



superior  
healthplan™

Get your  
Over-the-Counter  
(OTC) items shipped  
to your door!

# Over-the-Counter Brochure

## Stay healthy, save money.

As a commitment to your health and well-being, Superior HealthPlan STAR+PLUS Medicare-Medicaid Plan (MMP) offers members a benefit of \$35 per calendar month in commonly used over-the-counter (OTC) items. These items can be shipped to your home.

Items listed in this brochure are covered at no cost to you within your maximum benefit of \$35 in items per calendar month.

All OTC items should only be used as directed. You should talk to your Primary Care Provider (PCP) if you have any questions about how to use these items safely. OTC products on this list are intended for member use only to help with a health or medical need. The use of this benefit to order OTC items for family members and friends is prohibited.

H6870\_19\_OTCBroch\_Approved\_12162019  
SHP\_20195400

## Order in 2 easy steps.

Choose your items from the table in this brochure. Each item is numbered to make ordering easy.

- 1** Call toll-free at 1-866-768-8490/TTY: 711 from 7 a.m. - 7 p.m. CT, Monday through Friday. Let our operator know which items you would like. You have a limit of up to \$35 per calendar month. Unused dollar amounts cannot be carried over month-to-month.
- 2** When you call, please be sure to have your Superior ID card available. The operator will need your Member ID number to complete the order. After your order is complete, your item(s) should arrive in 5 to 12 business days.

## OTC Items Available in 2020

Select the items you need from the list below, up to your benefit amount of \$35 per calendar month. Prescriptions are not required for these items.

To order, call the toll-free order line at 1-866-768-8490 (TTY: 711).

Item#	Description	Compare To	OTC Price
<b>Analgesics</b>			
7	Mentholated Ointment (3 oz.)	Bengay	\$6
<b>Anti-Diarrheals</b>			
120	Lactase Enzyme (60 ct.)	Major	\$19
<b>Antacids</b>			
164	Bean Aid Capsules (30 ct.)	Beano	\$6
<b>Anti-Hemorrhoidals</b>			
118	Hemorrhoid Pads (100 ct.)	Geritrex	\$10
<b>Cough/Cold</b>			
168	Cold Sore Treatment (0.23 oz.)	Abreva	\$17
169	Honey Lemon Cough Drops (30 ct.)	Halls	\$6
27	Medicated Chest Rub (1.76 oz.)	Vicks VapoRub	\$7
218	Air Shield Orange Tablets (10 ct.)	Airborne	\$7
26	Sore Throat Lozenge (18 pcs.)	Cepacol	\$5
166	Sore Throat Spray (6 oz.)	Chloraseptic	\$6
<b>First Aid Creams/Ointments</b>			
32	Calamine Lotion (6 oz.)	Caldryl	\$7
79	Eczema Cream (2 oz.)	Exederm Cream	\$13
78	Psoriasis Cream (8 oz.)	Eucerin Cream	\$12

Item#	Description	Compare To	OTC Price
<b>First Aid Supplies</b>			
37	Adhesive Bandages (60 ct.)	Band-Aid Sheer	\$4
36	Adhesive Tape (10 yds.)	First-Aid Tape	\$3
35	Athletic Bandage (3 in.)	FUTURO Elastic	\$7
178	Bandage Antibiotic One Size (20 ct.)	Band-Aid Antibiotic	\$8
179	Bandage Clear Assort. Sizes (45 ct.)	Band-Aid	\$7
185	Butterfly Closures (12 ct.)	Curad Butterfly Closures	\$7
117	Cotton Balls (70 ct.)	Johnson & Johnson	\$6
40	Cotton Swab (170 ct.)	Q-Tips	\$4
80	Ear Thermometer (1 Each)	Ear Thermometer	\$25
181	First Aid Antiseptic Merthiolate (2 oz.)	De La Cruz	\$10
39	Gauze Pads (10 Pads)	Johnson & Johnson Gauze Pads	\$3
186	Gauze Roll 2" X 2 (1 Roll)	Kendall	\$4
183	Hot/Cold Multi Compress (1 Each)	Ace	\$20
107	Hot/Cold Patches (5 ct.)	Icy Hot	\$11
85	Hydrogen Peroxide Sol. (16 oz.)	Swan	\$5
43	Ice Bag (9 in., 1 Each)	Ice Bag	\$9
41	Oral Thermometer (1 Each)	Thermometer 60-sec Digital	\$6

Item#	Description	Compare To	OTC Price
149	Personal First Aid Kit 70+pc. (1 Kit)	First Aid Kit	\$14
184	Petroleum Jelly (13 oz.)	Vaseline	\$7
158	Rubbing Alcohol (70% Isopropyl, 16 oz.)	Swan	\$6
160	Rubbing Alcohol - Wintergreen (70% isopropyl, 16 oz.)	Swan	\$6
<b>Laxatives</b>			
208	Daily Fiber Sugar Free (10 oz.)	Metamucil	\$8
114	Fiber Tablets (36 ct.)	Metamucil	\$11
<b>Misc Items</b>			
102	Asthmatic Medical Alert Bracelet (1 Each)	Medical Alert Bracelet – Asthmatic	\$7
142	Blood Pressure Digital Wrist Cuff (1 Each)	SmartHeart	\$25
104	Codeine Medical Alert Bracelet (1 Each)	Medical Alert Bracelet – Codeine	\$7
100	Diabetic Medical Alert Bracelet (1 Each)	Medical Alert Bracelet – Diabetic	\$7
101	Epileptic Medical Alert Bracelet (1 Each)	Medical Alert Bracelet – Epileptic	\$7
136	Glucose Tablet Fast Acting (10 ct.)	Dex4	\$6
137	GNP Glucose Raspberry (50 ct.)	Dex4	\$12
188	Maxi Pad Liner (24 ct.)	Always	\$9
172	Moleskin Padding (2 ct.)	Dr. Scholl's	\$5
173	Pads-Bladder Control (20 ct.)	Poise	\$10
148	Peak Flow Meter (Breathing Device, 1 Each)	Peak Flow Meter	\$25

Item#	Description	Compare To	OTC Price
105	Peanut Allergy Medical Alert Bracelet (1 Each)	Medical Alert Bracelet – Peanut	\$7
103	Penicillin Medical Alert Bracelet (1 Each)	Medical Alert Bracelet – Penicillin	\$7
56	Pill Box - 7 Days (1 Each)	Pill Box	\$4
145	Reacher Arm Device - 26.5” (1 Each)	Reaching Aid FabLife™	\$15
141	Sharps Container (1 Each)	Medline	\$6
161	Sharps Container, 1 Gallon Size (1 Each)	Kendall	\$10
147	Swimmer's Ear Drops (1 oz.)	Swim-EAR	\$8
187	Tablet Cutter (1 Each)	Tablet Cutter	\$6
230	Underwear Unisex Large Adult Diaper 45”-58” Waist (18 ct.)	Depends	\$14
229	Underwear Unisex Med Adult Diaper 32”-44” Waist (16 ct.)	Depends	\$14
228	Underwear Unisex Small Adult Diaper 22”-36” Waist (24 ct.)	Depends	\$14
231	Underwear Unisex XLarge Adult Diaper 59”-64” Waist (15 ct.)	Depends	\$14
<b>Oral Care</b>			
109	Adult Toothpaste (6 oz.)	UltraBright	\$6
68	Denture Adhesive Cream (1.4 oz.)	PoliGrip	\$6
177	Denture Cleanse Tab A/B Mint (40 ct.)	Polident	\$7
67	Denture Tabs (40 Tabs)	Efferdent	\$6
171	Flosser Picks (90 ct.)	Flosser Picks	\$6
170	Sensitive Tooth Paste White (4.5 oz.)	Sensodyne	\$9

Item#	Description	Compare To	OTC Price
112	Toothache Gel Regular Non-Infant Form (0.25 oz.)	Anbesol	\$10
66	Toothbrush, Medium (1 Each)	Colgate	\$2
86	Waxed Dental Floss (1 Each)	Johnson & Johnson	\$2
<b>Pediculicides</b>			
48	Rid Lice Treatment w/Comb (4 oz.)	RID	\$9
<b>Personal Care</b>			
70	Baby Powder (4 oz.)	Johnson & Johnson	\$4
73	Baby Wipes (72 ct.)	Pampers Baby Wipes	\$6
159	Epsom Salt (Magnesium Sulfate, 16 oz.)	Epsoak	\$7
69	Facial Tissues, 3-Pack (10 per pk.)	Kleenex	\$4
126	Feminine Cleansing Cloth Floral (32 ct.)	Summer's Eve	\$9
76	Hand Sanitizer (8 oz.)	Hand Sanitizer	\$4
162	Hand Sanitizer, Flip Lid (2 oz.)	Purell	\$2
143	Lice Comb (1 Each)	Lice Comb	\$4
72	Nail Clipper (1 Each)	Revlon	\$4
222	Odor Control Spray Powder (4 oz.)	Odor-Eaters	\$5
127	Personal Fresh Care Cloth Tub (42 ct.)	Cottonelle	\$8
75	Sunblock SPF 30 (4 oz.)	Coppertone	\$9
<b>Sleep Aid</b>			
135	Melatonin 10mg Capsules (60 ct.)*	Nature Made	\$19

Item#	Description	Compare To	OTC Price
134	Melatonin 10mg Tablet (60 ct.)*	Nature Made	\$15
132	Melatonin 1mg Tablet (60 ct.)*	Nature Made	\$8
133	Melatonin 3mg Tablet (60 ct.)*	Nature Made	\$6
94	Melatonin 5mg Tablet (60 ct.)	Nature's Bounty	\$8
<b>Vitamins &amp; Minerals</b>			
193	Coenzyme Q-10 50mg (30 ct.)*	Spring Valley	\$13
81	Folic Acid Tabs 400mcg (100 Tabs)*	Nature Made	\$6
63	Glucosamine / Chondroitin (50 Tabs)*	Osteo BI-Flex	\$12
87	Lactose Chewable Tab (32 Tabs)	Lactaid	\$9
65	Omega-3 Fish Oil (60 Softgels)*	Puritan	\$7



**The cost of any items you order will be applied to your maximum OTC benefit of \$35 in items per calendar month.**

Items and prices are subject to change. If you need more information or help, please call Superior STAR+PLUS MMP Member Services at 1-866-896-1844. TTY users should call 711. Hours of operation are 8 a.m. to 8 p.m., Monday through Friday. After hours, on weekends and on holidays, you may be asked to leave a message. Your call will be returned within the next business day. The call is free.

**\*Dual-Purpose Items**

These items are considered dual-purpose. These are products that can be used for either a medical condition or general health and well-being. You must talk to your PCP before ordering these items. Your PCP must verbally recommend the OTC item for a specific condition. The condition must be able to be diagnosed.

---

*Products listed in this brochure are available in mostly generic forms comparable to the leading name brand. At times items may be temporarily unavailable based on manufacture backorder or on hand stock availability.*

*Damaged products must be exchanged within 30 days of purchase. No other returns are allowed.*

---

Superior HealthPlan STAR+PLUS Medicare-Medicaid Plan (MMP) is a health plan that contracts with both Medicare and Texas Medicaid to provide benefits of both programs to enrollees.

This is not a complete list. The benefit information is a brief summary, not a complete description of benefits. For more information contact the plan or read the Member Handbook.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-866-896-1844 (TTY: 711) from 8 a.m. to 8 p.m., Monday through Friday. After hours, on weekends and on holidays, you may be asked to leave a message. Your call will be returned within the next business day. The call is free.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-896-1844 (TTY: 711) de 8 a. m. a 8 p. m., lunes a viernes. Después de horas hábiles, los fines de semana y los días festivos, es posible que se le pida que deje un mensaje. Le devolveremos la llamada el próximo día hábil. La llamada es gratuita.



**Order up to  
\$35 in items  
per calendar  
month!**

[mmp.SuperiorHealthPlan.com](http://mmp.SuperiorHealthPlan.com)

©2020 Superior HealthPlan. All rights reserved.