

## Get to know your over-the-counter (OTC) benefit

As a member of a Wellcare By Health Net plan, you **may** have the OTC benefit available to you. This allowance gives you money to buy a wide variety of health-related items such as a blood pressure monitor and personal care products. Check your Summary of Benefits <https://wellcare.healthnetcalifornia.com/plan-benefit-materials.html> to see if you have the OTC benefit and how much and how often you can spend it.

## Use your OTC benefit to order a blood pressure monitor

Wellcare By Health Net makes it easy for you to access the OTC benefit to order a digital blood pressure monitor. See three different ways you can access the benefit below, or click here <https://wellcare.healthnetcalifornia.com/member-resources/member-perks/otc-benefit.html> to watch a short video.

### 1. Online

- Visit [cvs.com/otchs/healthnet](https://cvs.com/otchs/healthnet) to order from the catalog online. Login to see the catalog. Have your ID card ready when making an account.

### 2. Phone

- Orders can be placed by calling 1-866-528-4679 (TTY: 711). You can speak to a live agent Monday to Friday, from 9 AM to 8 PM EST. You can also order 24/7 using the automated IVR system. Please have your ID card and order ready when placing your order by phone. Catalogs can be viewed online by visiting <[wellcare.healthnetcalifornia.com](https://wellcare.healthnetcalifornia.com)>, clicking on **Member Perks**, clicking on **Over-the-Counter Benefits**, and viewing the PDFs under **bullet point 2**. The catalogs are available in English, Spanish, and Chinese languages.
- You may have also been sent your catalog in your Wellcare By Health Net Welcome Kit.

### 3. In-Store

- Go to [cvs.com/otchs/healthnet/storelocator](https://cvs.com/otchs/healthnet/storelocator) to find a list of stores.

If you have any questions regarding your OTC benefit, please call Member Services number on the back of your ID card.

## Other options

If your plan does not offer the OTC benefit, you have other ways to regularly monitor your blood pressure.

- **Ask your provider about a blood pressure monitor loan program.** This will allow you to borrow a blood pressure monitor for a specific period, share your readings with your provider, and make necessary changes to treatment plan.
- **Buy a low-cost, digital blood pressure monitor.** Ask your healthcare team about low-cost blood pressure monitors. Bring your blood pressure monitor to your provider's office to compare readings with their device.

- **Consider local pharmacies, grocery stores, and other community locations** (for example, faith-based organizations or local gyms) that may have blood pressure monitors for use.