

Over-the-Counter (OTC) & Healthy Food Catalog

2024 Medicare Advantage Plan



Wellcare Spendables™ for a healthy budget.

Use your benefit dollars to spend on items for healthy living and boost your budget.

The average American household spends \$442 on over-the-counter (OTC) items a year.* Use your Wellcare Spendables™ dollars to help cover some of your OTC and healthy food benefit costs.

Buy things like pain relief medicine, toothpaste, fresh fruit and veggies, bottled water and more. You'll find a selection of covered items in this catalog, but even more are available online or in-store.

Activate Your Benefit

If you haven't already,
**activate your card
today to get started.**

- ▶ Download and use the **Healthy Benefits+ mobile app**
- ▶ Visit **member.membersecurelogin.com**
- ▶ or call **1-855-256-4620 (TTY 711)**, 24/7

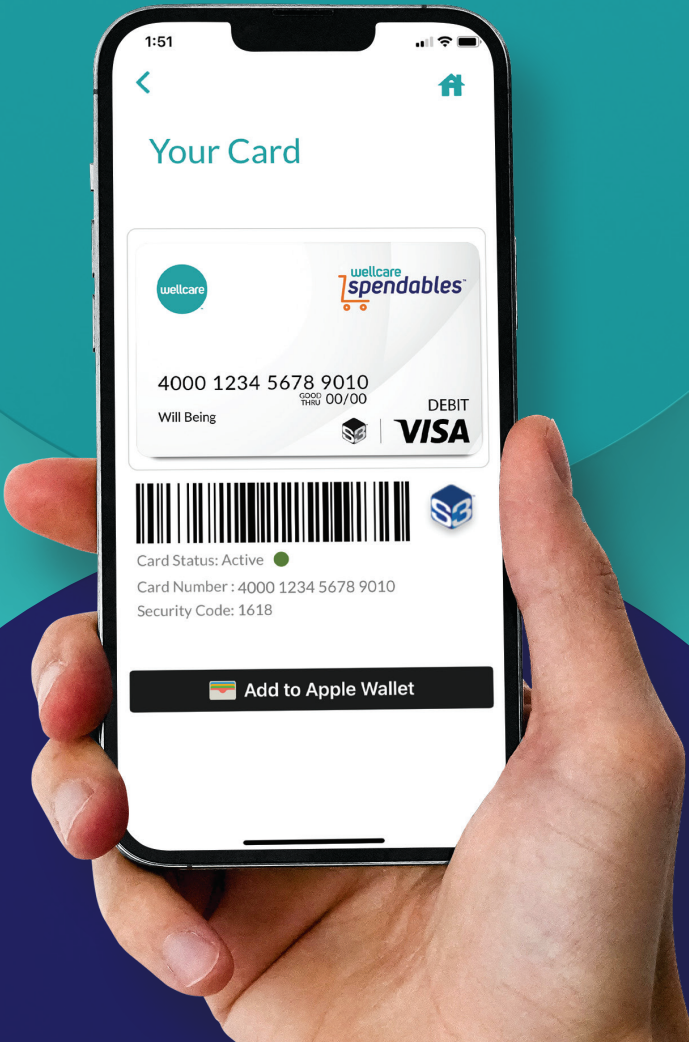


The Healthy Benefits+ App

Make shopping easier with the app.



Download the app today.



The Healthy Benefits+ App

Benefit Balance

See your account details at-a-glance.



In-App Shopping

Use our in-app store to order covered items.



Store Finder

Find participating stores, like Walmart, CVS and Kroger, and shop close to home.†



Product Scanner

Scan items in-store to see if they are covered before checkout.



Digital Card

Scan your card from your phone at checkout.



Throughout this catalog there are references to websites and a mobile app. If you do not have access to the web or a smartphone, you may call Member Services to discuss these benefits and features.

We've partnered with leading retailers and local stores to

7-Eleven CVS Kroger



and more⁺

Order directly at member.membersecurelogin.com or in the Member Store at www.membersecurelogin.com

and more⁺

Find items using this catalog.

Call 1-855-744-8550 (TTY 711), 8am – 8pm, local time,
7 days a week October – March: 8am – 8pm Monday – Friday.

Call **1-855-744-8550 (TTY 711)**, 8am – 8pm, local time,
7 days a week October – March; 8am – 8pm, Monday – Friday,
April – September, to place an order.

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Dual-purpose items. A dual-purpose item is one that can be used for a health problem or for a general purpose. Things like vitamins are dual purpose items. Talk to your doctor and your health plan before buying a dual-purpose item. Do not buy a dual-purpose item if your doctor or your health plan doesn't agree. If your doctor and your health plan do agree, you may buy the item(s) through your OTC benefit. Dual-purpose items are marked with an asterisk ().

Please note that the regular retail price in the store may vary. For prices that apply when you use your OTC and healthy food benefits, please consult this catalog. Benefits and features vary by plan/area. Limitations and exclusions apply. OTC and healthy food benefits have expiration timeframes. Call your plan or review your Evidence of Coverage (EOC) for more information. References to third-party products do not imply an endorsement or recommendation to use or purchase a specific product or brand. This product list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the OTC and healthy food items are trademarks of each company. Item costs may change from year to year. Please review the product labeling and consult with your doctor with any health or medical questions. All benefits are not available on all plans. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

Allergy and Sinus

Find even more
items online



Allegra

24hr Adult Non-Drowsy Allergy Symptom Relief Tablets, 180mg, 90ct

\$39.96

#879620290



Benadryl

Cold and Allergy Relief Antihistamine Ultratabs, 25mg, 100ct

\$13.86

#31956102



Equate

Allergy Relief Tablets with Diphenhydramine Hydrochloride Antihistamine, 25mg, 365ct

\$8.86

#170669688



Claritin

24hr Allergy Relief Antihistamine Tablets, 10mg, 30ct

\$21.97

#51409747



Zyrtec

24hr Allergy Relief Cetirizine Hydrochloride Tablets, 10mg, 30ct

\$19.97

#10452571



Equate

24hr Allergy Relief Cetirizine Hydrochloride Tablets, 10mg, 90ct

\$17.46

#10898797



Flonase

24hr Allergy Relief Non-Drowsy Metered Nasal Spray, 144 Sprays

\$25.48

#752393566



Equate

Non-Drowsy Fluticasone Propionate Allergy Relief Nasal Spray, 50mcg, 72 Sprays

\$9.18

#128562409



Vicks

VapoInhaler, Portable Non-Medicated Nasal Inhaler, Menthol

\$11.93

#127783889

Bathroom Safety

Find even more items online



Clorox
Anti-Microbial
Cushioned Foam
Bathtub Mat,
17" x 36", Blue

\$14.96

#368848673



Clorox
Anti-Microbial
Cushioned Foam
Bathtub Mat,
17" x 36", White

\$14.96

#933889813



Equate
Bath and
Shower Chair
with Back, 350lb
Capacity, Black

\$42.22

#14179130



Equate
Raised Toilet
Seat with
Handles, 5"
Toilet Seat Riser
with Arms, Fits
Most Toilets

\$42.42

#14179132



Mainstays
Grab Bar with
Concealed
Screws, 12",
Stainless Steel

\$17.40

#878349797



Mainstays
Grab Bar with
Concealed
Screws, 16",
Stainless Steel

\$19.77

#312147590



Equate
Durable Transfer
Shower Bench
with Back Rest,
350lb Capacity,
Black

\$72.00

#14179104



Waterpik
6+ Mode
PowerPulse
Massage Dual
Shower Head,
Chrome

\$57.00

#811325889



Waterpik
5+ Mode
PowerPulse
Massage
Shower Head,
White

\$49.99

#2565116616



Flammable – cannot ship to Alaska, Hawaii, Puerto Rico or P.O. Boxes.

Braces and Supports

Find even more items online



Copper Fit

Unisex Rapid Relief Back Support Brace with Hot and Cold Therapy, Adjustable, Black

\$28.47

#721598773



Mueller

Adjustable Hinged Knee Brace, One Size, Black

\$21.97

#10533465



Equate

Adjustable Knee Brace, One Size, Black

\$12.48

#397972356



Nufabrx

Unisex Pain Relieving Lower Leg Compression Sleeve, One Size, Black

\$19.48

#578001224



Nufabrx

Unisex Pain Relieving Ankle Compression Socks, One Size, Grey

\$19.48

#418876017



Skineez

Unisex Skin-Reparative Hydrating Compression Socks, 10-20mmhg, S/M, Black

\$16.47

#533427133



Skineez

Unisex Skin-Reparative Hydrating Compression Socks, 10-20mmhg, L/XL, Black

\$16.47

#879451349



Mueller

Reversible Compression Glove, One Size, Black

\$7.97

#600107436



ACE

Reversible Splint Wrist Brace, Adjustable, One Size, Grey

\$17.98

#23598249

Cold, Cough and Flu

Find even more items online



Alka-Seltzer Plus
Severe Cold PowerFast Fizz Effervescent Tablets, Sparkling Original, 36ct

\$13.48

#860418363



Advil
Multi-Symptom Cold and Flu Relief Ibuprofen Coated Tablets, 20ct

\$9.48

#421960486



Coricidin HBP
Cold and Flu Relief Tablets, High Blood Pressure, 20ct

\$8.46

#17324929



Mucinex
12hr Guaifenesin with Relief of Chest Congestion Expectorant Extended-Release Tablets, 600mg, 20ct

\$13.97

#12018745



Equate
Mucus Relief Extended-Release Tablets, 600mg, 40ct

\$16.32

#556692475



Luden's
Throat Drops, Sore Throat Relief, Wild Cherry, 90ct

\$4.54

#40076110



Equate
Cough Drops with Menthol, Honey Lemon, Value Size, 160ct

\$4.48

#54320956



Vicks
VapoRub Topical Chest Rub and Analgesic Ointment, 3.53oz

\$9.96

#10416120



Equate
Vaporizing Rub Ointment, 3.53oz

\$2.98

#17056911



Flammable – cannot ship to Alaska, Hawaii, Puerto Rico or P.O. Boxes.

Daily Living Aids

Find even more items online



Equate

Upper Arm Blood Pressure Monitor, 4000 Series*

\$28.84

#477827819



Beurer

Upper Arm Blood Pressure Monitor with Color Coded Results, BM26, Large Cuff*

\$39.99

#865614717



Equate

Wrist Blood Pressure Monitor, 4500 Series*

\$39.98

#506668200



Equate

Fingertip Pulse Oximeter, Oxygen Level and Pulse Rate*

\$38.98

#985475712



Equate

Non-Contact Infrared 1-Second Digital Body Thermometer*

\$33.32

#862285615



BWell

Smart Health Monitors Set, Blood Pressure Monitor, Oximeter and Thermometer*

\$79.97

#993630958



Mainstays

Digital Kitchen Scale, Transparent Glass with Silver Base*

\$16.27

#49883592



Weight Watchers

Bluetooth Scale, 400lb Capacity*

\$39.98

#847731954



Equate

Memory Foam Coccyx Cushion, Black

\$25.63

#228156630

Diabetes OTC

Find even more
items online



Neuropaway
Nerve Support
Formula
Capsule, 60ct

\$19.97

#940046410



Alive!
Unisex Diabetic
Multivitamin,
Daily Support
Tablets with
Alpha Lipoic
Acid, 60ct

\$13.98

#677629685



6pk

Dr. Scholl's
Women's
Diabetes and
Circulatory
Crew Socks,
Size 4-10

\$12.97

#976726353



6pk

Dr. Scholl's
Men's Diabetes
and Circulatory
Crew Socks,
Size 7-12

\$12.98

#967758523



6pk

Dr. Scholl's
Men's Diabetes
and Circulatory
Ankle Socks,
Size 13-15

\$12.98

#813132063



Gold Bond
Diabetics' Dry
Skin Relief Body
Lotion with
Aloe, 21oz

\$13.48

#2223022128



ReliOn
Premier
Compact
Blood Glucose
Monitoring
System*

\$19.88

#352439457



ReliOn
Premier Blood
Glucose Test
Strips, 100ct*

\$17.88

#575088197



2pk

ReliOn
Sterile Alcohol
Swabs, 200ct

\$3.82

#911903437



Flammable – cannot ship to Alaska, Hawaii, Puerto Rico or P.O. Boxes.

Digestive Health

Find even more items online



Nexium
24hr Acid Reducer
Heartburn Relief
Capsules with
Esomeprazole
Magnesium,
20mg, 42ct

\$25.28

#35284453



Equate
Acid Reducer
Esomeprazole
Magnesium
Delayed-Release
Caplets, 20mg,
14ct

3pk

\$14.97

#8457196



Prilosec OTC
Omeprazole
Heartburn
Relief and Acid
Reducer Tablets,
20mg, 42ct

\$22.98

#10312057



Pepcid AC
Maximum
Strength
Heartburn
Prevention and
Relief Tablets,
20mg, 50ct

\$19.48

#10309599



Equate
Maximum
Strength
Acid Reducer
Famotidine
Tablets,
20mg, 200ct

\$11.57

#850734185



Imodium A-D
Loperamide
Hydrochloride
Anti-Diarrheal
Softgels, 2mg,
24ct

\$14.48

#54061717



Equate
Loperamide
Tablets for
Diarrhea, 2mg,
24ct

\$2.78

#1120328



Pepto Bismol
Upset Stomach
and Diarrhea
Relief Liquid,
16fl oz

2pk

\$13.48

#20468141



Equate
Regular Strength
Upset Stomach
Relief Bismuth
Liquid, 16fl oz

2pk

\$5.97

#363812242



Tums

Smoothies,
Extra Strength
Chewable
Antacids,
Assorted Fruit,
750mg, 140ct

\$8.98

#43337007



2pk

Equate

Ultra Strength
Antacid Tablets
for Heartburn,
Assorted
Berries,
1000mg, 160ct

\$9.38

#403207079



Gas-X

Extra Strength
Simethicone
Fast Gas Relief
Softgels, 125mg,
72ct

\$14.48

#10294134



Mylanta

Maximum
Strength
Antacid and
Anti-Gas Liquid,
Classic Flavor,
12fl oz

\$8.34

#49527322



Dulcolax

Laxative
Tablets, Reliable
Overnight Relief,
5mg, 50ct

\$9.98

#46120361



Equate

Laxative
Softgels for
Constipation,
Stool Softener,
100mg, 400ct

\$10.44

#937136464



MiraLAX

Laxative Powder
for Constipation,
Stool Softener,
45 Doses

\$29.97

#197347253



Equate

ClearLax
Polyethylene
Glycol 3350
Laxative Powder
for Solution, 30
Doses

\$13.48

#14122821



Phillips'

Milk of
Magnesia Liquid
Magnesium
Laxative, Wild
Cherry, 26oz

\$8.98

#10316169



Metamucil

Sugar-Free 4-in-1
Fiber Powder,
Orange, 180
Doses

\$32.98

#13314273



Eye and Ear Care

Find even more items online



Clinere
Ear Cleaners
for Earwax
Removal, 10ct

\$5.73

#13430565



Equate
Earwax Removal
Drops, 0.5fl oz

\$4.88

#817569073



ZEISS
Dry Eye Relief
Warm Eye
Masks, 4ct

\$8.96

#2948401014



OPTI-FREE
Replenish
Multi-Purpose
Contact Lens
Disinfecting
Solution, 10fl oz

2pk

\$16.87

#10294233



LUMIFY
Redness Reliever
Eye Drops,
0.08fl oz

\$12.98

#193381081



Equate
Dry Eye Relief
Lubricant Eye
Drops, 1.0fl oz

\$6.86

#10324542



Refresh Plus
Lubricant Eye
Drops, Non-
Preserved Tears,
0.010fl oz, 70ct

\$21.82

#818566578



Systane
Ultra Dry Eye
Care Symptom
Relief Eye
Drops, 0.33fl oz

2pk

\$19.48

#14574724



PreserVision
AREDS 2
Formula
Vitamin and
Mineral
Supplement
Mini Softgels,
140ct*

\$34.47

#135526423

Feminine Health

Find even more items online



Amberen
Multi-Symptom
Menopause
Relief Capsules,
1 Month Supply,
60ct

\$29.97

#49527314



AZO
Maximum
Strength Urinary
Pain Relief
Tablets for Fast
Relief, 97.5mg,
24ct

\$8.12

#10317749



Equate
Maximum
Strength Urinary
Pain Relief
Tablets, 99.5mg,
24ct

\$5.48

#873871339



Monistat
1-Dose Yeast
Infection
Treatment, 1
Ovule Insert and
External Itch
Cream, 0.32oz

\$16.97

#23601909



Equate
Tioconazole
1-Day
Treatment,
Vaginal
Antifungal
Treatment, 1
Dose, 0.16oz

\$9.97

#10324779



Equate
Miconazole
7-Day Vaginal
Cream with
Disposable
Applicators,
1.59oz

\$5.97

#549962132



Vagisil
Maximum
Strength Anti-
Itch Cream, 1oz

\$5.58

#10317901



Vagisil
Maximum
Strength Anti-
Itch Medicated
Wipes for
Instant Relief,
20ct

\$6.47

#11973914



Equate
Adults' Hair,
Skin, and Nails
Gummies, 90ct*

\$6.88

#427349485

First Aid

Find even more
items online



Johnson & Johnson
All-Purpose
Portable
Compact First
Aid Kit, 160pc

\$17.48

#123036922



Equate
All-Purpose First
Aid Kit, 140pc

\$14.98

#1568852471



Equate
Multi-Purpose
Hot or Cold Gel
Bead Pack,
4.5" x 7.75"

\$6.97

#872327



Band-Aid
Flexible Fabric
Adhesive
Bandages,
Assorted Sizes,
100ct

\$8.12

#22156370



Equate
Antibacterial
Flexible Fabric
Bandages,
Assorted Sizes,
100ct

\$4.97

#744521299



Equate
Antibacterial
Heavy Duty
Fabric Bandages,
L, 60ct

\$4.97

#191616103



New-Skin
Liquid Bandage,
Waterproof
Bandage for
Scrapes and
Minor Cuts,
0.3fl oz

\$3.98



#143805486



Equate
Self-Adhering
Elastic
Bandages, 2",
2ct

\$5.97

#895262657



Equate
Self-Adhering
Sports Wrap,
Tan, 3", 2ct

\$7.47

#405394946



Equate
Paper Tape, 1",
2ct

\$3.18

#180345854



Equate
Rolled Gauze,
3" x 2.5yd, 5ct

\$5.78

#191193830



Equate
Gauze Pads,
4" x 4", 25ct

\$4.94

#400745681



Q-Tips
Original Cotton
Swabs, 500ct

\$3.87

#10452580



Equate
Jumbo Cotton
Balls, 200ct

\$1.98

#152507105



Neosporin
Original First
Aid Antibiotic
Bacitracin
Ointment, 1oz

\$8.12

#10294303



Neosporin
Neosporin plus
Pain Relief Dual
Action First
Aid Antibiotic
Cream, 1oz

\$8.82

#42087741



Equate
First Aid Triple
Antibiotic
Ointment,
Infection
Protection, 1oz

\$4.87

#20659621



CeraVe
Healing
Ointment,
Protects
and Soothes
Cracked Skin,
12oz

\$19.88

#593794630



Cortizone 10
Intensive
Healing Anti-
Itch Crème, 2oz

\$8.48

#1220714814



2pk

\$7.12

Equate
Maximum
Strength
Hydrocortisone
Cream, 2oz

#878549159



2pk

\$9.98

Vaseline
Original
Petroleum Jelly,
13oz

#322019371



\$5.88

Equate
Original Hand
Sanitizer, 32fl oz

#1291145618



6pk

\$5.98

Equate
3% Hydrogen
Peroxide Liquid
Antiseptic,
32fl oz

#1257780502



\$6.56

Equate
First Aid Iodine
Antiseptic
Liquid, 8fl oz

#236247392



6pk

\$20.58

Equate
91% Isopropyl
Alcohol
Antiseptic
Liquid, 32fl oz

#1859034246



\$7.13

BD
Non-Sterile
Alcohol Prep
Pad, Nonwoven
Gauze, 0.75",
100ct

#10416769



\$5.74

Dr Teal's
Pure Epsom
Salt Soak,
Therapeutic,
Fragrance Free,
6lb

#17325251



\$5.68

Equate
Face Masks,
Black, 25ct

#405863153



\$14.97

Equate
Nitrile Exam
Gloves, One
Size, 100ct

#260948218

Foot Care

Find even more
items online



Arm & Hammer
Invisible Spray
Foot Powder,
7oz

\$6.97



#120941774



Fungicure
Maximum
Strength
Intensive Anti-
Fungal Spray,
2fl oz

\$12.74



#12444223



Tinactin
Athlete's Foot
Anti-Fungal
Liquid Spray,
5.3oz

\$6.97



#10416712



Equate
Medicated Body
Powder, 10oz

\$4.16

#229060082



Kerasal
Fungal Nail
Renewal
Treatment for
Discolored or
Damaged Nails,
0.33fl oz

\$19.86

#21089500



Kerasal
Multi-Purpose
Nail Repair,
0.43fl oz

\$19.86

#263231760



Compound W
NitroFreeze
Wart Remover,
Maximum
Freeze, 8
Applications

\$13.68



#967349232



Equate
Gel Bunion
Guard

\$4.42

#10818554



Equate
Gel Toe
Spacers

\$4.42

#922384683

Incontinence

Find even more
items online



Aquaphor
Healing
Ointment,
Advanced
Therapy Skin
Protectant, 14oz

\$18.37

#10810942



Assurance
Premium
Disposable
Washcloths, XL,
96ct

\$6.47

#42435905



Cottonelle
GentlePlus
Flushable
Wipes, 42ct

\$7.78

#782523046



Equate
Flushable
Wipes,
Fresh Scent,
Resealable
Packs, 48ct

5pk

\$6.98

#873764



Equate
Witch Hazel
Flushable
Hemorrhoidal
Medicated
Wipes, 48ct

\$4.24

#439527226



Pampers
Sensitive Wipes,
Aqua Pure, 56ct

8pk

\$23.47

#704701720



Parent's Choice
Wipes,
Cucumber
Scent, 100ct

9pk

\$17.96

#838361149



Assurance
Unisex Premium
Quilted
Underpad,
Maximum
Absorbency, L,
18ct

\$7.37

#636352605



Assurance
Unisex Premium
Quilted
Underpad,
Maximum
Absorbency, XL,
30ct

\$17.67

#167121557



Always Discreet

Women's
Incontinence
Pads, Moderate
Long, 54ct

\$13.88

#37892484



Always Discreet

Women's
Ultimate
Extra Protect
Incontinence
Pads, Ultimate
Absorbency,
42ct

\$21.47

#560589946



Poise

Women's
Incontinence
Pads, Maximum
Absorbency,
Long, 39ct

\$14.88

#20682686



Equate

Women's
Options
Incontinence
Pads, Maximum
Absorbency,
Long, 72ct

\$14.97

#202745137



Poise

Women's
Incontinence
and Bladder
Control Pads,
Ultimate
Absorbency,
Long, 45ct

\$22.94

#20746405



Equate

Women's
Options
Incontinence
Pads, Ultimate
Absorbency,
Long, 51ct

\$14.97

#480909321



Equate

Women's
Incontinence
Pads, Extra
Protection,
Overnight
Absorbency,
30ct

\$9.97

#36717960



Always Discreet

Women's Adult
Incontinence
Underwear,
Maximum
Absorbency,
S/M, 32ct

\$24.24

#37892492



Assurance

Women's
Incontinence
Underwear,
Maximum
Absorbency,
S/M, 36ct

\$16.97

#1708693108



Assurance

Women's
Incontinence
Underwear,
Maximum
Absorbency,
S/M, 54ct

\$23.27

#309525299



Flammable – cannot ship to Alaska, Hawaii, Puerto Rico or P.O. Boxes.



Assurance
Women's
Incontinence
Underwear,
Maximum
Absorbency, L,
36ct

\$16.97

#1260106765



Assurance
Women's
Incontinence
Underwear,
Maximum
Absorbency, L,
54ct

\$23.27

#293491517



Depend
Women's Night
Defense Adult
Incontinence
Underwear,
Overnight
Absorbency, L,
14ct, Light Pink

\$14.88

#50160154



Assurance
Women's
Incontinence
Underwear,
Maximum
Absorbency, XL,
36ct

\$20.44

#1192975968



Assurance
Women's
Incontinence
Underwear,
Maximum
Absorbency, XL
54ct

\$23.27

#502841350



Assurance
Women's
Incontinence
Underwear,
Maximum
Absorbency,
XXL, 54ct

\$22.76

#518469943



Assurance
Men's
Incontinence
Underwear,
Maximum
Absorbency,
S/M, 36ct

\$14.34

#1935841408



Assurance
Men's
Incontinence
Underwear,
Maximum
Absorbency, L/
XL, 36ct

\$14.34

#1589317356



Depend
Men's Fresh
Protection
Incontinence
Underwear,
Maximum
Absorbency, L,
28ct, Grey

\$23.34

#386892364



Depend
Men's Fresh
Protection
Incontinence
Underwear,
Maximum
Absorbency, XL,
26ct, Grey

\$21.54

#325105830

Make using your benefits a breeze.

Download the app.

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- ▶ Scan products to ensure they're covered before checkout.
- ▶ Scan your card from your phone at checkout.



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Oral Care

Find even more
items online



3pk

\$15.97

Fixodent

Plus Scope
Precision
Hold Denture
Adhesive
Cream, 2oz

#638356721



\$6.44

Polident

Overnight
Whitening
Antibacterial
Denture
Cleanser
Tablets, 120ct

#20470702



2pk

\$8.52

Equate

Fresh
Antibacterial
Denture
Cleanser
Tablets, Mint,
120ct

#35019168



3pk

\$13.86

Super Poligrip

Original Denture
and Partial
Adhesive
Cream, 2.4oz

#481336870



3pk

\$9.97

Oral-B

Glide Pro-Health
Deep Clean
Dental Floss,
Cool Mint, 40m

#181753009



\$7.68

Plackers

Micro Mint Dental
Flossers, Fold-Out
Toothpicks with
Easy Storage with
Sure-Zip Seal,
Fresh Mint, 300ct

#394522932



\$37.97

Waterpik

Cordless
Express Portable
Water Flosser
Oral Irrigator,
White

#54218143



5pk

\$9.97

Colgate 360

Manual
Toothbrush with
Tongue and
Cheek Cleaner,
Medium Bristles

#988404300



4pk

\$12.97

Oral-B

CrossAction
All-In-One
Toothbrushes,
Deep Plaque
Removal, Soft
Bristles

#997219225



Oral-B
Battery
Toothbrush, 3D
White

\$7.97

#10321283



Oral-B
Vitality
FlossAction
Electric
Rechargeable
Toothbrush

\$19.97

#961533300



3pk

Crest
Premium Plus
Scope Outlast
Toothpaste,
Mint, 5.2oz

\$8.97

#391706535



3pk

Crest
Pro Health
Smooth Formula
Toothpaste,
Clean Mint,
4.6oz

\$8.97

#908197301



2pk

Sensodyne
Pronamel Fresh
Breath Sensitive
Toothpaste,
Fresh Wave, 4oz

\$12.48

#38773089



2pk

Sensodyne
Repair and
Protect
Whitening
Sensitive
Toothpaste,
3.4oz

\$12.48

#289197571



2pk

Equate
Maximum
Strength
Sensitive
Toothpaste with
Fluoride, Extra
Whitening, 4oz

\$6.42

#999612374



\$6.54

ACT
Dry Mouth
Lozenges with
Xylitol, Soothing
Mint, 36ct

#43982120



\$10.77

Biotène
Moisturizing
Dry Mouth
Oral Rinse
Mouthwash,
Fresh Mint,
33.8oz

#16785061



\$6.72

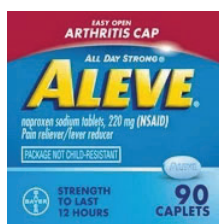
Biotène
Dry Mouth
Alcohol-
Free Breath
Freshener Spray,
Gentle Mint,
1.5fl oz

#10448044



Pain Relief and Management

Find even more items online



Aleve
Pain Reliever and Fever Reducer, Naproxen Sodium Caplets with Easy Open Arthritis Cap, 90ct

\$11.67

#565501760



Bayer
Low-Dose Pain Reliever, Aspirin Regimen Enteric Coated Tablets, 81mg, 300ct

\$14.97

#12444555



Equate
Adults' Low-Dose Aspirin Safety Coated Tablets, 81mg, 500ct

\$5.97

#40816797



Advil
Pain and Headache Reliever, Ibuprofen Coated Tablets, 200mg, 200ct

\$15.97

#10416968



2pk

Equate
Pain Reliever and Fever Reducer, Ibuprofen Coated Tablets, 200mg, 100ct

\$4.28

#10324480



Advil
Liqui-Gels Pain and Headache Reliever Ibuprofen, Liquid Filled Capsules, 200mg, 80ct

\$9.97

#1111813



Excedrin
Migraine Headache Relief Caplets, 250mg, 200ct

\$17.44

#24766557



Motrin IB
Pain Reliever and Fever Reducer, Ibuprofen Tablets, 200mg, 225ct

\$16.97

#10294203



Tylenol
8hr Arthritis and Joint Pain Acetaminophen Caplets, 650mg, 100ct

\$12.47

#10294215



Equate

8hr Arthritis
Pain Reliever,
Acetaminophen
Extended-
Release Caplets,
650mg, 225ct

\$9.96

#544602928



Tylenol

Extra Strength
Acetaminophen
Rapid-Release
Gels, 500mg,
225ct

\$22.97

#192897472



Equate

Extra Strength
Acetaminophen
Rapid Release
Gel-Caps,
500mg, 225ct

\$9.97

#652312238



Tylenol PM

Extra Strength
Pain Reliever
and Sleep Aid
Caplets, 150ct

\$19.97

#54061719



Nerve

Advanced
Nerve Relief and
Mobility Tablets,
Alpha Lipoic
Acid, 30ct

\$27.97

#2253994329



Aspercreme

4% Lidocaine
Cream with
No Mess
Applicator,
2.5oz

\$9.98

#569529368



Equate

Maximum
Strength
Lidocaine
Pain Relieving
Cream, 2.7oz

\$5.12

#692263008



Aspercreme

Maximum
Strength
Lidocaine
Patches, Odor
Free, 5ct

\$9.98

#51258775



Biofreeze

Pain Relief Gel,
3oz

\$11.98



#100692660



Icy Hot

Original
Medicated Pain
Relief Liquid
with No Mess
Applicator, 2.5fl
oz

\$6.98



#13263176



Flammable – cannot ship to Alaska, Hawaii, Puerto Rico or P.O. Boxes.



Preparation H
Hemorrhoid
Itching, Burning
and Discomfort
Relief Ointment,
2oz

\$11.62

#121675431



Tiger Balm
Ultra Strength
Non-Staining
Pain Relieving
Ointment, 18mg

\$6.74

#26971669



Voltaren
Topical Arthritis
Pain Relief Gel,
5.3oz

\$23.48

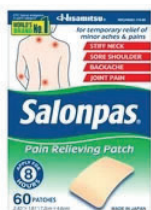
#224979534



Equate
Extra Strength
Cool and Heat
Medicated
Patches, 5ct

\$4.66

#17056909



Salonpas
8hr Pain
Relieving
Patches, 60ct

\$10.14

#47041345



Salonpas
Maximum
Strength
Lidocaine Pain
Relieving Gel-
Patches, 6ct

\$10.34

#54902233



ThermaCare
Neck Pain
Therapy Heat
Wraps for
Shoulder and
Wrist Pain
Relief, 4ct

\$10.47

#1654290325



Equate
Reusable Hot or
Cold Pack, L,
8" x 12"

\$11.36

#474335291



Equate
Heating Pad,
King Size

\$19.98

#883004120



Sunbeam
Heating Pad
with Compact
Storage, King
Size

\$32.98

#907620094

Skin and Sun Care

Find even more items online



Abreva

Cold Sore and Fever Blister Treatment
Docosanol 10% Cream, 0.07oz

\$18.88

#10417263



CeraVe

Moisturizing Cream, 12oz

\$14.62

#937270693



Eucerin

Daily Hydration Broad Spectrum Body Lotion, SPF 15, 16.9fl oz

\$12.97

#23756698



Gold Bond

Rough and Bumpy Skin Daily Therapy Cream, 8oz

\$11.97

#38552032



Neutrogena

Oil-Free Salicylic Acid Acne-Fighting Face Wash, 9.10fl oz

\$8.18

#10308600



Banana Boat

Sport Ultra, Sunscreen Spray, SPF 50, 6oz

\$13.50



#50687316



Neutrogena

Age Shield, Face Oil-Free Sunscreen Lotion, SPF 70, 3fl oz

\$9.58

#10309499



Blistex

Moisturizing Long-Lasting Matte Medicated Lip Balm, SPF 15, Clear

\$4.98

#137330522



OFF!

Deep Woods Mosquito Repellent, 6oz

\$5.88



#11027605



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Sleeping and Snoring

Find even more items online



Natrol
Melatonin Sleep Aid Gummies, Strawberry, 10mg, 90ct

\$10.98

#563770403



OLLY
Extra Strength Melatonin Sleep Supplement Gummies, L Theanine, Blackberry, 5mg, 90ct

\$21.88

#2548409435



Spring Valley
Fast-Dissolve Melatonin Dietary Supplement Tablets, 10mg, 120ct

\$9.88

#35912856



vitafusion
Melatonin-Free Sleep Aid Gummies, 40ct

\$11.88

#1854377145



Unisom
SleepTabs Sleep Aid Tablets, Doxylamine Succinate, 25mg, 80ct

\$14.31

#40601489



Equate
Maximum Strength Sleep Aid Softgels, Diphenhydramine Hydrochloric Acid, 50mg, 100ct

\$9.97

#922217389



ZzzQuil
Sleep Aid Liquid Caps, Diphenhydramine Hydrochloric Acid, 25mg, 48ct

\$13.16

#20669699



ZzzQuil
Nighttime Sleep Aid Liquid, Diphenhydramine Hydrochloric Acid, 50mg, 12fl oz

\$14.97

#20669704



Equate
Nasal Strips for Sensitive Skin, 30ct

\$7.82

#36817816

Vitamins and Supplements

Find even more items online



Centrum Silver
Women's 50+
Multivitamin,
Multimineral
Supplement
Tablets, 200ct*

\$19.12

#468768423



vitafusion
MultiVites,
Adults'
Multivitamin
Gummies, Berry,
Peach and
Orange, 150ct*

\$12.48

#22288718



Equate
Women's 50+
Complete
Multivitamin,
Multimineral
Supplement
Tablets, 200ct*

\$13.77

#46521544



Equate
Adults' 50+
Complete
Multivitamin,
Multimineral
Supplement
Tablets, 220ct*

\$8.88

#10324623



Spring Valley
Vitamin B12
Quick-Dissolve
Dietary
Supplement
Tablets, Cherry,
2500mcg,
120ct*

\$7.96

#24547733



Centrum Silver
Men's
Multivitamin,
Multimineral
Supplement
Tablets, 200ct*

\$19.12

#147256912



Neuriva
Brain Health
Support
Supplement
Capsules with
Phosphatidylserine
and Coffee Cherry,
30ct*

\$39.97

#906497369



Equate
Men's 50+
Complete
Multivitamin,
Multimineral
Supplement
Tablets, 200ct*

\$13.77

#46707147



Spring Valley
Vitamin A
Supplement
Softgels,
2400mcg,
250ct*

\$4.88

#893197



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Spring Valley
Biotin Dietary
Supplement
Softgels,
5000mcg,
240ct*

\$9.88

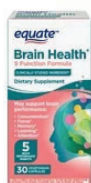
#19758124



Nature Made
Vitamin D3
Softgels for
Bone and
Immune Health
Support,
2000IU, 260ct*

\$13.97

#36168198



Equate
Brain Health
5-Function
Formula Dietary
Supplement
Capsules, 30ct*

\$19.96

#466347713



Emergen-C
Daily Immune
Support Vitamin
C Supplement
Gummies,
Orange, Tangerine
and Raspberry,
750mg, 45ct*

\$11.82

#318298378



Emergen-C
Daily Immune
Support Vitamin
C Supplement
Powder Drink
Mix Packets,
Super Orange,
1000mg, 30ct*

\$11.82

#12158219



Spring Valley
Vitamin C with
Rose Hips
Tablets Dietary
Supplement,
1000mg, 250ct*

\$9.88

#10315364



Spring Valley
Calcium,
Magnesium
and Zinc plus
Vitamin D3
Supplement
Caplets, 250ct*

\$6.88

#10324581



Viactiv
Calcium plus
Vitamin D
Supplement
Soft Chews,
Caramel, 100ct*

\$10.54

#493843079



Spring Valley
CoQ10
Rapid-Release
Softgels,
200mg, 150ct*

\$16.98

#602853507



Qunol
Ultra CoQ10
Softgels,
100mg, 120ct*

\$29.97

#17324916



Osteo Bi-Flex
Triple Strength
Joint Health
Vitamin D and
Glucosamine
Chondroitin
Supplement
Tablets, 160ct*

\$29.98

#324036387



Spring Valley
Potassium
Dietary
Supplement
Caplets, 99mg,
250ct*

\$6.88

#12018787



Spring Valley
Vitamin
E Dietary
Supplement
Softgels, 180mg,
500ct*

\$12.48

#10324579



Prevagen
Extra Strength
Memory
Improvement
Supplement
Capsules, 30ct*

\$59.95

#49131617



OLLY
Goodbye Stress
Gummies with
GABA and
L-Theanine,
Lemon Balm,
Berry, 42ct*

\$12.88

#460769903



Spring Valley
Iron Dietary
Supplement
Tablets, 65mg,
100ct*

\$3.96

#467218893



Spring Valley
Vitamin K2 and
D3 Vegetarian
Capsules, 90ct*

\$9.88

#306492394



Spring Valley
Omega-3 Fish
Oil Softgels,
1000mg, 300ct*

\$19.88

#396031230



Spring Valley
Magnesium
Bone and
Muscle Health
Dietary
Supplement
Tablets, 250mg,
100ct*

\$9.88

#35912859



vitafusion
Power Zinc
Immune
Support Vitamin
Gummies,
Strawberry
Tangerine, 90ct*

\$12.48

#606044651



Fresh produce? Shop with your benefit card in-store.

Shop the largest selection of qualified items available, in-store.

This catalog contains just a selection of items. For the most options available to you, shop in-store at one of our participating retailers.

Walmart 



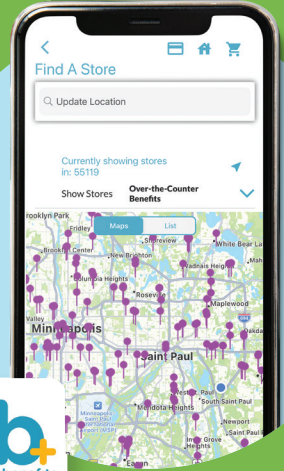
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King of Prussia metro market Pops Less Pick 'n Save Ralphs Smith's Value City

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and at many of your favorite
stores nationwide and near you.



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healthy food retailers
using the app.



Use the Store Finder in the app to find one of over 55K participating retailers near you. Healthy is just around the corner.



Beverages

Find even more
items online



Folgers

Classic Roast
Ground Coffee,
40.3oz

\$11.97

#971362035



Great Value

Donut Shop,
100% Arabica
Medium Roast
Ground Coffee
Pods, 48ct

\$14.92

#42124215



**Horizon
Organic**

Shelf-Stable
Whole Milk Box,
8oz, 12ct

\$12.53

#819219798



Silk

Shelf-Stable
Unsweetened
Almond Milk,
1qt, 6ct

\$17.79

#144996762



**Fruit of the
Earth**

Aloe Vera Drink,
128fl oz

\$9.78

#10314798



Gold Peak

Real Brewed Tea
Bottle, 16.9fl oz,
6ct

\$7.18

#34218621



Great Value

100% Juice,
Apple, 96fl oz

\$2.84

#10415325



Ocean Spray

100% Juice,
Cranberry,
10fl oz, 6ct

\$4.98

#10447881



Great Value

100% Juice,
Orange, 10fl oz,
6ct

\$4.46

#482551311

Breakfast

Find even more items online



Cheerios

Cereal Box, Family Size, Honey Nut, 18.8oz

\$4.93

#138561797



Raisin Bran

Cereal Box, Original, 24oz

\$3.98

#582929579



Special K

Cereal Box, Red Berries, 16.9oz

\$4.98

#241868709



Cream of Wheat

Instant Hot Breakfast Cereal, 1oz, 12ct

\$4.52

#10294606



Quaker

Instant Grits, Variety Pack, 0.98oz, 22ct

\$5.68

#332548878



Quaker

Instant Oatmeal, Variety Pack, 1.1oz, 20 Packets

\$7.86

#904238215



Quaker

Instant Oatmeal, Maple and Brown Sugar, 1.51oz, 20 Packets

\$6.98

#45039255



Honey Bunches of Oats

Granola, Honey Roasted, 11oz

\$2.98

#28198786



Quaker

Granola Oats, Honey, Raisins and Almonds, 24.1oz

\$4.98

#824040924



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Condiments

Find even more
items online



Great Value
Raw Honey
Bottle, 32oz

\$10.97

#534160572



Jif
Natural Creamy
Peanut Butter
Spread, 40oz

\$6.97

#21096191



SKIPPY
Creamy Peanut
Butter Spread,
40oz, 2ct

\$10.53

#39243945



Smucker's
Natural Fruit
Spread,
Strawberry,
17.25oz

\$3.84

#28403811



Great Value
Concord Grape
Jelly, 30oz

\$2.62

#364924551



Heinz
Tomato Ketchup
Bottle, 32oz

\$4.76

#15529427



French's
Classic Yellow
Mustard Bottle,
20oz

\$2.72

#14089343



Hellmann's
Real Gluten Free
Mayonnaise,
30oz

\$5.48

#10312980



Hidden Valley
Ranch Salad
Dressing Bottle,
24oz

\$5.28

#10413975

Fruits and Vegetables

Find even more items online



Mariani
Dried Fruit,
Mixed, 32oz

\$10.98

#293345424



Sunsweet
Amazon, Pitted
Prunes, 24oz

\$8.98

#717822013



Del Monte
Fruit Cocktail
in 100% Juice,
Canned Fruit,
15oz, 6ct

\$9.88

#193633601



Del Monte
Fruit Cups, No
Sugar Added,
Family Pack,
4oz, 12ct

\$7.98

#21849151



Del Monte
Mandarin
Oranges Fruit
Cups in 100%
Fruit Juice, 4oz,
12ct

\$7.44

#21949967



Mott's
Applesauce
Cups, 4oz, 18ct

\$6.98

#40711131



Goya
Black Beans
Can, 29oz

\$2.68

#31003686



Goya
Pinto Beans
Can, 29oz

\$2.98

#29926993



Libby's
Sweet Peas Can,
15oz, 6ct

\$5.28

#182868751



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Meals and Sides

Find even more items online



Barilla
3-Cheese
Tortellini Pasta
Box, 12oz

\$5.63

#13908655



Barilla
Spaghetti Pasta
Box, 16oz, 6ct

\$11.04

#1411451521



Prego
Traditional
Spaghetti
Sauce, 24oz

\$2.38

#10308233



Kraft
Macaroni and
Cheese Cup,
Triple Cheese,
Microwavable,
2.05oz, 4ct

\$4.92

#14869831



Great Value
Macaroni
and Cheese,
Original, 2.05oz,
8ct

\$6.88

#649741595



Velveeta
Skillets, Chicken
Pasta Dinner Kit
with Broccoli
and Orzo, 13.6oz

\$3.38

#44981909



**Hamburger
Helper**
Stroganoff,
Pasta and
Creamy Sauce
Mix, 13oz, 2ct

\$2.94

#49533231



**Hamburger
Helper**
Cheeseburger
Macaroni,
13.6oz, 2ct

\$2.94

#49533230



Campbell's
Condensed
Chicken Noodle
Soup Can,
10.75oz, 4ct

\$4.78

#43671426

Nutritional Drinks

Find even more items online



Atkins
Shake, Strawberry, 15g Protein, 11.0fl oz, 12ct

\$19.48

#849607426



BOOST Glucose Control

Drink, Creamy Strawberry, 16g Protein, 8fl oz, 6ct

\$10.18

#15543963



BOOST
Drink, Rich Chocolate, 20g Protein, 8fl oz, 15ct

\$24.12

#432779758



Ensure

Shake, Vanilla, 9g Protein, 8fl oz, 16ct

\$27.37

#12166807



Ensure

Shake, Strawberry, 9g Protein, 8fl oz, 16ct

\$27.37

#38344814



Premier Protein

Shake, Chocolate, 30g Protein, 11.0fl oz, 12ct

\$24.97

#285037596



Premier Protein

Shake, Vanilla, 30g Protein, 11.0fl oz, 12ct

\$24.97

#134975168



Splenda

Diabetes Care Shake, Milk Chocolate, 8oz, 6ct

\$9.94

#707488066



Splenda

Diabetes Care Shake, French Vanilla, 8oz, 6ct

\$9.94

#675953438

On-the-Go

Find even more
items online



Atkins

Keto-Friendly
Meal Bar,
Chocolate
Peanut Butter,
16g Protein,
2.12oz, 8ct

\$13.48

#29559150



Clif Bar

Energy Bar,
Crunchy Peanut
Butter, 11g
Protein, 2.4oz,
18ct

\$21.98

#182721230



Pure Protein

Chocolate
Deluxe, 21g
Protein, 1.76oz,
12ct

\$16.94

#152668820



Quest

Bar, Chocolate
Chip Cookie
Dough, 21g
Protein, 2.12oz,
8ct

\$16.48

#842201028



Quaker

Chewy Granola
Bars, 3-Flavor
Variety Pack,
36ct

\$7.38

#580204443



Nature Valley

Crunchy
Granola Bars,
Oats 'n Honey,
1.49oz, 24ct,
2pk

\$10.96

#788204005



ReliOn

Maple Flavored
Almonds, 4.25oz

\$3.98

#662944552



Great Value

Omega-3 Trail
Mix, 22oz

\$7.98

#711963269



Wonderful

Pistachios in
Resealable
Pouch, No
Shell Roasted &
Salted, 12oz

\$10.38

#109915691

Protein

Find even more items online



Armour Star
Vienna Sausage
Can, Original,
4.6oz, 12ct

\$8.72

#44981956



Bumble Bee
Snack on the
Run!, Tuna
Salad Kit with
Crackers 3.5oz,
3ct

\$5.27

#47337904



StarKist
Chunk Light
Tuna in Water
Can, 5oz, 8ct

\$7.98

#48387973



Double Q
Wild Caught
Alaskan Pink
Salmon Can,
14.75oz

\$4.62

#10319448



King Oscar
Brisling Sardines
in Extra Virgin
Olive Oil Can,
3.75oz

\$2.98

#10291156



Great Value
Chunk Chicken
Breast Can,
12.5oz, 4ct

\$9.98

#49914752



Spam
Classic Can,
12oz, 2ct

\$6.67

#159980722



Great Value
Roast Beef in
Broth Can, 12oz

\$3.74

#40975805



Hormel
Chili, No Beans,
No Artificial
Ingredients, 15oz

\$2.72

#10290957

FAQ

Are there other items available beside what is listed in this catalog?

Yes! Additional items are available at participating retailers and online. For a full list of covered items and categories, visit member.membersecurelogin.com.

What price will I pay at checkout?

Online and in-store pricing may not be the same as the prices listed in this catalog. The online and in-store price applies at checkout.

Do I pay for sales tax?

Yes, all orders are subject to your local state sales tax.

How can I check my dollars balance?

You may check your balance by visiting member.membersecurelogin.com.

What if my purchase costs more than the dollars I have available?

If your total is more than your available dollars on your Wellcare Spendables™ card, you can pay the rest with another payment method.

How can I get a replacement card?

You may request a replacement card to be mailed to you by visiting member.membersecurelogin.com or by calling **1-855-744-8550 (TTY 711)**, 8am – 8pm, local time, 7 days a week October – March; 8am – 8pm, Monday – Friday, April – September.

*Consumer Health Products Association. (2019, March). *White Paper: Value of OTC Medicines to the U.S. Healthcare System*. Consumer Healthcare Products Association. overthecountervalue.org/white-paper/.

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Wellcare is the Medicare brand for Centene Corporation, an HMO, PPO, PFFS, PDP plan with a Medicare contract and is an approved Part D Sponsor. Our D-SNP plans have a contract with the state Medicaid program. Enrollment in our plans depends on contract renewal.

†Other Pharmacies/Physicians/Providers are available in our network.

Nondiscrimination Notice

Discrimination is against the law. Wellcare by Health Net follows State and Federal civil rights laws. Wellcare by Health Net does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

Wellcare by Health Net provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
 - o Qualified sign language interpreters
 - o Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
 - o Qualified interpreters
 - o Information written in other languages

If you need these services, contact Wellcare by Health Net by calling **1-800-431-9007**. Between October 1 to March 31, you can call us 7 days a week from 8 a.m. to 8 p.m. From April 1 to September 30, you can call us Monday through Friday from 8 a.m. to 8 p.m. A messaging system is used after hours, weekends, and on federal holidays. If you cannot hear or speak well, please call **TTY 711**. Upon request, this document can be made available to you in braille, large print, audiocassette, or electronic form. To obtain a copy in one of these alternative formats, please call or write to:

Wellcare by Health Net
21281 Burbank Blvd.
Woodland Hills, CA 91367
1-800-431-9007 (TTY: 711)

How to File a Grievance

If you believe that Wellcare by Health Net has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation, you can file a grievance with Member Services. You can file a grievance by phone, in writing, in person, or electronically:

- **By phone:** Contact Wellcare by Health Net's Civil Rights Coordinator by calling **1-866-458-2208**. Between 8 a.m. and 5 p.m., Monday through Friday. Or, if you cannot hear or speak well, please call **TTY 711**.
- **In writing:** Fill out a complaint form or write a letter and send it to:
Wellcare Civil Rights Coordinator
P.O. Box 9103
Van Nuys, CA 91409-9103
- **In person:** Visit your doctor's office or Wellcare by Health Net and say you want to file a grievance.
- **Electronically:** Visit Wellcare by Health Net's website at **wellcare.com/healthnetCA**.

Office of Civil Rights – California Department of Health Care Services

You can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights by phone, in writing, or electronically:

- **By phone:** Call **1-916-440-7370**. If you cannot speak or hear well, please call **TTY 711 (Telecommunications Relay Service)**.
- **In writing:** Fill out a complaint form or send a letter to:
Deputy Director, Office of Civil Rights
Department of Health Care Services
Office of Civil Rights
P.O. Box 997413, MS 0009
Sacramento, CA 95899-7413
Complaint forms are available at **http://www.dhcs.ca.gov/Pages/Language_Access.aspx**
- **Electronically:** Send an email to **CivilRights@dhcs.ca.gov**.

Office of Civil Rights – U.S. Department of Health and Human Services

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing, or electronically:

- **By phone:** Call **1-800-368-1019**. If you cannot speak or hear well, please call **TTY/TDD 1-800-537-7697**.
- **In writing:** Fill out a complaint form or send a letter to:
U.S. Department of Health and Human Services
200 Independence Avenue SW
Room 509F, HHH Building
Washington, D.C. 20201
Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**.
- **Electronically:** Visit the Office for Civil Rights Complaint Portal at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**.

English: ATTENTION: If you need help in your language call **1-800-431-9007** (TTY: **711**). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call **1-800-431-9007** (TTY: **711**). These services are free of charge.

Arabic (العربية): انتباه: إذا كنت بحاجة إلى مساعدة بلغتك، فاتصل على الرقم **1-800-431-9007** (TTY: **711**). تتوفر أيضًا مساعدات وخدمات للأشخاص ذوي الإعاقات مثل المستندات بطريقة برايل وبطباعة كبيرة. اتصل على الرقم **1-800-431-9007** (TTY: **711**). وهذه الخدمات مجانية.

Armenian (Հայերեն): Ուշադրություն: Եթե Ձեր լեզվով օգնության կարիք ունեք, զանգահարեք **1-800-431-9007** (TTY՝ **711**): Հասանելի են նաև օգնություն և ծառայություններ հաշմանդամություն ունեցող անձանց համար, ինչպիսիք են՝ բրայլյան և խոշոր տառերով փաստաթղթերը: Չանգահարեք **1-800-431-9007** (TTY՝ **711**): Այս ծառայություններն անվճար են:

Cambodian (ភាសាខ្មែរ): ចំណាំ: ប្រសិនបើអ្នកត្រូវការជំនួយជាភាសារបស់អ្នក សូមទូរសព្ទទៅលេខ **1-800-431-9007** (TTY: **711**)។ ជំនួយនិងសេវាកម្មសម្រាប់ជនពិការ ដូចជាឯកសារជាអក្សរផុសសម្រាប់ជនពិការភ្នែក និងពុម្ពអក្សរធំ ក៏មានផងដែរ។ ទូរសព្ទទៅកាន់លេខ **1-800-431-9007** (TTY: **711**)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃនោះទេ។

Chinese Mandarin (普通话): 注意：如果您需要语言支持，请致电 **1-800-431-9007** (TTY: **711**)。此外，还为残疾人提供辅助和相关服务，如盲文文件和大字体文件。请致电 **1-800-431-9007** (TTY: **711**)。这些服务均免费提供。

Chinese Cantonese (廣東話): 注意：如果您需要以您母語提供的協助，請致電 **1-800-431-9007** (TTY: **711**)。我們也為殘疾人士提供輔助和服務，例如點字和大字體印刷的文件。請致電 **1-800-431-9007** (TTY: **711**)。這些服務為免費服務。

Farsi (فارسی): توجه: اگر به زبان خود نیاز به کمک دارید با **1-800-431-9007** تماس بگیرید (رایگان: **711**). پشتیبانی و خدمات برای افراد دارای معلولیت، مانند اسناد با خط بریل و چاپ درشت، نیز موجود است. با **1-800-431-9007** (رایگان: **711**) تماس بگیرید. این خدمات رایگان است.

Hindi (हिंदी): ध्यान दें: अगर आपको अपनी भाषा में मदद चाहिए, तो **1-800-431-9007** (TTY: **711**) पर कॉल करें. विकलांग लोगों के लिए ब्रेल और बड़े प्रिंट में दस्तावेज़ जैसी सहायता और सेवाएं उपलब्ध हैं. **1-800-431-9007** (TTY: **711**) पर कॉल करें. ये सेवाएं नि:शुल्क हैं.

Hmong (Lus Hmoob): THOV PAUB TXOG: Yog tias koj xav tau kev pab ua koj hom lus thov hu rau **1-800-431-9007** (TTY:**711**). Tsis tas i ntawd, peb tseem muaj cov neeg pab thiab cov kev pab cuam rau cov neeg uas muaj cov kev xiam oob qhab, xws li cov ntaub ntawv ua ntawv su rau neeg dig muag thiab ntawv luam loj. Hu rau **1-800-431-9007** (TTY: **711**). Cov kev pab cuam no tsis muaj nqi dab tsi ntiv lawm.

Japanese (日本語): 注意：言語のヘルプが必要な場合は**1-800-431-9007**（TTY：**711**）までお電話ください。障害をお持ちの方には、点字や大判プリントなどの補助機能やサービスもご利用になれます。**1-800-431-9007**（TTY：**711**）までお電話ください。これらのサービスは無料です。

Korean (한국어): 주의: 귀하의 구사 언어로 도움을 받으셔야 한다면 **1-800-431-9007** (TTY:**711**) 번으로 연락해 주십시오. 점자 및 큰 활자 인쇄 형식으로 된 문서 등 장애인을 위한 도움 및 서비스도 제공됩니다. **1-800-431-9007**(TTY: **711**) 번으로 연락해 주십시오. 해당 서비스는 무료로 제공됩니다.

Laotian (ພາສາລາວ): ສຳຄັນ: ຖ້າຫາກວ່າທ່ານ
ຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານ ໂທ
ຫາ **1-800-431-9007** (TTY: **711**). ນອກຈາກນີ້, ຍັງມີ
ການຊ່ວຍເຫຼືອ ແລະ ການບໍລິການສຳລັບຄົນພິການ
ເຊັ່ນ: ເອກະສານທີ່ເປັນຕົວອັກສອນນູນ ແລະ ການພິມ
ຂະໜາດໃຫຍ່. ໂທຫາ **1-800-431-9007** (TTY: **711**). ການ
ບໍລິການເຫຼົ່ານີ້ແມ່ນຟຣີ.

Mien (Mienh): Liouh Eix: Oix se meih oix nongc zuqc
gorngv mienh wac daih taengx meih, cingv meih mboqv
dienx wac **1-800-431-9007** (TTY: **711**). Yie mbuo hac
haih nongc mienh wac daih taengx waic fangx nyei
mienh, hnangv zing mangc mv buatac lamh nyei mienh
nongc nyei nzangc caux domh nzangc wenh jienx. Cingv
meih mboqv dienx wac **1-800-431-9007** (TTY: **711**).
Naiv deix bong zouc gong se maiv siou zinh nyanh nyei.

Punjabi (ਪੰਜਾਬੀ): ਧਿਆਨ ਦਿਉ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ
ਵੱਲੋਂ ਮਦਦ ਚਾਹੀਦੀ ਹੈ, ਤਾਂ **1-800-431-9007** 'ਤੇ ਕਾਲ ਕਰੋ
(TTY: **711**)। ਬਰੇਲ ਲਿਪੀ ਅਤੇ ਵੱਡੇ ਪ੍ਰਿੰਟ ਵੱਲੋਂ ਦਸਤਾਵੇਜ਼ਾਂ
ਵਰਗੀਆਂ ਅਪਾਹਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾਵਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਵੀ
ਉਪਲਬਧ ਹਨ। **1-800-431-9007** 'ਤੇ ਕਾਲ ਕਰੋ (TTY: **711**)।
ਇਹ ਸੇਵਾਵਾਂ ਬਲਿਕੁਲ ਮੁਫਤ ਹਨ।

Russian (Русский): ВНИМАНИЕ: если вам
требуется помощь на родном языке, позвоните
по номеру **1-800-431-9007** (TTY: **711**). Также
доступны сопутствующая помощь и услуги
для людей с ограниченными возможностями,
такие как материалы, напечатанные крупным
шрифтом и шрифтом Брайля. Позвоните по
номеру **1-800-431-9007** (TTY: **711**). Эти услуги
предоставляются бесплатно.

Spanish (Español): ATENCIÓN: Si necesita ayuda en su
idioma llame al **1-800-431-9007** (TTY: **711**). También
están disponibles ayudas y servicios para personas con
discapacidades, como documentos en Braille y letra
grande. Llame al **1-800-431-9007** (TTY: **711**). Estos
servicios son gratuitos.

Tagalog (Tagalog): ATENSYON: Kung kailangan ninyo ng tulong sa inyong wika, tumawag sa **1-800-431-9007** (TTY:**711**). Available din ang mga tulong at serbisyo para sa mga taong may kapansanan, gaya ng mga dokumento sa braille at malaking print. Tumawag sa **1-800-431-9007** (TTY: **711**). Walang bayad ang mga serbisyong ito.

Thai (ภาษาไทย): โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ โปรดโทร **1-800-431-9007** (TTY:**711**) นอกจากนี้ ยังมีความช่วยเหลือและบริการสำหรับผู้พิการ เช่น เอกสารที่เป็นอักษรเบรลล์และเอกสารที่ใช้ตัวอักษรขนาดใหญ่ โทร **1-800-431-9007** (TTY: **711**) บริการเหล่านี้ไม่มีค่าใช้จ่าย

Ukrainian (Українська): УВАГА! Якщо ви потребуєте підтримки своєю мовою, телефонуйте за номером **1-800-431-9007** (TTY:**711**). Також доступні засоби та послуги для людей з обмеженими можливостями, як-от документи шрифтом Брайля та великим шрифтом. Телефонуйте за номером **1-800-431-9007** (TTY: **711**). Ці послуги є безкоштовними.

Vietnamese (Tiếng Việt): CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của quý vị, hãy gọi số **1-800-431-9007** (TTY:**711**). Các hỗ trợ và dịch vụ dành cho người khuyết tật, chẳng hạn như tài liệu bằng chữ nổi và bản in cỡ chữ lớn cũng được cung cấp. Gọi số **1-800-431-9007** (TTY: **711**). Các dịch vụ này được miễn phí.

Notes

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IMPORTANT PLAN INFORMATION