

# OVER-THE-COUNTER BENEFITS

## OFFERING MORE BENEFITS SO YOU CAN STAY HEALTHY.

As a member of Blue Cross of Idaho, you have a quarterly over-the-counter (OTC) benefit, administered by Convey Health Solutions, allowing you to purchase necessary OTC products.

You will have access to an OTC catalog with hundreds of products to choose from. It will include instructions on how to place your order – online, phone, and mail order. Take advantage of this valuable benefit each quarter.

- **True Blue Rx Preferred (HMO) and True Blue Rx Gem (HMO)** receive \$40 every three months to spend on approved items
- **True Blue Rx Option I (HMO), True Blue Rx Option II (HMO), True Blue Rx (HMO), True Blue no Rx (HMO), True Blue Special Needs Plan (HMO SNP) and Secure Blue no Rx (PPO)** receive \$60 every three months to spend on approved items
- Your allowance resets January, April, July and October

**Call 1-855-283-3784 (TTY 1-800-377-1363) or visit [bcidahoOTC.com](http://bcidahoOTC.com) to order your OTC items.**

### Here's a sample of over-the-counter products available to you.

<b>ALLERGY, COLD, FLU, AND SINUS</b> Cough syrup, expectorant	<b>INCONTINENCE SUPPLIES</b> Disposable underwear
<b>ANTACIDS &amp; ACID REDUCERS</b> Antacid chewables	<b>MOTION SICKNESS</b> Draminate antiemetic
<b>ANTIFUNGAL &amp; ANTI-ITCH</b> Hydrocortisone 1% cream	<b>PAIN RELIEVERS &amp; FEVER REDUCERS</b> Ibuprofen
<b>DENTAL &amp; DENTURE CARE</b> Pepsodent toothpaste	<b>PERSONAL CARE</b> Hand sanitizer
<b>DIABETES</b> Diabetic socks	<b>SUPPORTIVE ITEMS</b> Knee stabilizer
<b>EAR CARE</b> Earwax removal system with rubber bulb	<b>THERAPEUTIC SKIN &amp; SUN CARE</b> Aloe vera cream, sunscreen
<b>FIRST AID &amp; MEDICAL SUPPLIES</b> Triple antibiotic ointment, first aid kit	<b>VITAMINS &amp; MINERALS</b> Vitamin B-12, Fish Oil

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Blue Cross of Idaho Care Plus, Inc. is a Medicare Advantage health plan with a Medicare and Idaho Medicaid contract. Enrollment in Blue Cross of Idaho Care Plus, Inc. depends on contract renewal. Blue Cross of Idaho Care Plus, Inc. 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 1-888-494-2583 (TTY: 1-800-377-1363). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-494-2583 (TTY: 1-800-377-1363)。