



a Point32Health company



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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, 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. 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.

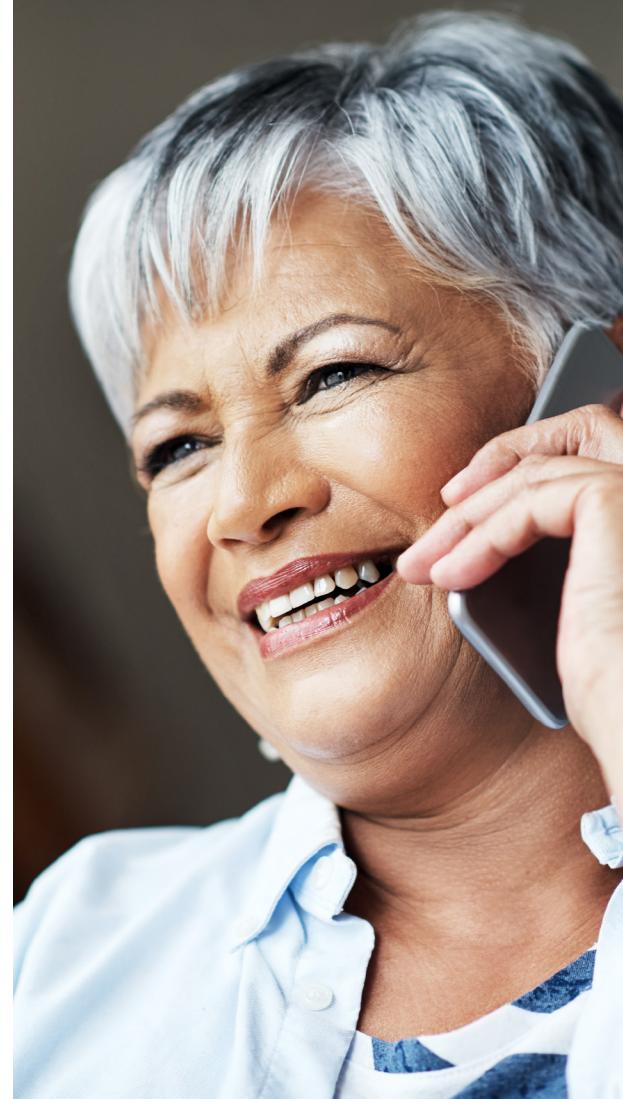
Medline

**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

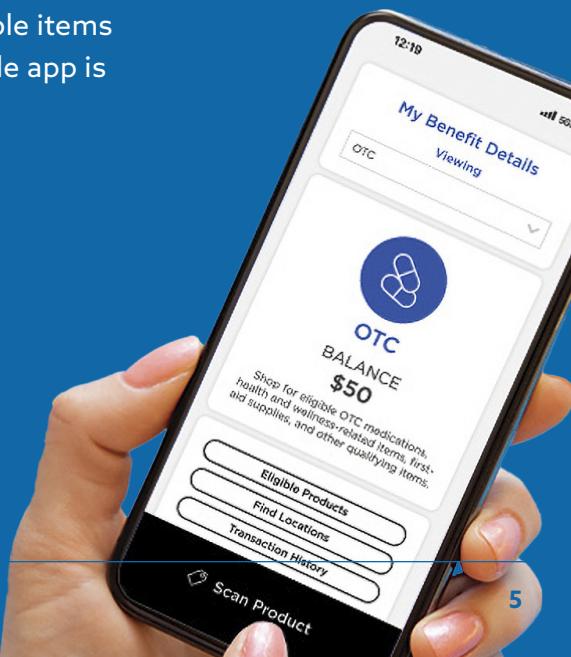
Your products will be delivered with no additional shipping fees approximately 2-5 business days after your order is processed.



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

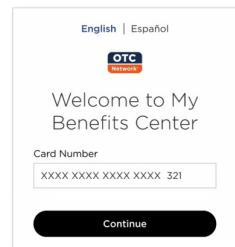
If you have a smartphone, you can download and use the OTC Network® mobile app to keep track of your card balance and easily find eligible items when shopping at participating retailers. The OTC Network® mobile app is available on the Apple App Store and Google Play Store.

- 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.



3 | Shop online

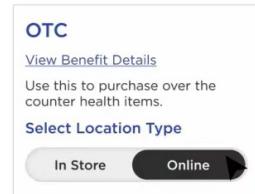
Go to www.thpmp.org/mybenefitscenter, and log in using the 19-digit number listed on your Instant Savings card and your nine-digit member ID number from your Tufts Health Plan Senior Care Options (D-SNP) member ID card.



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 for more details.



Walmart.com: Order your items online at 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. 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 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.

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

Household Products		Personal Items	
Air and Fabric Fresheners	Disinfectants Air scents (sprays, solids, gels) Fabric & carpet fresheners	Cold and Allergy	Lip moisturizers
Cleaners and Waxes	Abrasive cleaners Bathroom cleaners Multi-Purpose cleaners & disinfectants Oven cleaners Drain cleaners Floor & furniture waxes & polishes, rug cleaners Window cleaners Miscellaneous cleaners & waxes	Batteries 	Watch & device batteries Household batteries
		Deodorants 	Solids & gels Sprays Roll-ons
		Eye & Ear Care	Ear plugs & protection
		Family Planning	Female condoms & spermicides Personal lubricants
		Hair Care	Shampoos Conditioners
		Shaving & Grooming 	Razor refills Reusable system razors Disposable razors
Cleaning Tools and Accessories	Brooms, mops & accessories Sponges, scrubbers, brushes, and dusters Household gloves	Skin Care	Personal hygiene sets
Dish and Laundry	Dishwashing products Laundry - washer products (including pre-treatments) Laundry - dryer products After-laundry products Dishwasher products	Weight Management & Nutritional Foods	Sugar & salt substitutes
Home Health Care	Mattress & pillow pads & covers Bedding, restraints, gowns, etc.		
Housewares	Water purifiers	Grocery	Daily health and hygiene
Insecticides, Rodenticides, and Pesticides	Insecticides, rodenticides & pesticides	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Alternative therapy products (acupressure, aromatherapy, magnetic therapy, and weighted blankets) • Cosmetic products of any kind • Hair color • Perfumes • Teeth whitening strips & treatments
Plastic, Foil, and Paper Products	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		
Water Purification	Water filtration pitchers & filters		

Examples of non-covered items with the Medicaid allowance:

Grocery	Daily health and hygiene
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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.thpmp.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.

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

Electronics

Consumer Heating and Cooling



Fans

First Aid

Wound and Surgical Dressings



- Adhesive & liquid bandages
- Alginate & collagen dressings
- Gauze, non-stick & absorbent dressings
- Hydrocolloid & hydrogel dressings
- Foam dressings
- Transparent dressings

Wound Treatments and Skin Relief



- Topical antibiotics & antimicrobials
- Wound, burn & skin treatments (includes epsom salt)
- Epsom salt soak
- Scar treatments
- Skin protectants (includes petroleum jelly)

Antiparasitic Treatments



- Lice treatments & accessories
- Pinworm & ringworm treatments

First Aid Kits and Supplies



- First aid kits
- Narcan (OTC emergency treatment of opioid overdose)
- Masks (respiratory, barrier, etc.)
- Cotton balls
- Finger cots & splints
- First aid tapes & adhesive wraps
- Protective gloves

Itch Treatments



- General itch treatments
- Jock itch treatments
- Chronic itch treatments
- Botanical exposure treatments

Wound Washes and Cleansers



Patient Aids For Daily Living

Patient Aids For Daily Living



- Rubbing alcohol
- Hydrogen peroxide
- Saline solutions and sprays
- Povidone iodine
- Sterile water

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

Home Health Care

Wheelchair Accessories



Wheelchair cushions/seats



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

Toothpaste and Treatments



Regular toothpaste & tooth powder
Sensitive toothpaste & treatments
Whitening toothpaste

Toothbrushes



Manual toothbrushes
Battery toothbrushes & refills
Rechargeable toothbrushes & refills

Denture Care



Denture adhesives
Denture cleaners & accessories
Denture repair & pain relief

Mouthwash and Breath Care



Mouthwash
Breath fresheners
Therapeutic breath treatments

Interdental, Floss, and Gum Care



Floss & flossers
Interdental
Gum care
Dental gum

Oral Remedies



Oral pain relief & mouth sores
Dry mouth
Temporary dental repair
Night & grind guards

Physical Fitness & Exercise Equipment

Physical Fitness



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
Multi-function fitness trackers
Scales (including body fat analyzers)

Exercise Equipment



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 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.
- 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.

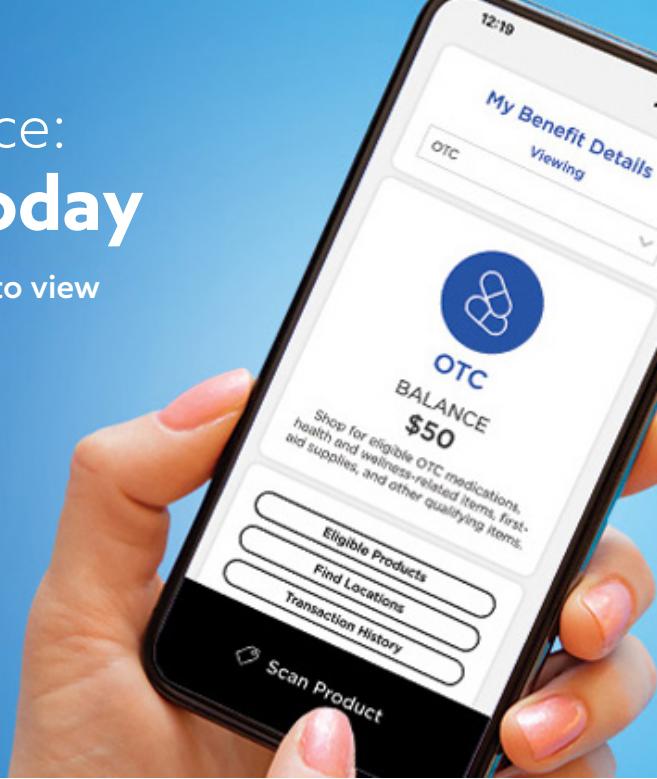




All your benefits in one easy place:
Download the  App today

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.



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.