

## \$105 to spend every 3 months!

Get \$105 to spend at participating stores every quarter on over-the-counter (OTC) health-related items, such as adhesive bandages, toothbrushes, sunscreen, and more!

A sample list of items you can buy with your card is on the back of this page.



### How it works:

At the beginning of each of the four calendar quarters (see right), your card is loaded with \$105. That's up to \$420 a year!

**Your balance does not carry over**, so try to spend the full \$105 before the end of each quarter.

**Don't throw out your card**—it will be reloaded at the start of the next calendar quarter.

\$105 {	Jan	Feb	Mar
\$105 {	Apr	May	Jun
\$105 {	Jul	Aug	Sep
\$105 {	Oct	Nov	Dec

### Use your card at the following participating stores:



Make sure you present your Instant Savings Card at the register when purchasing your items.

## Benefits at Your Fingertips

The new OTC Network® mobile app



Check card balance.



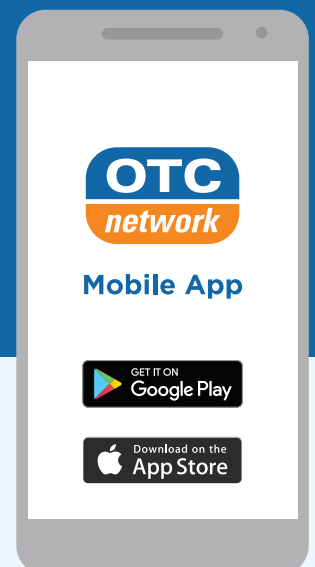
Choose a participating retailer.



Discover item eligibility by the scan of a barcode.

As an OTC Network cardholder, you now have instant access to your card account. The OTC Network mobile app allows you to keep track of your card balance and easily find eligible items when shopping at participating retailers—right at your fingertips, 24 hours a day, seven days a week.

For more OTC Network card information, visit [otcnetwork.com](http://otcnetwork.com).



## What can you buy with your card?

You can use this card to buy OTC health-related items. A sample list of eligible items you can choose from is below. As a reminder, you are also covered for additional OTC items that do not require use of the Instant Saving Card.



### Medicare-approved OTC items (examples)

#### Cold and Allergy

- Allergy and sinus medications
- Cough, cold, allergy, and flu (adult)
- Cough drops
- Nasal/sinus (sprays, drops)
- Vaporizers, humidifiers, and accessories—**New in 2019!**

#### Diabetes Care

- Diabetes care accessories
- Urine testing supplies

#### Digestive Health

- Antacids
- Anti-diarrhea medications
- Anti-gas medications
- Digestive aids/lactose intolerance
- Hemorrhoidal preparations
- Laxatives
- Stomach acid controllers

#### Eye and Ear Care

- Contact lens care
- Ear care (drops, syringes)
- Eye preparations (drops, wash, contact solution)

#### First Aid

- Antibiotic creams
- Anti-itch medications
- Anti-parasitic treatments (lice, worms)
- Bandages (adhesive)
- First aid kit and supplies
- First aid liquids (rubbing isopropyl alcohol, peroxide)

#### Foot Care

- Foot treatments
- Wart removal treatments

#### Health Supports

- Abdominal supports/binders
- Elastic bandages
- Hot/cold therapy (heating pads)
- Orthopedic/surgical supports and braces

#### Oral Care

- Denture care products
- Interdental, gum care (floss)
- Oral remedies (pain relief, mouth sores) (excludes mouthwash)
- Toothbrushes and toothpaste

#### Pain Relief

- Pain relief (adult)
- External pain relief

#### Patient Aids for Daily Living

- Nightlights, safety lights—**New in 2019!**
- Medical alert IDs and devices—**New in 2019!**
- Medicine dosers, pillboxes, pill cutters, organizers, and reminders—**New in 2019!**

#### Physical Fitness

- Pedometers, fitness trackers—**New in 2019!**

#### Skin Care

- Acne medication
- Anti-fungal medications
- Moisturizers, barriers, and protectants

#### Smoking Deterrents

- Nicotine patch, gum, etc.

#### Sun Care

- Sun protection (SPF 15+) (adult)



### Non-Covered Items (examples)

- Baby medicines
- Chapstick/lip balm
- Cosmetic products
- Dehydration drinks
- Dry skin moisturizers

- Deodorants
- Feminine products
- Food products
- Grooming devices/products
- Hair color/products

- Herbal supplements
- Mouthwash
- Perfumes
- Shampoo/conditioner
- Teeth whitening strips/treatment

## For more information

If you have any questions about your Instant Savings Card, visit us online at [thmp.org/sco](https://thmp.org/sco) or call Customer Relations at **1-855-670-5934 (TTY: 711)\***.

\*7 days a week, 8 a.m.–8 p.m. (Apr. 1–Sep. 30: Mon.–Fri., 8 a.m.–8 p.m.) Tufts Health Plan is an HMO plan with a Medicare contract. Tufts Health Plan Senior Care Options (SCO) is an HMO-SNP plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. The SCO plan is available to those 65 and older who have MassHealth Standard (Medicaid). 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. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-670-5934 (TTY: 711). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-855-670-5934 (TTY: 711). H2256\_S\_2019\_121\_C