

Pick Your Perks

List of Approved Over-the-Counter Items**

The items on this list can be purchased at any local retailer or online website.

Allergy relief	Powder laxative
Allergy nasal spray	Stool softener
Allergy tablets	Anti-fungal
Antihistamine tablets	Anti-fungal cream
Nasal decongestant spray	Athlete's foot cream or spray
Nasal saline spray	Bathroom safety and fall prevention
Antacids and acid reducers	Adjustable transfer bench
Alka-Seltzer®	Bath bench (with or without back)
Antacid tablets / chewables	Bathtub safety rail
Anti-gas liquid	Bedside commode
Esomeprazole magnesium	Cane
Famotidine	Grab bar
Omeprazole	Night light
Simethicone	Non-skid bath or shower mat
Anti yeast treatments	Raised toilet seat
Antifungal creams	Toilet safety rails
Anti-diarrheal, laxatives, digestive health	Cold and flu
Anti-diarrheal tablets	Cold and flu relief
Bismuth subsalicylate (Pepto- Bismol®)	Cough and cold relief
Enema	Cough drops
Fiber tablets*	Cough expectorant
Fiber therapy (Methylcellulose)	Cough suppressant
Gas relief	Mucus relief
Glycerin suppository laxative	Nasal decongestant
Lactase capsules	Nasal saline rinse kits
Laxative tablets	Personal steam inhaler
Magnesium hydroxide (milk of magnesia)	Sore throat lozenges
Natural vegetable laxative	

^{*}This is a dual-purpose item, discuss with your personal doctor to determine if it is appropriate for you before purchasing.

^{**}This list is valid through December 31, 2021. Items may be added for the 2022 plan year.

Court through a service	Farmer and draws
Sore throat spray	Ear wax removal drops
VapoRub®	Ear wax removal system with rubber bulb
Cold sore and medicated lip products	Irritation relief eye drops
Cold sore lip balm	Redness relief eye drops
Cold sore treatment (Abreva®, Releev®, etc.)	Stye eye compress
Medicated lip ointment	Stye eye ointment
Dental and denture care	Swim-ear ear drops
Dental floss	First aid
Denture cleaning tablets	Adhesive bandages
Denture cream adhesive	After Bite® relief
Dry mouth oral rinse	Alcohol pads
Dry mouth spray	Anti-itch lotion or cream
Fingertip tooth and gum massager	Antiseptic skin cleanser
Interdental flossups	Antiseptic towelettes
Medicated sore mouth swabs	Bacitracin ointment
Oral pain relief	Bactine® solution
Tongue cleaner	Cotton balls
Toothbrush	Cotton tipped applicator
Toothpaste	Elastic bandage
Water jet and replacement tips	First aid kit
Diabetes care	Gauze
Diabetic skin relief foot cream	Hot/cold pack
Diabetic socks	Hydrocortisone cream
Glucose tablets	Hydrogen peroxide
Diagnostics	Insect repellant spray
Bathroom scale*	lodine solution antiseptic
Blood pressure monitor*	Isopropyl alcohol
Finger pulse ozimeter*	Liquid bandage
Heart rate monitor*	Nitrile exam gloves
Home access cholesterol kit*	Paper surgical tape
Peak flow meter*	Procedural face masks with earloops
Thermometer	Sterile bandages
Thermometer probe covers	Triple antibiotic ointment
Eye and ear care	Foot care
Artificial tears drops	Bunion guard
Artificial tears ointments	Callus remover pads
Contact lens solution	Corn Remover Pads
Cotton tipped swabs	Medicated foot powder
Ear pain relief ear drops	
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^{*}This is a dual-purpose item, discuss with your personal doctor to determine if it is appropriate for you before purchasing.

Motion sickness capiets	Toe protector	Motion sickness
Hemorrhoid itch / pain relief cream Hemorrhoid itch / pain relief cream Hemorrhoid itch / pain relief wipes Hemorrhoidal suppository Medicated cooling pads Pre-moist hemorrhoid pads Heating pad Ice bag Lidocaine patch Menthol gel Migraine pain relief patch Menthol gel Migraine pain relief patch Pain relief ream Pain relief fream Pain relief fream Pain relief patch Menthol gel Migraine pain relief patch Pain relief fream Pain relief fream Pain relief fream Pain relief fask Pain relief spray Pain relief spray Pain relievers and fever reducers Acetaminophen Arthritis pain relievers Seat cushion (gel or foam) Sharps container Weighted blanket Incontinence supplies A + D ointment Adult briefs Barrier cream Bladder control pads Disposable underwear Flushable wipes No-rinse body wash Perinael wash Skin protectant ointment Washcloth with lanolin Lice treatments Motion sickness tablets Pain rellef Cold/hot menthol medicated patch Epsom salt Heat wraps Heating pad Lice bag Lidocaine patch Menthol gel Migraine pain relief patch Menthol gel Migraine pain relief patch Pain relief fream Pain relief spray Pain relief spray Pain relief spray Pain relievers and fever reducers Acetaminophen Arthritis pain relievers Ascetaminophen Arthritis pain relievers Ascetaminophen Arthritis pain relievers Ascetaminophen Arthritis pain relievers Acetaminophen Arthritis p		
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Skin protectant ointment Washcloth with lanolin Lice treatments Sleep aids Nasal strips Sleep tablets (non-prescription)	No-rinse body wash	Scar gel
Washcloth with lanolin Lice treatments Sleep tablets (non-prescription)	Perineal wash	Sunscreen
Washcloth with lanolin Lice treatments Nasal strips Sleep tablets (non-prescription)	Skin protectant ointment	Sleep aids
Lice treatments Sleep tablets (non-prescription)	Washcloth with lanolin	
	Lice treatments	Sleep tablets (non-prescription)
211101/1115 (452511101)	Lice elimination kit	Smoking cessation
Lice treatment rinse Nicotine gum*	Lice treatment rinse	
Lice treatment shampoo	Lice treatment shampoo	

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Nicotine lozenges*
Nicotine patch*
Supports and braces
Ankle support
Arthritis gloves
Arthritis knee sleeve
Back support
Carpal tunnel brace
Compression socks*
Elbow support
Heel and elbow protector
Hip protector
Knee stabilizer
Knee support
Night wrist support
Protective arm sleeve
Rib belt
Thumb brace
Wrist splint
Wrist support or compression
Vitamins and minerals
Biotin gummy*
Calcium + Vitamin D3*
Calcium*
Cod liver oil*
Coenzyme Q-10*
DHEA hormonal supplement*
Fish oil*

Flaxseed*
Folic acid*
Glucosamine / chondroitin*
Herbal cranberry supplement
Immune support chewables*
Iron supplement*
Leg cramps pain relief*
Magnesium*
Melatonin*
Multivitamin*
Niacin*
Omega + DHA*
Potassium gluconate*
Rena-Vite*
Vitamin A*
Vitamin B-1*
Vitamin B-12*
Vitamin B-6*
Vitamin B-complex*
Vitamin C*
Vitamin D3*
Vitamin E*
Zinc chelated*
Wart remover
Liquid wart remover
Wart removal patch
Wart removal system

