

**COMMUNITY FIRST**  
— MEDICARE ADVANTAGE —

**ALAMO**

## OVER-THE-COUNTER PRODUCT CATALOG



**Local 210-358-6386**

**Toll-Free 1-833-434-2347**

7 days a week from 8 a.m. to 8 p.m.  
(October 1 - March 31)

Monday through Friday, from 8 a.m. to 5 p.m.  
(April 1 - September 30)

(Message service available on weekends  
and holidays from April 1 - September 30)

**TTY 711**

(24 hours a day/7 days a week)

**CommunityFirstMedicare.com**

# WELCOME TO THE OTC NETWORK

## HOW TO USE YOUR BENEFITS CARD

Save money on a wide range of health and wellness products by using your **Over-the-Counter (OTC) Benefit as a Community First Health Plans Alamo Plan (HMO) Member**. Use your benefit amount to purchase products for pain relief, cold and allergy, first aid, dental care, dietary supplements, and more. This catalog contains different items you can purchase.

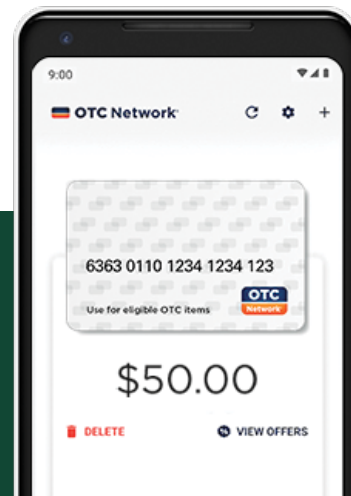
### How do I use my OTC benefit?

- 1 Activate your OTC card.** Call 1-888-682-2400 (TTY 711) and enter the number provided on the front of your card. You can also activate your card online at [MyBenefitsCenter.com](https://MyBenefitsCenter.com).
- 2 Visit a participating retailer.** Once your card has been activated, you can make purchases with available funds at participating stores or online at [ConveyBenefits.com](https://ConveyBenefits.com).
- 3 Pay for your items.** Swipe your card in-store or enter your OTC card number at [ConveyBenefits.com](https://ConveyBenefits.com) for home delivery. Eligible items up to your available balance amount will be covered.

*OTC items included in this catalog are subject to change. See your Evidence of Coverage for more information about your OTC benefit.*

**DOWNLOAD TODAY!**

Find participating retailers, track your balance, and find eligible items & discounts, all from your smartphone 24/7 with the **OTC Network® Mobile App**.





 **OTC Network**

2023

# Medicare Catalog

Baby Care	2	Household Products	7
Batteries	2	Incontinence	7
Cold & Allergy	2	Nicotine Replacement Therapy	7
Compression Support	2	Oral Care	8
Diabetes Management	3	Pain Relief	8
Digestive Health	3	Patient Skin Care	8
Eye & Ear Care	4	Physical Fitness & Exercise Equipment	9
Family Planning	4	Skin Care	9
Feminine Care	4	Sleep	9
First Aid	5	Sun Care	10
Foot Care	5	Vitamins & Dietary Supplements	10
Health Supports	6	Weight Management & Nutritional Foods	10
Home Diagnostics & Patient Aids for Daily Living	6		
Home Health Care	7		



## BABY CARE

### Baby Grooming

Cotton Swabs

### Baby Health, Beauty & Wellness

Baby Medicines

Baby Oil, Lotions & Creams

Baby Therapeutic Skin Care (not Diaper Rash)

Electrolytes

Petroleum Jelly and Barrier Creams

## BATTERIES

### Hearing Aid Batteries

## COLD & ALLERGY

### Allergy

Allergy Liquids

Allergy Nasal Sprays, Drops & Inhalers

Allergy Tabs & Caps

Hypo-Allergenic Bedding

### Children's Cold & Allergy

Children's Allergy

Children's Cough, Cold, Flu & Sinus

Children's Nasal

Children's Throat & Cough Relief

### Cough Drops, Sore Throat Relief

Sore Throat Pain Relief

Throat & Cough Drops

### Cough, Cold, Flu & Sinus

Cold & Flu Preventatives/Symptom Reducers

Cough, Cold, Flu & Sinus Liquids

Cough, Cold, Flu & Sinus Tabs & Caps

### Lip Care

Medicated Lip Treatments

### Nasal

Decongestant Nasal Sprays, Drops & Inhalers

Nasal Moisturizers & Washes

Nasal Strips, Dilators & Snore Relief

### Respiratory Treatments

Asthma Preparations

Vapor Products (Includes Waterless Vaporizers)

Vaporizers, Humidifiers & Accessories

## COMPRESSION SUPPORT

### Low Compression (8-15mmHg)

Low Compression-Men's & Unisex Knee High (8-15 mmHg)

Low Compression-Men's & Unisex Thigh High (8-15 mmHg)

Low Compression-Waist High & Pantyhose (8-15 mmHg)

Low Compression-Women's Knee High (8-15 mmHg)

Low Compression-Women's Thigh High (8-15 mmHg)

### Mod-High Compression (Over 8-15mmHg)

Moderate to High Compression-Men's & Unisex Knee High

Moderate to High Compression-Men's & Unisex Thigh High

Moderate to High Compression-Sleeves, Garments & Lymphedema Treatments

Moderate to High Compression-Waist High & Pantyhose

Moderate to High Compression-Women's Knee High

Moderate to High Compression-Women's Thigh High

## DIABETES MANAGEMENT

### Diabetes Health & Wellness

Diabetes Cough, Cold & Allergy

Diabetes Hosiery

Diabetes Neuropathy & Skin Care

Diabetes Supplements

### Diabetes Management Accessories

Alcohol Swabs & Wipes

Sharps Containers & Supplies

### Diabetes Nutritionals

Diabetes Nutritional Bars

Diabetes Nutritional Liquids

Glucose Tablets, Gels, Etc.

### Urine Testing

Urine Test Strips

Urine Test Tabs

## DIGESTIVE HEALTH

### Anti-Diarrheals

Anti-Diarrheal Liquids

Anti-Diarrheal Tabs & Caps

Diarrhea-Related Oral Rehydration Therapy

### Anti-Gas

Anti-Gas

### Children's Digestive Health

Children's Anti-Diarrheals

Children's Anti-Gas

Children's Prebiotics & Probiotics

Children's Stomach Remedies

Children's Stool Softeners, Fiber Laxatives, Enemas, Laxative Suppositories

### Digestive Aids

Digestive Enzymes

Digestive Health Prebiotics & Probiotics

Lactose Intolerance

### Hemorrhoid Preparations

Hemorrhoid Treatments

Hemorrhoid Wipes & Washes

### Laxatives

Enemas, Laxative Suppositories, Kits, etc.

Fiber Products

Laxative Liquids & combination stool softener products

Non-liquid Laxatives (non-fiber) & combination stool-softener products

Stool Softeners

### Stomach & Nausea Remedies

Acid Controllers

Antacid Liquids

Antacid Tabs & Caps

Multi-Symptom Products

Nausea & Motion Sickness

## EYE & EAR CARE

### Contact Lens Care

- Gas Permeable & Hard Lens Care
- Soft Lens Cleaners
- Soft Lens Multi-Purpose Solutions
- Soft Lens Rewetting Drops
- Soft Lens Saline Solutions

### Ear Care

- Ear Drops & Syringes
- Accessories
- Lipoflavonoids

### Eye Preparations

- Dry Eye Relief
- Eye Relief Products
- Eye Wash

### Reading Glasses & Magnifying Glasses

- Magnifying Glasses
- Reading Glasses

### Sunglasses & Blue Light Blockers

- Blue Light Blocking Eyewear & Device Filters

## FAMILY PLANNING

### Condoms & Barrier Contraceptives

- Male Condoms

## FEMININE CARE

### Feminine Antifungals

### Feminine Personal Care

- Deodorants & Powders
- Douches
- Feminine Anti-Itch
- Feminine Moisturizers
- Wipes & External Washes

### Feminine Protection

- Feminine Pads
- Menstrual Cups
- Pantiliners
- Reusable Feminine Protection
- Tampons

## FIRST AID

### Antiparasitic Treatments

- Lice Treatments & Accessories
- Pinworm & Ringworm Treatments

### Children's First Aid

- Children's First Aid Dressings
- Children's First Aid Treatments

### First Aid Kits & Supplies

- Cotton Balls
- Finger Cots & Splints
- First Aid Kits
- First Aid Tapes & Adhesive Wraps
- Masks (Respiratory, Barrier, etc.)
- Protective Gloves

### Itch Treatments

- Botanical Exposure Treatments
- Chronic Itch Treatments
- General Itch Treatments
- Jock Itch Treatments

### Wound & Surgical Dressings

- Adhesive & Liquid Bandages
- Alginate & Collagen Dressings
- Foam Dressings
- Gauze, Non-Stick & Absorbent Dressings
- Hydrocolloid & Hydrogel Dressings
- Transparent Dressings

### Wound Treatments & Skin Relief

- Epsom Salt Soak
- Scar Treatments
- Skin Protectants (Includes Petroleum Jelly)
- Topical Antibiotics & Antimicrobials
- Wound, Burn & Skin Treatments (Includes Epsom Salt)

### Wound Washes & Cleansers

- Hydrogen Peroxide
- Povidone Iodine
- Rubbing Alcohol
- Saline Solutions & Sprays

## FOOT CARE

### Antifungal Treatments

- Antifungal Creams & Liquids
- Antifungal Powders
- Antifungal Sprays
- Nail Fungus & Repair Treatments

### Foot Cushioning & Treatments

- Ball of Foot Cushioning
- Corn, Callus & Bunion Pads
- Corn & Callus Removers
- Toe Cushioning & Protection

### Foot Grooming & Pain Relief

- Foot Moisturizers, Exfoliators & Cleansers
- Foot Pain Relief

### Odor & Wetness Treatments

- Odor & Wetness Powders
- Odor & Wetness Sprays

### Shoe Insoles & Inserts

- Ball of Foot Inserts
- Heel Cups, Arch Supports & Orthotics
- Heel & Arch
- Insoles
- Plantar Fasciitis Products

### Wart Removers

- Wart Removers

## HEALTH SUPPORTS

### Abdominal Supports & Rib Belts

- Abdominal Supports
- Rib Belts

### Braces

- Ankle & Foot
- Elbow & Arm
- Hand & Wrist
- Joint Warmers & Arthritis
- Knee
- Thigh, Calf & Shin

### Elastic Bandages & Athletic Treatments

- Elastic Bandages
- Kinesiology Tapes, Supports & Supplies
- Protective Guards

### Hot/Cold Therapy

- Electric Heating Pads
- Hot/Cold Therapy

### Orthopedic & Surgical Support

- Arm Slings & Cervical Collars
- Hernia Supports & Suspensories
- Sacro & Back Braces
- Shoulder & Clavicle Braces

## HOME DIAGNOSTICS & PATIENT AIDS FOR DAILY LIVING

### Home Diagnostics

- Blood Pressure Kits & Accessories
- Cholesterol Meters & Testing Kits
- Drug & Alcohol Tests
- Home Tests for Colon Cancer
- Pulse Oximeters & Heart Rate Monitors
- Stethoscopes & Accessories
- Thermometers, Fever Strips & Accessories

### Patient Aids For Daily Living

- Bathing & Oral Hygiene Aids
- Eating & Drinking Aids
- Grooming & Dressing Aids
- Medical Alert IDs & Devices
- Medication Compliance & Safety Aids
- Mobility Safety: stair rails, stair treads, temporary mobility ramps
- Night Lights
- Non-Slip Socks & Slippers
- Reachers, Grippers & Lifts
- Reading, Writing & Telephone Aids



## HOME HEALTH CARE

### Bathroom Safety

Bathtub & Toilet Rails & Frames

Bathtub Safety & Accessories

Elevated Toilet Seats & Accessories

Grab Bars & Handles

Hand Held Showers

Sitz Baths & Bidets

### Medical/Surgical Supplies

Hand Cleaners & Sanitizers

### Pressure Relief, Positioning & Support

Backrests, Seating & Posture Aids

Wedges & Pillows

### Respiratory Therapy

Air Purifiers & Filters

Respiratory Sanitizing

### Spec Orthopedic Braces/Support/Splints

Specialized Ankle & Foot Braces/Supports/Splints

Specialized Elbow & Arm Braces/Supports/Splints

Specialized Knee Hinged Braces/Supports/Splints

Specialized Knee Immobilizer Braces/  
Supports/Splints

Specialized Shoulder & Clavicle Braces/  
Supports/Splints

Specialized Thigh & Calf Braces/Supports/Splints

Specialized Wrist & Hand Braces/Supports/Splints

### Walking Aids

Canes for the Visually Impaired

### Wheelchair Accessories

Wheelchair Cushions/Seats

## HOUSEHOLD PRODUCTS

### Insect Repellents

### Plastic, Foil & Paper Products

Bath Tissue Wipes

## INCONTINENCE

### Disposable Incontinence

Disposable Briefs & Undergarments

Disposable Pads, Shields, Guards & Drip Collectors

Disposable Underpads

Disposable Underwear

### Incontinence Personal Care

Deodorizers

Perineal - Antifungals

Perineal - Cleansers & Washes

Perineal - Moisturizers, Barriers & Protectants

Perineal - Wipes & Towelettes

### Reusable Incontinence

Reusable Garments

Reusable Underpads

## NICOTINE REPLACEMENT THERAPY

Nicotine Gum & Lozenges

Nicotine Patches

## ORAL CARE

### Children's Oral Care

- Children's Mouthwash & Oral Rinses
- Children's Toothpaste

### Denture Care

- Denture Adhesives
- Denture Cleaners & Accessories
- Denture Repair & Pain Relief

### Interdental, Floss & Gum Care

- Dental Gum
- Floss & Flossers
- Gum Care
- Interdental

### Mouthwash & Breath Care

- Breath Fresheners
- Mouthwash
- Therapeutic Breath Treatments

### Oral Remedies

- Dry Mouth
- Night & Grind Guards
- Oral Pain Relief & Mouth Sores
- Temporary Dental Repair

### Toothbrushes

- Battery Toothbrushes & Refills
- Manual Toothbrushes
- Rechargeable Toothbrushes & Refills

### Toothpaste & Treatments

- Regular Toothpaste & Tooth Powder
- Sensitive Toothpaste & Treatments
- Whitening Toothpaste

## PAIN RELIEF

### Children's Pain & Fever Relief

- Children's Acetaminophen
- Children's Ibuprofen

### External Pain Relief

- External Muscle/Joint Pain Relief Creams, Ointments & Gels
- External Muscle/Joint Pain Relief Lotions, Liquids, Roll-Ons & Sprays
- External Muscle/Joint Pain Relief Patches & Pads
- Units & Replacement Pads

### Internal Pain Relief

- Adult Acetaminophen
- Adult Aspirin & Combinations
- Adult Ibuprofen & Other Anti-Inflammatories
- Adult Nighttime Pain Relief
- Adult Specialty Pain Relief
- Feminine Pain Relief

### Sleep Aids & Stimulants

- Stimulants

## PATIENT SKIN CARE

### Patient Skin Support

- Antifungals
- Moisturizers, Barriers & Protectants

**PHYSICAL FITNESS & EXERCISE EQUIPMENT**

**Exercise Equipment**

- Stationary Bikes
- Steppers & Ellipticals
- Treadmills

**Physical Fitness**

- Balls/Stability Devices (Balls, Boards, Etc.)
- Cardio (Aerobic Steps, Jump Ropes)
- Foam Rollers/Massage Devices
- Multi-Function Fitness Trackers
- Pedometers & Fitness Trackers
- Scales (Includes Body Fat Analyzers)
- Strength/Range of Motion (Bands, Hand Exercisers, Etc.)
- Weights

**SKIN CARE**

**Cosmetic Puffs & Pads**

**Facial & Body Acne Medications**

- Acne Astringents & Toners
- Acne Creams, Gels, Lotions & Patches
- Acne Soaps & Cleansers

**Facial Moisturizers & Treatments**

- Facial Moisturizers
- Eye Treatments
- Therapeutic Facial Treatments

**Hand & Body Cleansing**

- Instant Hand Sanitizers

**Hand & Body Moisturizers & Treatments**

- Beauty Hand & Body Moisturizers
- Hand & Body Moisturizing Sets
- Therapeutic Hand & Body Moisturizers
- Therapeutic Hand & Body Treatments

**SLEEP**

**Children’s Sleeping & Calming Aids**

**Sleep Aids**

- Sleep Aids & Sedatives

**Specialty Supplements**

- Sleep, Stress & Anxiety

**SUN CARE**

**After Sun & Sun Accessories**

After Sun

**Sun Protection**

Body Sun Protection

Face Sun Protection

Sport Sun Protection

Sun Care Lip Protection

**VITAMINS & DIETARY SUPPLEMENTS**

**Children’s Vitamins & Dietary Supplements**

Children’s Herbals

Children’s Vitamins & Minerals

**Herbals & Botanicals**

Cranberry

Echinacea & Elderberry

Ginkgo Biloba

Ginseng

Herbal Medicines

Turmeric

Valerian

**Mineral Supplements**

Calcium

Iron

Multi-Minerals

**Multivitamins**

Eye Health Vitamins

Multivitamins

**Letter Vitamins**

Vitamin B & Vitamin B Complex

Vitamin C

Vitamin D

Vitamin E

**Specialty Supplements**

Brain, Memory & Focus Health

Collagen

CoQ10 Only (UBIQUINOL)

General Health Prebiotics & Probiotics

Heart & Vascular Health

Joint Health (incl. Glucosamine, not Turmeric)

Joint Health with Turmeric

Menopause Support (Soy)

**WEIGHT MANAGEMENT & NUTRITIONAL FOODS**

**Diuretics & Weight Loss Cleansing & Detox**

Diuretics

Weight Loss Cleansing & Detox

**Nutritional Foods**

Nutritional Liquids

Nutritional Powders

Thickeners & Pre-Thickened Beverages/Foods

**Sport & Energy**

General Health Oral Rehydration Therapy

**Weight Management**

Food Scales

Weight Management Foods, Liquids & Powders

Weight Management Tabs & Caps

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**Community First Health Plans, Inc. is a HMO/HMO SNP with a Medicare and Texas State Medicaid Agency Contract. Enrollment in Community First Health Plans, Inc. depends on contract renewal. Community First markets under the names Community First Medicare Advantage Alamo Plan (HMO) and Community First Medicare Advantage Dual Eligible Special Needs Plan (HMO D-SNP). This information is not a complete description of benefits. Call 1-833-434-2347 or 711 for more information. You must continue to pay your Medicare Part B premium.**



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