



OVER-THE-COUNTER (OTC) MEDICATIONS AND PRODUCTS

Your 2017 catalog

Together, all the way.®



YOUR OVER-THE-COUNTER (OTC) MEDICATIONS AND PRODUCTS

- 1 Choose** from the list of covered medications and products in this catalog.
- 2 Call** Cigna-HealthSpring Over-the-counter Center at 1-866-575-3744 (TTY 7-1-1), Monday to Friday, 7 a.m. to 8 p.m. Central Time.
- 3 Ask** us to double-check your mailing address. We want to make sure you get your items.



SAVE MONEY AND TIME.

You can get over-the-counter items sent right to your door – with FREE delivery.

Q&A ABOUT YOUR OTC BENEFIT

Q. What can I order?

A: You can order from the list of covered items in this catalog. Covered items may include:

OTC medications

- › Aspirin
- › Acetaminophen
- › Vitamins
- › Bacitracin

Health-related products

- › Nicotine patches
- › Disposable underpads
- › Compression socks
- › Nasal strips

Q: How much is my allowance?

A: \$10 per month.

Q. When can I spend my allowance?

A: Your allowance goes into your account on the first day of every month. You can:

- › Spend your allowance as soon as it is in your account
- › Order once a month up to 12 times a year

Q: Who can get items through my OTC benefit?

A: You can order items that help you with a medical need every month you are a Cigna-HealthSpring customer. Cigna-HealthSpring prohibits the purchase of OTC items for family members or friends.

Q: How do I get my order?

A: The cost of your order must be less than or equal to the account balance for items to ship. OTC medications are only available for home delivery. Covered items are sent to you free of delivery charge. Please allow two weeks for home delivery.

Over-the-counter items may only be ordered for the plan enrollee to address a personal health or medical need. Cigna-HealthSpring does not allow the purchase of over-the-counter items for family members and friends.

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1-866-575-3744 (TTY 7-1-1)

You can place your OTC order Monday to Friday, 7 a.m. to 8 p.m. Central Time.

OTC MEDICATIONS AND PRODUCTS

Before ordering any of the items below, you should talk with your doctor.

Category	Product	Item #	Brand/Description	Cost
Allergy, Cold, Flu Decongestant & Sinus	All Day Allergy tablets*	1090	Compare to Zyrtec®, 10 mg tablets, 14 ct per bottle; <i>A registered trademark of McNeil-PPC, Inc.</i>	\$7.00
	All-Nite Cold/Flu	1361	Compare to Vicks® NyQuil® Cough, 6 oz per bottle; <i>A registered trademark of Procter & Gamble</i>	\$7.00
	Children's Dimaphen	1426	Compare to Dimetapp Children's®, 4 oz bottle; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$6.00
	Children's Diphenhydramine HCL	1428	Compare to Benadryl Children's®, 4 oz bottle; <i>A registered trademark of McNeil-PPC, Inc.</i>	\$7.00
	Chlorpheniramine Maleate	1008	Compare to Chlor-Trimeton® Allergy, 4 mg tablets, 100 ct per bottle; <i>A registered trademark of Schering-Plough HealthCare Products, Inc.</i>	\$5.00
	Cough Drops, Cherry	1056	Compare to Hall's Cough Drops, 30 ct per bottle; <i>A registered trademark of Mondelēz International, Inc.</i>	\$6.00
	Cough Syrup, Expectorant	1054	Compare to Robitussin®, 4 oz per bottle; <i>A registered trademark of Pfizer-Wyeth Consumer Healthcare</i>	\$5.00
	Diphenhist (Antihistamine)	1308	Compare to Benadryl®, 25 mg tablets, 100 ct per bottle; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$6.00
	Diphenhydramine HCL (Antihistamine)	1009	Compare to Benadryl®, 24 ct per bottle; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$5.00
	Guaifenesin Cough Expectorant	1180	Compare to Robitussin®, 60 ct per bottle; <i>A registered trademark of Pfizer-Wyeth Consumer Healthcare</i>	\$7.00
	Multi-Symptom Cold Formula	1357	Compare to Tylenol Cold Multisymptom, 24 ct per bottle; <i>A registered trademark of McNeill-PPC, Inc.</i>	\$6.00
	Nasal Decongestant Spray - 12 Hour	1091	Compare to Afrin®, 1 oz spray; <i>A registered trademark of Schering-Plough HealthCare Products, Inc.</i>	\$5.00
	Nasal Saline (Spray)	1052	Compare to Ocean® Premium Saline Nasal Spray, 1.5 oz spray; <i>A registered trademark of Fleming Pharmaceuticals</i>	\$5.00
	Sore Throat Lozenges	1360	Compare to Cepacol®, 16 ct per box; <i>A registered trademark of Rickett Benckiser</i>	\$7.00
Sudogest PE (Nasal and Sinus Decongestant)	1352	Compare to Sudafed PE®, 36 ct per bottle; <i>A registered trademark of Johnson & Johnson Corporation</i>	\$5.00	

OTC MEDICATIONS AND PRODUCTS

Category	Product	Item #	Brand/Description	Cost
Antacids & Acid Reducers	Antacid/ Anti-Gas Liquid	1006	Compare to Maalox® Regular Strength, 12 oz per bottle; <i>A registered trademark of William H. Rorer, Inc.</i>	\$6.00
	Antacid Chewables	1346	Compare to Tums®, 150 ct per bottle; <i>A registered trademark of SmithKline Beecham</i>	\$6.00
	Famotidine*	1108	Compare to Pepcid®, 10 mg tablets, 30 ct per box; <i>A registered trademark of Merck & Co., Inc.</i>	\$6.00
Anticandidal (yeast)	Clotrimazole Vaginal Cream (with applicator)*	1115	Compare to Gyne-Lotrimin®, 45 gm per tube; <i>A registered trademark of Schering-Plough HealthCare Products, Inc.</i>	\$7.00
Anti-diarrheal, Laxatives, & Digestive Health	Bismatrol (Bismuth Subsalicylate)	1045	Compare to Pepto-Bismol®, 30 ct per box; <i>A registered trademark of Procter & Gamble</i>	\$6.00
	Docusate Sodium	1126	Compare to Colace®, 100 mg capsules, 100 ct per bottle; <i>A registered trademark of Purdue Products</i>	\$6.00
	Glycerin Suppository	1125	Compare to Fleet® Glycerin Suppositories, 25 ct per bottle; <i>A registered trademark of C.B. Fleet Co., Inc.</i>	\$5.00
	Loperamide HCL*	1133	Compare to Imodium A-D®, 2 mg tablets, 12 ct per box; <i>A registered trademark of McNeil-PPC, Inc.</i>	\$5.00
	Milk of Magnesia	1011	Compare to Phillips® Milk of Magnesia, 12 oz bottle; <i>A registered trademark of Bayer HealthCare LLC</i>	\$6.00
	Natural Vegetable Laxative	1340	Compare to Metamucil®, 13 oz powder per bottle; <i>A registered trademark of Procter & Gamble</i>	\$10.00
	Pink Bismuth	1318	Compare to Pepto-Bismol®, 8 oz per bottle; <i>A registered trademark of Procter & Gamble</i>	\$6.00
	Senna Plus	1130	Compare to Senokot-S, 50 mg ; 60 ct per bottle; <i>A registered trademark of Purdue Products</i>	\$6.00
Anti-fungal & Anti-itch	Clotrim Antifungal Cream	1047	Compare to Lotrimin AF®, 1 oz per tube; <i>A registered trademark of Schering-Plough HealthCare Products, Inc.</i>	\$6.00
	Diphenhydramine HCL / Zinc Acetate	1140	Compare to Benadryl® Anti-Itch, 1 oz per tube; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$5.00
	Hydrocortisone 1% Cream	1074	Compare to Cortaid® Cream, .5 oz per tube; <i>A registered trademark of Johnson & Johnson Corporation</i>	\$6.00
	Tolnaftate Cream	1064	Compare to Tinactin®, .125 oz per tube; <i>A registered trademark of Schering-Plough HealthCare Products, Inc.</i>	\$5.00
Cold Sore & Medicated Lip Products	Herpecin-L Lip Balm	1153	Compare to Herpecin-L® Lip Balm, 0.1 oz per stick; <i>A registered trademark of Chattem, Inc.</i>	\$8.00

Category	Product	Item #	Brand/Description	Cost
Dental & Denture Care	Toothbrush, Colgate, Adult Soft	1413	Compare to Colgate® Toothbrush 1 ct; <i>A registered trademark of Procter & Gamble</i>	\$5.00
	Denture Cleaning Tablets	1032	Compare to Efferdent® Anti-Bacterial Denture Cleanser, 40 ct per box; <i>A registered trademark of Medtech Products</i>	\$7.00
	Fixodent	1187	Compare to Fixodent, 0.75 oz per tube; <i>A registered trademark of Procter & Gamble</i>	\$7.00
	Interdental Flossups	1751	Compare to Oral-B®, Complete Floss Picks, 90 ct; <i>A registered trademark of Procter & Gamble.</i>	\$8.00
	Oral Pain Relief	1286	Compare to Anbesol®, .5 oz; <i>A registered trademark of American Home Products Corporation</i>	\$6.00
	Pepsodent Toothpaste	1414	Compare to Pepsodent® Toothpaste, 6 oz per tube; <i>A registered trademark of Church & Dwight Co., Inc.</i>	\$6.00
	Toothbrush, Tek Pro, Straight Soft	1412	Compare to Tek-Pro Toothbrush 1 ct; <i>A registered trademark of Dr. Fresh</i>	\$4.00
Ear Care	Cotton Tipped Swabs	1742	Compare to Q-Tips® Cotton Swabs, 300 ct; <i>A registered trademark of Unilever</i>	\$7.00
	Ear Drops	1190	Compare to Murine® Ear Drops, 15 ml per bottle; <i>A registered trademark of Prestige Brands International, Inc.</i>	\$5.00
	Ear Wax Removal System with Rubber Bulb	1363	Compare to Murine® Ear Wax Removal System, 15 ml per bottle with syringe; <i>A registered trademark of Prestige Brands International, Inc.</i>	\$6.00
Eye Care	Artificial Tears	1192	Compare to Refresh®, .5 oz per bottle; <i>A registered trademark of Allergan Inc.</i>	\$6.00
	Artificial Tears Ointment	1194	Compare to Refresh PM, 3.5 gm per tube; <i>A registered trademark of Allergan Inc.</i>	\$6.00
	Eye Drops (Redness Relief)	1061	Compare to Visine Original, 15 ml per bottle; <i>A registered trademark of McNeill-PPC, Inc.</i>	\$5.00
	Multi-Purpose Contact Lens Solution	1468	Compare to Renu® Multi-Purpose Solution, 4 oz per bottle; <i>A registered trademark of Bausch & Lomb</i>	\$6.00



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OTC MEDICATIONS AND PRODUCTS

Category	Product	Item #	Brand/Description	Cost
First Aid & Medical Supplies	Adhesive Bandages*	1344	Compare to Band-Aid® Sheer, 60 ct per box; <i>A registered trademark of Johnson & Johnson Consumer Products</i>	\$7.00
	Alcohol Pads*	1200	Compare to Curad® Alcohol Swabs, 100 ct per box; <i>A registered trademark of Medline Inc.</i>	\$6.00
	Ankle Support	1225	Compare to Ace Elastic Ankle Support, 1 ct per pack; <i>A registered trademark of 3M Consumer Healthcare</i>	\$8.00
	Bacitracin Ointment	1020	Compare to Bacitracin, 1 oz per tube	\$6.00
	Elastic Bandage - 2" x 5 yd*	1207	Compare to Ace® Elastic Bandage, 1 ct per pack; <i>A registered trademark of 3M Consumer Healthcare</i>	\$4.00
	Elastic Bandage - 3" x 5 yd*	1209	Compare to Ace® Elastic Bandage, 1 ct per pack; <i>A registered trademark of 3M Consumer Healthcare</i>	\$4.00
	Elastic Bandage - 4" x 5 yd*	1211	Compare to Ace® Elastic Bandage, 1 ct per pack; <i>A registered trademark of 3M Consumer Healthcare</i>	\$5.00
	Elastic Bandage - 6" x 5 yd*	1213	Compare to Ace® Elastic Bandage, 1 ct per pack; <i>A registered trademark of 3M Consumer Healthcare</i>	\$5.00
	First Aid Kit, 48 Pieces	1215	Compare to Curad, 1 ct; <i>A registered trademark of Medline Industries</i>	\$10.00
	Hot / Cold Pack, 1 small & 1 large	1062	Compare to Nexcare®, 1 ct per pack; <i>A registered trademark of 3M Consumer Healthcare</i>	\$7.00
	Hydrogen Peroxide	1228	Compare to Hydrogen Peroxide, 8 oz / 236 ml	\$5.00
	Thermometer, Digital	1063	Compare to BD® Digital Thermometer, 1 ct per pack; <i>A registered trademark of Becton Dickinson and Company</i>	\$5.00
Triple Antibiotic Ointment	1014	Compare to Neosporin®, 1 oz per tube; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$7.00	
Hemorrhoidal Preparations	Hemorrhoidal Ointment	1066	Compare to Preparation H® Hemorrhoidal Ointment, 2 oz per tube; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$6.00
	Pre-Moist Hemorrhoidal Pads	1364	Compare to Tucks®, 100 ct per box; <i>A registered trademark of Johnson & Johnson Consumer</i>	\$8.00

Category	Product	Item #	Brand/Description	Cost
Motion Sickness	Driminate	1263	Compare to Dramamine®, 50 mg tablets, 12 ct per pack; <i>A registered trademark of Medtech Products</i>	\$5.00
	Dramamine Chewables, Orange	1264	Compare to Dramamine®, 8 ct per pack; <i>A registered trademark of Medtech Products</i>	\$7.00
	Meclizine	1366	Compare to Bonine®, 12.5 mg; 100 ct per bottle; <i>A registered trademark of Emerson Healthcare</i>	\$8.00
Pain Relievers & Fever Reducers	Acetaminophen	1001	Compare to Tylenol®, 325 mg tablets, 100 ct per bottle; <i>A registered trademark of McNeil-PPC, Inc.</i>	\$6.00
	Acetaminophen	1105	Compare to Tylenol Extra Strength; 50 ct; <i>A registered trademark of McNeill-PPC, Inc.</i>	\$8.00
	Aspirin	1095	Compare to Bayer® Genuine Aspirin, 325 mg tablets, 100 ct per bottle; <i>A registered trademark of Bayer HealthCare LLC</i>	\$5.00
	Aspirin, Low Dose	1002	Compare to Ecotrin®, 81 mg tablets, 120 ct per bottle; <i>A registered trademark of Medtech Products</i>	\$6.00
	Aspirin, Enteric Coated	1096	Compare to Ecotrin® Regular Strength, 325 mg tablets, 100 ct per bottle; <i>A registered trademark of Medtech Products</i>	\$5.00
	Capsaicin	1367	Compare to Capzasin®, 2 oz per tube; <i>A registered trademark of Chattam Laboratories</i>	\$10.00
	Children's Acetaminophen Chewables	1423	Compare to Children's Tylenol®, 30 ct per bottle; <i>A registered trademark of McNeil-PPC, Inc.</i>	\$5.00
	Children's Ibuprofen	1421	Compare to Children's Motrin®, 4 oz bottle; <i>A registered trademark of McNeil-PPC, Inc.</i>	\$8.00
	Ibuprofen	1004	Compare to Advil®, 200 mg tablets, 100 ct per bottle; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$7.00
	Migraine Relief	1365	Compare to Excedrin® Migraine, 250 mg; Acetaminophen, 250 mg; Aspirin®, 65 mg; Caffeine tablets, 100 ct per bottle; <i>A registered trademark of Novartis Consumer Health</i>	\$6.00
	Naproxen	1041	Compare to Aleve®, 50 ct per bottle; <i>A registered trademark of Bayer Healthcare LLC</i>	\$10.00
Pain Relieving Muscle Rub	1475	Compare to Bengay, 2 oz bottle; <i>A registered trademark of Johnson & Johnson Consumer Companies, Inc.</i>	\$6.00	

OTC MEDICATIONS AND PRODUCTS

Category	Product	Item #	Brand/Description	Cost
Pediculicide	Lice Treatment Shampoo	1271	Compare to Rid [®] , 4 oz per bottle; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$9.00
Personal Care	Aloe Vera Cream	1070	Compare to Fruit of the Earth [®] , 8 oz per tube; <i>A registered trademark of Fruit of the Earth, Inc.</i>	\$6.00
	Acne Gel 10% Benzoyl Peroxide	1076	Compare to Clean and Clear [®] , 1.5 oz tube; <i>A registered trademark of Johnson & Johnson Consumer Companies, Inc.</i>	\$6.00
	Ammonium Lactate*	1368	Compare to AmLactin [®] , 8 oz; <i>A registered trademark of Upsher-Smith Laboratories, Inc.</i>	\$9.00
	Hand Sanitizer	1065	Compare to Purell [®] , 8 oz per bottle; <i>A registered trademark of GOJO Ind.</i>	\$6.00
	Sunscreen Lotion SPF 30	1284	Compare to Coppertone [®] , 3.5 oz per bottle; <i>A registered trademark of Bayer AG</i>	\$6.00
Sleep Aids	Nasal Strips, Small / Medium	1724	Compare to Breathe Right [®] , 30 ct per box; <i>A registered trademark of Glaxo Smith Kline</i>	\$10.00
	Nasal Strips, Medium / Large	1725	Compare to Breathe Right [®] , 30 ct per box; <i>A registered trademark of Glaxo Smith Kline</i>	\$10.00
	Sleep Tablets	1276	Compare to Unisom [®] Nighttime Sleep-Aid, 50 ct per box; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$6.00



1-866-575-3744 (TTY 7-1-1)

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Vitamins & Minerals	Calcium Carbonate Tablets †	1291	Compare to Caltrate® 600, 600 mg tablets, 60 ct per bottle; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$5.00
	Calcium + Vitamin D †	1373	Compare to Caltrate®, 600 + D Calcium Supplement, 600 mg tablets, 60 ct per bottle; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$7.00
	Children's Multi-Vitamin Chewables †	1422	Compare to Flinstones, 100 ct per bottle; <i>A registered trademark of Bayer Health Care</i>	\$7.00
	Daily Multiple Vitamin Tablets with Minerals †	1385	Compare to Centrum®, 100 ct per bottle; <i>A registered trademark of Pfizer Consumer Healthcare</i>	\$7.00
	Ferrous Gluconate (Iron Supplement) †	1375	Compare to Fergon®, 240 mg tablets, 100 ct per bottle; <i>A registered trademark of Morberg Pharma</i>	\$6.00
	Ferrous Sulfate †	1376	Compare to Feosol®, 325 mg tablets, 100 ct per bottle; <i>A registered trademark of Meda Consumer Healthcare Inc.</i>	\$5.00
	Fiber Tablets †	1155	Compare to Fibercon®, 500 mg tablets, 60 ct per bottle; <i>A registered trademark of Pfizer-Wyeth Consumer Healthcare</i>	\$10.00
	Glucosamine Joint / Muscle †	1114	Compare to 21st Century; 60 ct per bottle; <i>A registered trademark of 21st Century Healthcare, Inc.</i>	\$10.00
	Magnesium Oxide †	1377	Compare to Nature Made®, 250 mg tablets, 100 ct per bottle; <i>A registered trademark of Pharmative, LLC</i>	\$6.00
	Niacin †	1378	Compare to Niacin, 100 mg tablets, 100 ct per bottle	\$5.00
	Vitamin A †	1379	Compare to Vitamin A, 100 ct per bottle	\$6.00
	Vitamin B-Complex †	1382	Compare to Vitamin B Complex, 100 ct per bottle	\$6.00
	Vitamin B-1 †	1016	Compare to Vitamin B-1, 100 mg, 100 ct per bottle	\$6.00
	Vitamin B-6 †	1380	Compare to Vitamin B-6, 50 mg, 100 ct per bottle	\$6.00
	Vitamin B-12 †	1381	Compare to Vitamin B-12, 100 ct per bottle	\$10.00
	Vitamin C †	1017	Compare to Vitamin C, 500 mg, 100 ct per bottle	\$6.00
	Vitamin D †	1383	Compare to Vitamin D 400 iu 100, 100 ct per bottle	\$5.00
Vitamin E, Soft Gels †	1384	Compare to Vitamin E 400 iu, 100 ct per bottle	\$8.00	
Wart Remover	Wart Remover (Liquid)	1075	Compare to Compound W® Wart Remover, 9 ml; <i>A registered trademark of Medtech Products, Inc.</i>	\$7.00

Starplus.myCignaHealthSpring.com

