TUFTS Health Plan

Instant Savings Card

\$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.





Use your card at the following participating stores:



Walgreens

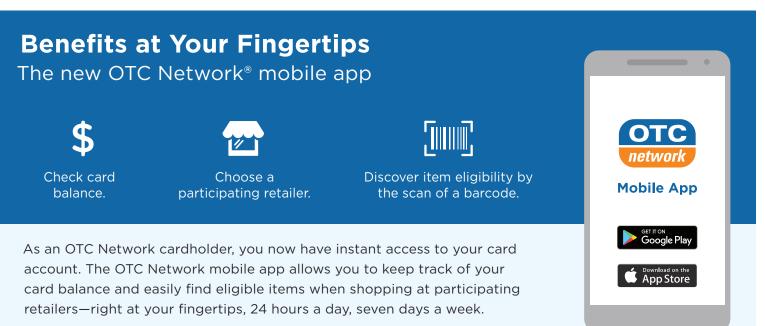


Walmart 🚬

DOLLAR GENERAL



Make sure you present your Instant Savings and DailyCare⁺ cards at the register when purchasing your items.



For more OTC Network card information, visit **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 Savings card.



Medicare-approved OTC items (examples)

- **Cold and Allergy**
- Allergy and sinus medications
- Cough, cold, and flu (adult)
- Nasal/sinus (sprays, drops)
- Respiratory treatments (ex. vaporizers)

Diabetes Care

- Diabetes care accessories
- Urine testing supplies

Digestive Health

- Antacids
- Anti-diarrhea medications
- Digestive aids/lactose intolerance/probiotics
- Upset stomach remedies

Eye and Ear Care

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

First Aid

- Antibiotic creams
- Anti-itch medications
- Bandages (adhesive)

First aid kit and supplies Fitness

- Pedometers
- Fitness trackers

Foot Care

- Foot treatments
- Wart removal treatments

Health Supports

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

Home Health Care

 Diagnostic products (ex. thermometer)

Oral Care

- Denture care products
- Oral remedies (ex: pain relief) (excludes mouthwash)
- Toothbrushes and toothpaste

Pain Relief

- Pain relief (adult)
- External pain relief

Non-Covered Items (examples)

- Baby medicines and products
- Perfumes • Teeth whitening strips/ treatment

Skin Care

- Acne medication
- Moisturizers, barriers, and protectants

Smoking Deterrents

Nicotine patch, gum, etc.

Sun Care

• Sun protection (SPF 15+) (adult)





- Herbal supplements
- Dehydration drinks

For more information

If you have any questions about your Instant Savings card, visit us online at thpmp.org/sco-member or call Customer Relations at 1-855-670-5934 (TTY: 711). 7 days a week, 8 a.m.-8 p.m. (Apr. 1-Sept. 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 HMO-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. The SCO is available to anyone who has MassHealth Standard only. Other eligibility requirements 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. 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_2020_36_M

- Feminine products • Hair color
- Cosmetic products