



**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.

## 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 STAR+PLUS MMP member 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 2021

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.

Item#	Description	Pack Size	Compare To	OTC Price
Analgesics				
7	Mentholated Ointment	3 oz.	Bengay	\$6
Anti-Diarrheals				
120	Lactase Enzyme	60 ct.	Major	\$19
Antacids				
164	BeanAid Capsules	30 ct.	Beano	\$6
Anti-Hemorrhoidals				
118	Hemorrhoid Pads	100 ct.	Geritrex	\$10
Cough/Cold				
218	Air Shield Orange Tablets	10 ct.	Airborne	\$7
168	Cold Sore Treatment	0.23 oz.	Abreva	\$17
169	Honey Lemon SF Cough Drops	30 ct.	Halls	\$6
27	Medicated Chest Rub	3.5 oz.	Vicks VapoRub	\$7
26	Sore Throat Lozenge	18 ct.	Cepacol	\$5
166	Sore Throat Spray	6 oz.	Chloraseptic	\$6
First Aid Creams/Ointments				
269	Arthritis Balm Patch	5 ct.	Tiger Balm	\$10
268	Arthritis Balm Rub Cream	4 oz.	Tiger Balm	\$15
32	Calamine Lotion	6 oz.	Caldryl	\$7
79	Eczema Cream	2 oz.	Exederm	\$13
78	Psoriasis Cream	8 oz.	Eucerin Cream	\$12

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

Item#	Description	Pack Size	Compare To	OTC Price
147	Swimmer's Ear Drops	1 oz.	Swim-EAR	\$8
First Aid Supplies				
36	Adhesive Tape (10 yd.)	1 Each	First-Aid Tape	\$3
35	Athletic Bandage (3 Inch)	1 Each	FUTURO Elastic	\$7
178	Bandage Antibiotic One Size	20 ct.	Band-Aid Antibiotic	\$8
179	Bandage Clear Assort. Sizes	30 ct.	Band-Aid	\$7
37	Adhesive Bandages	60 ct.	Band-Aid Sheer	\$4
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 Spray	2 oz.	De La Cruz	\$10
39	Gauze Pads	10 ct.	J&J Gauze Pads	\$3
186	Gauze Roll 2" X 2" yds.	1 ct.	Kendall	\$4
183	Hot/Cold Multi Compress	1 Each	Ace	\$20
107	Hot/Cold Patches	5 ct.	Icy Hot	\$11
85	Hydrogen Peroxide Solution	16 oz.	Swan	\$5
43	Ice Bag (9 Inch)	1 Each	Ice Bag	\$9
41	Oral Thermometer	1 Each	Thermometer 60-sec. Digital	\$6

Item#	Description	Pack Size	Compare To	OTC Price
149	Personal First Aid Kit (70+ Pieces)	1 Kit	Personal 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
Laxatives				
208	Daily Fiber Sugar Free	10 oz.	Metamucil	\$8
114	Fiber Tablets	36 ct.	FiberCon	\$11
Misc. Items				
343	Cane, 1 Leg Adjustable 29"-38"	1 Each	Medline Adjustable Cane	\$14
142	Blood Pressure Digital Wrist Cuff	1 Each	SmartHeart	\$25
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
100	Medical Alert Bracelet – Diabetic	1 Each	Silicone Med Alert Bracelet	\$7
101	Medical Alert Bracelet – Epileptic	1 Each	Silicone Med Alert Bracelet	\$7
102	Medical Alert Bracelet – Asthmatic	1 Each	Silicone Med Alert Bracelet	\$7
103	Medical Alert Bracelet – Penicillin	1 Each	Silicone Med Alert Bracelet	\$7
104	Medical Alert Bracelet – Codeine	1 Each	Silicone Med Alert Bracelet	\$7
105	Medical Alert Bracelet – Peanut	1 Each	Silicone Med Alert Bracelet	\$7

Item#	Description	Pack Size	Compare To	OTC Price
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 (Breathing Device)	\$25
56	Pill Box - 7 Days	1 Each	Pill Box	\$4
145	Reacher Arm Device - 26.5"	1 Each	Reaching Aid FabLife™ 26.5"	\$15
141	Sharps Container (1 Quart Size)	1 Each	Medline	\$6
161	Sharps Container (1 Gallon Size)	1 Each	Kendall	\$10
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
Oral Care				
109	Adult Toothpaste	6 oz.	UltraBright	\$6
68	Denture Adhesive Cream	1.4 oz.	PoliGrip	\$6
265	Denture Adhesive Thermoplastic	1 oz.	CusionGrip Denture Adhesive	\$20
177	Denture Cleanse Tab A/B Mint	40 ct.	Polident	\$7
67	Denture Cleaner Overnight Tablet Mint	40 ct.	Efferdent	\$6
171	Flosser Picks	90 ct.	Flosser Picks	\$6
111	Mouthwash	8 oz.	Listerine	\$8

Item#	Description	Pack Size	Compare To	OTC Price
170	Sensitive Tooth Paste White	4.5 oz.	Sensodyne	\$9
112	Toothache Gel Regular Non-Infant Form	0.33 oz.	Anbesol	\$10
66	Toothbrush (Medium)	1 Each	Colgate	\$2
86	Waxed Dental Floss (1 Each)	55 yd.	Johnson + Johnson	\$2
Pediculicides				
48	Lice Treatment w/Comb	4 oz.	Rid Lice Treatment	\$9
Personal Care				
70	Baby Powder	4 oz.	Johnson + Johnson	\$4
73	Baby Wipes	72 ct.	Pampers Baby Wipes (72 wipes)	\$6
159	Epsom Salt (Magnesium Sulfate)	16 oz.	Epsoak	\$7
69	Facial Tissues, 3 pack (10 Per Pack)	3 pk.	Kleenex	\$4
76	Hand Sanitizer	8 oz.	Purell	\$5
162	Hand Sanitizer Flip Lid	2 oz.	Purell	\$2
143	Lice Comb	1 Each	Lice Comb	\$3
72	Nail Clipper	1 Each	Revlon Nail Clipper	\$4
222	Odor Control Spray Powder	4 oz.	Odor-Eaters	\$5
127	Personal Fresh Care Cloth Tub	42 ct.	Cottonelle Fresh Care Cloth Tub	\$8
126	Feminine Cleansing Cloth	32 ct.	Summer's Eve	\$9
75	Sunblock SPF 30	4 oz.	Coppertone	\$9



Item#	Description	Pack Size	Compare To	OTC Price
Sleep Aid				
135	Melatonin 10mg Capsules*	60 ct.	Nature Made	\$19
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 Tab*	60 ct.	Nature's Bounty	\$12
Vitamins & Minerals				
340	Acidophilus Lactobacilli Tabs	100 ct.	Acidophilus Lacto- bacilli (Probiotics)	\$9
193	Coenzyme Q-10 50mg*	30 ct.	Spring Valley	\$13
81	Folic Acid Tabs 400mcg*	100 ct.	Nature Made	\$6
63	Glucosamine / Chondroitin*	50 ct.	Osteo BI-Flex	\$12
87	Lactose Chewable Tab	32 ct.	Lactaid	\$9
65	Omega-3 Fish Oil (Soft Gels)*	60 ct.	Puritan Omega-3 Fish Oil 1000mg	\$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.

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

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

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.