



OTC Savings Guide

2020 Tufts Health Plan Senior Care Options



DailyCare⁺

6363 0110 1234 1234 123

MEMBER NAME



Use for Approved OTC Items



INSTANT SAVINGS

6363 0110 1234 1234 123

MEMBER NAME



Use for Eligible OTC Items



DailyCare⁺ Card



New benefit for 2020— you get \$25 to spend every 3 months!

Effective Jan. 1, you get \$25 to spend every quarter on approved personal care products at a participating store. The list of items you can buy with your card is on the next page.

How it works:

At the beginning of each of the four calendar quarters (see right), your card is loaded with \$25. That's \$100 a year!

Your balance does not carry over, so try to spend the full \$25 before the end of each quarter.

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

\$25 {	Jan	Feb	Mar
\$25 {	Apr	May	Jun
\$25 {	Jul	Aug	Sep
\$25 {	Oct	Nov	Dec

Use your card at the following stores:



Make sure you present your DailyCare⁺ card at the register when purchasing your items.

Covered Items

Eye and Ear Care	Ear Plugs & Protection
Feminine Personal Care	Deodorants & Powders
	Douches
	Feminine Anti-Itch
	Feminine Moisturizers
	Wipes & External Washes
Foot Care	Odor & Wetness Powders
	Odor & Wetness Sprays
	Mixed/Miscellaneous Odor & Wetness Treatments
Hair Care	Shampoo
	Conditioner
	Therapeutic Shampoo, Conditioner, & Scalp Treatment
Household Products	Bath Tissue
Oral Care	Mouthwash
Patient Cleansing and Bathing	Cleansers & Washes
	Wipes & Towelettes
Physical Fitness and Exercise Equipment	Scales (Includes Body Fat Analyzers)
Shaving and Grooming	Razors & Refills (Disposable & Reusable)
Skin Care	Body Cleansing Liquids (Body Washes & Gels)
	Hand & Body Cleansing Bars (Soap)
	Hand Cleansing Liquids
	Instant Hand Sanitizers
	Mixed/Miscellaneous Hand & Body Cleansing (Towelettes, Foaming, etc.)
	Beauty Hand & Body Moisturizers
	Therapeutic Hand & Body Moisturizers
	Therapeutic Hand & Body Treatments

Non-Covered Items (examples)

- Alternative medicines (botanicals, herbals, probiotics, and nutraceuticals)
- Baby medicines
- Cosmetic products of any kind
- Dehydration drinks
- Food products or supplements
- Hair color
- Perfumes
- Teeth whitening strips/treatment

Instant Savings Card



You get \$105 to spend every 3 months!

Continuing in 2020, you get \$105 to spend every quarter on health-related items at a participating store. The list of items you can buy with your card is in this booklet.

How it works:

At the beginning of each of the four calendar quarters (see right), your card is loaded with \$105. That's \$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 stores:






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



















What's covered with your Instant Savings Card

In order to fully utilize your SCO Instant Savings Card benefit, below is a list of the products that you can purchase with your card. Tufts Health Plan Senior Care Options has included color-coding to provide direction on how best to access each item. Please note, some items may also be available with a prescription from your provider and at no cost to you. Using this option would allow you to put your Instant Savings Card quarterly allowance towards other covered items.

Color code:

-  Item can be purchased using your SCO Instant Savings Card quarterly allowance.
-  Please check with your health care provider or Care Manager prior to purchasing the item using your SCO Instant Savings Card quarterly allowance.
-  Item is covered with a prescription from your physician and at no cost to you. If you choose to purchase the item using your SCO Instant Savings Card quarterly allowance, no prescription is needed.

Cold & Allergy		
Adult Cough, Cold & Flu	Cough, Cold & Flu Liquids	
	Cough, Cold & Flu Tabs	
	Mixed/Miscellaneous Adult Cough, Cold & Flu	
	Cold & Flu Preventatives/Symptom Reducers	
	Brand Name Cough, Cold & Flu	
	Generic Cough, Cold & Flu	
Cough Drops, Sore Throat Relief	Sore Throat Pain Relief	
	Throat & Cough Drops	
	Mixed/Miscellaneous Cough Drops, Sore Throat Relief	
	Brand Name Cough Drops, Sore Throat Relief	
	Generic Cough Drops, Sore Throat Relief	
Allergy, Sinus & Combinations	Allergy, Sinus & Combination Liquids	
	Allergy, Sinus & Combination Tabs	
	Mixed/Miscellaneous Allergy, Sinus & Combinations	
	Brand Name Allergy, Sinus & Combinations	
	Generic Allergy, Sinus & Combinations	

Nasal	Nasal Sprays, Drops & Inhalers	
	Nasal Moisturizing Products & Washes	
	Nasal Strips & Snore Relief	
	Mixed/Miscellaneous Nasal	
	Brand Name Nasal	
	Generic Nasal	
Respiratory Treatments	Vapor Products (Includes Waterless Vaporizers)	
	Vaporizers, Humidifiers & Accessories	
	Mixed/Miscellaneous Respiratory Treatments	
Compression Hosiery		
Support Hose—Low Compression (8–15 mmHg)	Mixed/Miscellaneous Support Hose & Accessories	
	Men's Support Hose	
	Women's Support Hose-Knee High	
	Women's Support Hose-Thigh High	
	Women's Support Hose-Full & Maternity	
	Athletic Support Socks	
	Brand Name Support Hose	
	Generic Support Hose	
Medical Support—High Compression (Over 15 mmHg)	Mixed/Miscellaneous Medical Support & Accessories	
	Knee High Medical Support	
	Thigh High Medical Support	
	Waist High Medical Support	
	Lymphedema Treatments (Sleeves, Socks, Pumps, Etc.)	
	Women's High Compression Support Hose - Full & Maternity	
	Brand Name Medical Support	
	Generic Medical Support	
Diabetes Care		
Diabetes Care Accessories	Mixed/Miscellaneous Diabetes Care Accessories	
	Alcohol Swabs	
	Brand Name Diabetes Care Accessories	
	Generic Diabetes Care Accessories	
Diabetes Nutritionals & Wellness	Diabetes Supplements	
Diabetes Health & Personal Care	Diabetes Skin Care & External Pain Relief	
Urine Testing	Urine Test Strips	
	Urine Test Tablets	
	Mixed/Miscellaneous Urine Testing	
	Brand Name Urine Testing	
	Generic Urine Testing	

Digestive Health

Stomach Remedies	Antacid Liquids	
	Antacid Tabs & Other Forms	
	Antacid Effervescent	
	Multi-Symptom & Nausea Products	
	Mixed/Miscellaneous Stomach Remedies	
	Brand Name Antacids	
	Generic Antacids	
Acid Controllers	Acid Controllers	
	Mixed/Miscellaneous Stomach Acid Controllers	
	Brand Name Acid Controllers	
	Generic Acid Controllers	
Laxatives	Fiber Products	
	Enemas, Laxative Suppositories, Kits, Etc.	
	Laxative Tabs & Powders (Includes Combination Products)	
	Laxative Liquids (Includes Combination Products)	
	Stool Softeners	
	Mixed/Miscellaneous Laxatives	
	Brand Name Laxatives	
	Generic Laxatives	
Anti-Diarrheals	Anti-Diarrheal Tabs	
	Anti-Diarrheal Liquids	
	Mixed/Miscellaneous Anti-Diarrheals	
	Brand Name Anti-Diarrheals	
	Generic Anti-Diarrheals	
Lactose Intolerance & Digestive Aids	Lactose Intolerance	
	Generic Digestive Aids	
	Digestive Health Prebiotics & Probiotics	
Anti-Gas	Anti-Gas Products	
	Mixed/Miscellaneous Anti-Gas	
	Brand Name Anti-Gas	
	Generic Anti-Gas	
Hemorrhoidal Preparations	Hemorrhoidal Treatments	
	Hemorrhoidal Wipes & Washes	
	Mixed/Miscellaneous Hemorrhoidal Preparations	
	Brand Name Hemorrhoidal Preparations	
	Generic Hemorrhoidal Preparations	

Eye & Ear Care

Contact Lens Care

Soft Lens Multi-Purpose Solutions

Soft Lens Disinfecting

Soft Lens Saline Solutions

Soft Lens Cleaners

Soft Lens Rewetting Drops

Gas Permeable & Hard Lens Care

Mixed/Miscellaneous Contact Lens Care

Brand Name Contact Lens Care

Generic Contact Lens Care

Reading Glasses & Magnifying Glasses

Reading Glasses

Magnifying Glasses

Mixed/Miscellaneous Reading Glasses & Magnifying Glasses

Eye Preparations

Eye Relief Products

Dry Eye Relief

Eye Wash

Mixed/Miscellaneous Eye Preparations (Includes Sleep Masks)

Brand Name Eye Preparations

Generic Eye Preparations

Ear Care

Ear Drops & Syringes

Hearing Aids

Lipoflavonoids

Mixed/Miscellaneous Ear Care

Brand Name Ear Care

Generic Ear Care

Electrical & Audio

Batteries

Hearing Aid Batteries (Standard & High Performance)

First Aid

First Aid Dressings

Adhesive & Liquid Bandages

First Aid Tapes

Gauze Pads & Dressings

Mixed/Miscellaneous First Aid Dressings

Surgical Bandages & Surgical Dressings

Brand Name First Aid Dressings

Generic First Aid Dressings

First Aid Treatments	Antibiotic Products	
	Antiseptics & Medicated Products (Includes Alcohol, Peroxide, Epsom Salt, Etc.)	
	Mixed/Miscellaneous First Aid Treatments	
	Skin Remedies (Includes Burn & Scar Treatments)	
	Skin Protectants (Includes Petroleum Jelly)	
	Wound Cleansers (Salines)	
	Brand Name First Aid Treatments	
	Generic First Aid Treatments	
Antiparasitic Treatments	Lice Treatments & Accessories	
	Mixed/Miscellaneous Antiparasitic Treatments & Accessories	
	Brand Name Antiparasitic Treatments	
	Generic Antiparasitic Treatments	
First Aid Kits & Supplies	First Aid Kits	
	Mixed/Miscellaneous First Aid Kits & Supplies	
	Brand Name First Aid Kits & Supplies	
	Generic First Aid Kits & Supplies	
Anti-Itch Treatments	Hydrocortisone Products	
	Anti-Itch Treatments (Excludes Hydrocortisone), Jock Itch & Insect Bite Remedies	
	Mixed/Miscellaneous Anti-Itch Treatments	
	Brand Name Anti-Itch Treatments	
	Generic Anti-Itch Treatments	
Home Health Care		
Bathroom Safety	Bathtub Safety & Accessories	
	Bathtub & Toilet Rails & Frames	
	Elevated Toilet Seats & Accessories	
	Grab Bars & Handles	
	Sitz Baths & Bidets	
	Hand Held Showers	
	Mixed/Miscellaneous Bathroom Safety	

Home Diag & Patient Aids For Daily Living

Patient Aids For Daily Living

Nightlights, Safety Lights
Bathing & Oral Hygiene Aids (Example: Bath Seats, Toothbrush Modifiers)
Mobility Safety: Stair Rails, Stair Treads, Temporary Mobility Ramps
Grooming & Dressing Aids (Example: Dressing Stick, Long Handle Shoehorn)
Medical Alert IDs & Devices
Medicine Dosers, Pillboxes, Pill Cutters, Organizers & Reminders
Reachers, Grippers & Lifts
Reading, Writing & Telephone Aids

Foot Care

Foot Cushioning & Treatments

Corn, Callus & Bunion Pads
Corn & Callus Removers

Antifungal Treatments

Antifungal Powders
Antifungal Creams & Liquids
Antifungal Sprays
Nail Fungus Treatments
Mixed/Miscellaneous Antifungal Treatments
Brand Name Antifungal Treatments
Generic Antifungal Treatments

Wart Removers

Pads & Liquids
Mixed/Miscellaneous Wart Removers
Brand Name Pads & Liquids
Generic Pads & Liquids

Foot Grooming & Pain Relief

Foot Pain Relief

Health Supports

Braces

Ankle & Foot
Hand & Wrist
Elbow & Arm
Knee
Thigh, Calf & Shin
Joint Warmers & Arthritis
Mixed/Miscellaneous Braces
Brand Name Braces
Generic Braces

Hot/Cold Therapy	Hot/Cold Therapy	
	Heating Pads (Electric)	
	Mixed/Miscellaneous Hot/Cold Therapy	
	Brand Name Hot/Cold Therapy	
	Generic Hot/Cold Therapy	
Incontinence		
Disposable Incontinence	Disposable Underwear	
	Disposable Briefs & Undergarments	
	Disposable Underpads	
	Disposable Pads, Shields, Guards & Drip Collectors	
	Mixed/Miscellaneous Disposable Incontinence	
	Brand Name Disposable Incontinence	
	Generic Disposable Incontinence	
Reusable Incontinence	Reusable Garments	
	Reusable Underpads	
	Mixed/Miscellaneous Reusable Incontinence	
	Brand Name Reusable Incontinence	
	Generic Reusable Incontinence	
Incontinence Supplies	Perineal-Only Cleansers & Washes	
	Perineal-Only Wipes & Towelettes	
	Perineal-Only Moisturizers, Barriers & Protectants	
	Perineal-Only Antifungals	
	Deodorizers	
	Mixed/Miscellaneous Incontinence Supplies	
	Brand Name Incontinence Supplies	
	Generic Incontinence Supplies	
Oral Care		
Toothpaste & Treatments	Regular Toothpaste & Toothpowder	
	Sensitive Toothpaste & Treatments	
	Mixed/Miscellaneous Toothpaste & Treatments	
	Brand Name Toothpaste & Treatments	
	Generic Toothpaste & Treatments	
Toothbrushes	Manual Toothbrushes	
	Battery Toothbrushes & Refills	
	Rechargeable Toothbrushes & Refills	
	Mixed/Miscellaneous Toothbrushes & Accessories	
	Brand Name Toothbrushes	
	Generic Toothbrushes	

Denture Products	Denture Adhesives	
	Denture Cleaners & Accessories	
	Denture Repair & Pain Relief	
	Mixed/Miscellaneous Denture Products	
	Brand Name Denture Products	
	Generic Denture Products	
Interdental, Gum Care, Etc.	Floss & Flossers	
	Interdental	
	Gum Care	
	Dental Gum	
	Mixed/Miscellaneous Interdental, Gum Care, Etc.	
	Brand Name Interdental, Gum Care, Etc.	
	Generic Interdental, Gum Care, Etc.	
Oral Remedies	Oral Pain Relief & Mouth Sores	
	Dry Mouth Products	
	Temporary Dental Repair	
	Mixed/Miscellaneous Oral Remedies (Includes Fluoride Treatments)	
	Brand Name Oral Remedies	
	Generic Oral Remedies	
Pain Relief		
Adult Pain Relief	Adult Acetaminophen	
	Feminine Pain Relief	
	Adult Aspirin & Combinations	
	Adult Ibuprofen & Other Anti-Inflammatories	
	Mixed/Miscellaneous Adult Pain Relief	
	Adult Specialty (Includes Topical Headache & Fever Relief)	
	Brand Name Adult Pain Relief	
	Generic Adult Pain Relief	
External Pain Relief	External Muscle/Joint Pain Relief Patches & Pads	
	External Muscle/Joint Pain Relief Rubs & Liquids	
	External Muscle/Joint Pain Relief Liquids, Roll-ons and Sprays	
	Mixed/Miscellaneous External Pain Relief	
	Brand Name External Pain Relief	
	Generic External Pain Relief	

Patient Skin Care

Patient Skin Support

Moisturizers, Barriers & Protectants
Antifungals
Mixed/Miscellaneous Patient Skin Support
Brand Name Patient Skin Support
Generic Patient Skin Support

Physical Fitness & Exercise Equipment

Physical Fitness

Pedometers, Fitness Trackers

Skin Care

Acne Medications (Face & Body)

Acne Creams, Gels, Lotions & Patches
Acne Soaps & Cleansers
Acne Astringents & Pads
Mixed/Miscellaneous Acne Medications
Brand Name Acne Medications
Generic Acne Medications

Smoking Deterrents

Nicotine Patches, Gum, Etc.

Nicotine Patches
Nicotine Gum
Mixed/Miscellaneous Nicotine Patches, Gum, Etc.
Brand Name Smoking Deterrents
Generic Smoking Deterrents

Sun Care

Adult Sun Protection (SPF 15+)

Sun Protection (SPF 15–49)
Sun Protection (SPF 50+)
Mixed/Miscellaneous Sun Protection (SPF 15+)
Lip Protection (Sun Care Lines Only)
Sport Sun Protection
Brand Name Sun Protection (SPF 15+)
Generic Sun Protection (SPF 15+)

Vitamins/Dietary Supplements

Multivitamins & Multivitamins w/Minerals	Adult Multivitamins & Multivitamins w/Minerals	
	Eye Health Vitamins	
	Mixed/Miscellaneous Multivitamins & Multivitamins W/Minerals	
	Brand Name Multivitamins & Multivitamins w/Minerals	
	Generic Multivitamins & Multivitamins w/Minerals	
Specialty Supplements	Joint Health (Incl. Glucosamine)	
	Menopause Support (Soy)	
	CoQ10 Only (UBIQUINOL)	
	Heart Health & Essential Fatty Acids (Fish Oil, Flax, GLA, etc.)	
	General Health Prebiotics & Probiotics	
Single-Entity Vitamins	Vitamin B & Vitamin B Complex	
	Vitamin C	
	Vitamin E	
	Mixed/Miscellaneous Single Entity Vitamins	
	Vitamin D	
	Brand Name Single Entity Vitamins	
	Generic Single Entity Vitamins	
Mineral Supplements	Calcium	
	Iron	
	Mixed/Miscellaneous Mineral Supplements	
	Multi-Mineral	
	Brand Name Mineral Supplements	
	Generic Mineral Supplements	



If you have any questions about your Instant Savings or DailyCare⁺ card, please contact Tufts Health Plan Senior Care Options (HMO-SNP) Customer Relations at **1-855-670-5934 (TTY: 711)*** for specific instructions on using this benefit.

For card services, including checking your balance and finding an accepted retailer, call OTC Network at **1-888-682-2400** or go to **www.myotccard.com**. You can also view this information on your mobile phone with the OTC Network app.

New: Benefits at Your Fingertips! With the 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.

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