks, clothing, and sleeves
- Aftershave & skin care
- Weight-management bars



### Important things to remember when using Medline

- Please refer to [thpmp.org/mybenefitscenter](https://thpmp.org/mybenefitscenter) for details around your benefit balance.
- This benefit is limited to products purchased for use by the enrolled member only.
- The online ordering portal is a convenient way to track orders, view previous orders, view entire portfolio of products and monitor your benefit balance.
- After your order is processed you should receive your order in 2-5 days.
- Due to the personal nature of these products, returns are not accepted, however, if you receive a damaged item, please call Medline at **1-833-569-2330** within 30 days.
- Product availability and pricing may vary throughout the year. For the most up to date product catalog please refer to [athome.medline.com/thpmp](https://athome.medline.com/thpmp).
- You may order additional products over your monthly or quarterly allowance and pay the balance with a credit card. Cash or checks are not accepted via mail orders.

# Shopping List

This shopping list can help you get the most out of your Instant Savings benefit. Use it as a handy guide to plan your purchases and keep track of the items you'd like to buy.

**Note: You do not need to submit this list to us. It's for your personal use only.**



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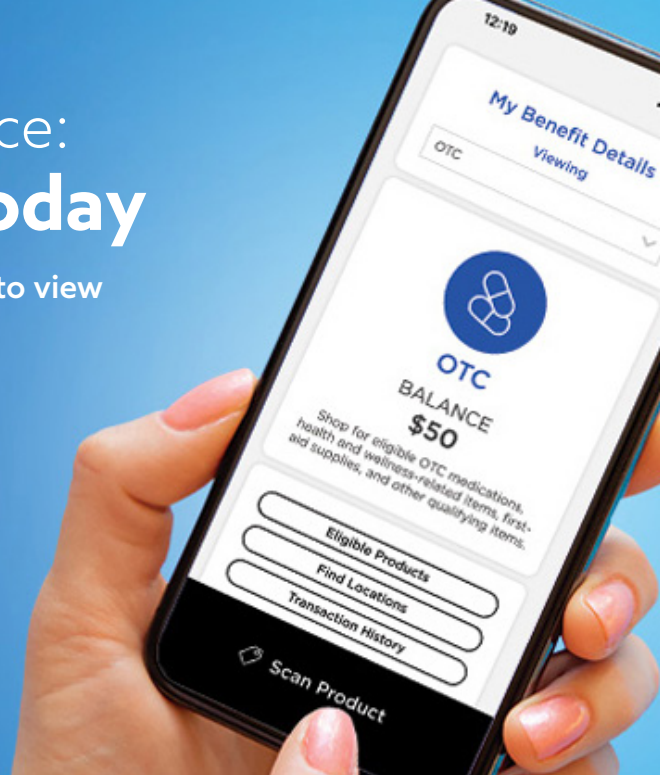
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# All your benefits in one easy place: **Download the App today**

Enter your OTC card number and one secondary ID field to view your benefits. (Ex: Member ID, birthday, zip code.)  
Do not include spaces or dashes.

- ✓ View your available balance.
- ✓ Find preferred retailers or shop online.
- ✓ View transaction history.
- ✓ Scan product barcodes in store to check for eligibility.
- ✓ View online at [www.MyBenefitsCenter.com](http://www.MyBenefitsCenter.com).



## **We're Here to Help**

If you have any questions about your Instant Savings card, please contact Tufts Health Plan Senior Care Options Member Services at **1-855-670-5934 (TTY: 711)** for specific instructions on using this benefit. Representatives are available 8 a.m.–8 p.m., 7 days a week (Mon.–Fri. from Apr. 1–Sept. 30).

To check your card balance, call the OTC Network at **1-888-682-2400** or visit [www.thpmp.org/mybenefitscenter](http://www.thpmp.org/mybenefitscenter).

Tufts Health Plan Senior Care Options is a Dual Special Needs Plan (D-SNP) with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in the plan depends on the plan's contract renewal with Medicare. The D-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. You are not eligible to enroll into Tufts Health Plan Senior Care Options if you are enrolled in any other health insurance plan, with the exception of Medicare. Other eligibility requirements and restrictions may apply. Tufts Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-670-5934 (TTY: 711). H8330\_2026\_23\_C