

2024

# Over-the-Counter (OTC) and Grocery Product Catalog

Grocery products available to members with certain chronic conditions.  
Contact the Plan to find out if you qualify.



Get OTC and Grocery products delivered to your doorstep at no additional cost!  
[NHCAdvantage.NationsBenefits.com](https://NHCAdvantage.NationsBenefits.com)

**NHC** *Advantage*

**nations** benefits

# Personalize Your Shopping with NationsBenefits®

Hello, Valued Member:

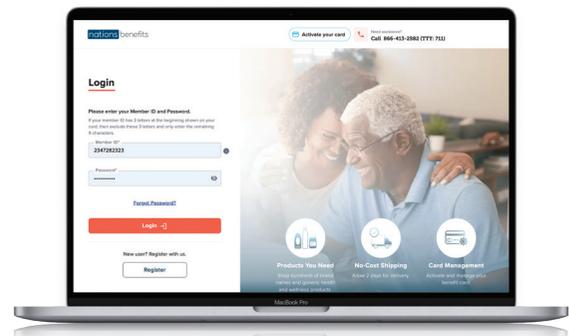
We would like to take this opportunity to welcome you and thank you for choosing **NHC Advantage** to participate in your health care. You have an OTC and Grocery benefit through **NationsBenefits** that gives you access to hundreds of OTC and Grocery products across a variety of categories.

Using your benefit allowance is easy and we encourage you to keep this catalog where it is easily accessible. This booklet includes an order form and postage-paid envelope for your convenience.

You also have access to the personalized Benefits Pro Portal, making ordering even easier. Get started by visiting **NHCAdvantage.NationsBenefits.com** and log into your account. If this is your first time visiting the portal, please register by following the instructions on the webpage.

Once logged in, you can easily:

- **Search** by category, price, and more
- **View** product descriptions, images, and related condition information
- **Check** your available benefit allowance
- **Order** health and wellness products
- **Track** your order status in real-time



If you need help with the Benefits Pro Portal or placing an order, please call **888-963-5778 (TTY: 711)**. Member Experience Advisors are available 8 a.m. - 8 p.m. local time. Language support services are available if needed, free of charge.

Sincerely,

**Your NationsBenefits Team**

# Helpful Benefit Information



You can save time and money by using your OTC and Grocery benefit allowance to order the items you need to personalize your care. We encourage you to spend your full allowance before the end of your benefit period.

**Additional information about your OTC and Grocery benefit is outlined below:**



**Benefit Usage:**

This benefit is only for you and cannot be used for your family or friends.

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**Availability:**

Items, amounts, sizes, and values are subject to change depending on availability.

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**Substitution:**

If an item is out of stock, a similar product of equal or higher value will be shipped.

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**Delivery:**

Please allow two business days for delivery.

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**Returns:**

Due to the personal nature of these products, you do not have to ship products you wish to return back to NationsBenefits.

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**Disenrollment:**

If you disenroll from your health plan, your OTC and Grocery benefit will automatically end.

# Ordering OTC and Grocery Products Has Never Been Easier

Choose the best ordering option for you.



## Benefits Pro Portal



To place an order through the Benefits Pro Portal, scan the QR code using your smartphone camera or visit: **NHCAdvantage.NationsBenefits.com**



## Benefits Pro App



To place an order through the Benefits Pro app, scan the QR code using your smartphone or search “**Benefits Pro**” in the App Store or Google Play.



## Mail

To place an order by mail, send your completed order form using the postage-paid envelope to:

**NationsBenefits**  
**1700 N. University Drive**  
**Plantation, FL 33322**

**Important:** Due to the added time to receive your request by mail, we encourage you to allow extra time when placing your order. If your order is not received by the 20th of the month, it may be processed for the following benefit period. If you want your order applied to the current benefit period, we recommend placing your order online or by phone.



## Call

To place an order by phone, please call **888-963-5778 (TTY: 711)**. Member Experience Advisors are available 8 a.m. - 8 p.m. local time.

# Product Categories



To see a complete list of your covered 2024 OTC and Grocery products, please visit the **Benefits Pro portal** at [NHCAdvantage.NationsBenefits.com](https://NHCAdvantage.NationsBenefits.com)

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## Top Selling Products



Biotene® Dry Mouth Oral Rinse, 16 oz.  
Count: 1

Item #: 5700 \$14.00



Dental Floss, Reach® Mint Waxed  
Count: 1

Item #: 5130 \$4.00



Denture Adhesive Cream, 2.4 oz.  
Count: 1

Item #: 5260 \$5.00



Denture Cleaning Tablets  
Count: 40

Item #: 5546 \$5.50



Interdental Flossers  
Count: 90

Item #: 5200 \$4.50



Dental Floss, Mint Waxed  
Count: 1

Item #: 5330 \$3.50



Dental Travel Kit  
Count: 1

Item #: 5168 \$7.00



Denture Brush  
Count: 1

Item #: 5626 \$3.00



Fixodent® Cream, 2.4 oz.  
Count: 1

Item #: 5379 \$7.00



Mouthwash, Listerine® Mint, 8.5 oz.  
Count: 1

Item #: 4110 \$6.50

## Top Selling Products



Polident® Overnight  
Count: 84

Item #: 5809 \$13.00



Toothbrush, Colgate®  
Adult Medium  
Count: 1

Item #: 5101 \$3.50



Toothbrush, Soft 2-pack  
Count: 1

Item #: 5702 \$6.00



Toothpaste, Colgate®, 4 oz.  
Count: 1

Item #: 5047 \$6.00



Toothpaste, Fluoride, 6.4 oz.  
Count: 1

Item #: 5102 \$5.50



Toothbrush, Adult  
Count: 1

Item #: 5510 \$2.00



Toothbrush, Colgate®  
Adult Soft  
Count: 1

Item #: 5505 \$3.50



Toothpaste Squeezer  
Count: 1

Item #: 5241 \$3.50



Toothpaste, Crest®  
Sensi-Relief, 4.1 oz.  
Count: 1

Item #: 5811 \$9.75



Toothpaste, Pepsodent®, 5.5 oz.  
Count: 1

Item #: 5859 \$4.75

## Top Selling Products



Toothpaste, Sensitive Teeth,  
4.3 oz.  
Count: 1

Item #: 5421      \$5.00



Toothpaste, Sensodyne®  
Extra Whitening Sensitive  
Teeth, 4 oz.  
Count: 1

Item #: 4065      \$11.50



Feminine Hygiene Wipes  
Count: 40

Item #: 5114      \$5.50



Petroleum Jelly, 4 oz.  
Count: 1

Item #: 5437      \$4.00



Long Handle Bath Sponge  
Count: 1

Item #: 5500      \$12.00



Night Light  
Count: 1

Item #: 5639      \$6.00



Adult Washcloths Disposable\*  
Count: 48

Item #: 5447      \$7.00



Attends® Discreet Women's  
Moderate Bladder  
Control Pad\*  
Count: 20

Item #: 5879      \$9.00



Attends® Discreet Women's  
Maximum Bladder

Control Pad\*  
Count: 20

Item #: 5880      \$11.00



Attends® Discreet Women's  
Panty Liner\*  
Count: 28

Item #: 5881      \$8.00

## Top Selling Products



Bathing Wipes  
Count: 8

Item #: 5825      \$9.00



Disposable Underwear  
Pull-Up, Medium, 34" to 44"\*  
Count: 20

Item #: 5883      \$17.00



Disposable Underwear  
Pull-Up, Large, 44" to 58"\*  
Count: 18

Item #: 5882      \$17.00



Disposable Underwear  
Pull-Up, X-Large, 58" to 68"\*  
Count: 14

Item #: 5884      \$17.00



Flushable Wipes\*  
Count: 24

Item #: 5529      \$7.50



Underpad, Disposable,  
30" x 30"\*  
Count: 10

Item #: 5722      \$11.00



Anti-Dandruff Shampoo, 11 oz.  
Count: 1

Item #: 5390      \$5.50



Anti-Bacterial Wet Wipes  
Count: 20

Item #: 5169      \$4.50



Hand Sanitizer Gel, 8 oz.  
Count: 1

Item #: 5924      \$5.00



Moisturizing Body Lotion  
with Aloe, 8 oz.  
Count: 1

Item #: 6036      \$7.00

Item #	Description	Count	Price
<b>Bathroom Safety &amp; Fall Prevention</b>			
5591	Handheld Shower Head	1 ct.	\$25.00
5806	Slipper Socks, One Size Fits Most	1 ct.	\$5.50
<b>Dental &amp; Denture Care</b>			
5808	Efferdent® Plus Mint Tablets	44 ct.	\$9.00
5204	Efferdent® Tablets	20 ct.	\$3.00
5504	Fixodent® Cream, 0.75 oz.	1 ct.	\$4.00
4073	Interdental Gum Brushes	10 ct.	\$4.75
5113	Mouthwash, 4 oz.	1 ct.	\$2.50
5701	Polident® Denture Cream, 3.9 oz.	1 ct.	\$8.50
5810	Tongue Cleaner	1 ct.	\$6.00
4129	Toothbrush Protector	1 ct.	\$1.75
6051	Toothbrush, Battery Powered	1 ct.	\$21.00
5160	Toothbrush, Rechargeable	1 ct.	\$42.50
5161	Toothbrush, Rechargeable Replacement Heads	2 ct.	\$18.00
5530	Toothpaste, Travel Size, 0.85 oz.	1 ct.	\$1.25
5294	Toothpaste, Ultrabrite®, 6 oz.	1 ct.	\$5.00
5654	Water Jet, Battery Operated	1 ct.	\$47.50
<b>Diabetes Care</b>			
5225	Diabetic Socks, Black, Medium, 3-pack	1 ct.	\$9.00
5223	Diabetic Socks, Black, Large, 3-pack	1 ct.	\$9.00
5860	Diabetic Socks, Black, X-Large, 3-pack	1 ct.	\$9.00
5224	Diabetic Socks, White, Medium, 3-pack	1 ct.	\$9.00
5222	Diabetic Socks, White, Large, 3-pack	1 ct.	\$9.00
5861	Diabetic Socks, White, X-Large, 3-pack	1 ct.	\$9.00
6052	Diabetic Socks, Ultra Soft Padded, Black, Medium, 2-pack	1 ct.	\$11.00
6053	Diabetic Socks, Ultra Soft Padded, Black, Large, 2-pack	1 ct.	\$11.00
6054	Diabetic Socks, Ultra Soft Padded, Black, X-Large, 2-pack	1 ct.	\$11.00
6055	Diabetic Socks, Ultra Soft Padded, White, Medium, 2-pack	1 ct.	\$11.00
6056	Diabetic Socks, Ultra Soft Padded, White, Large, 2-pack	1 ct.	\$11.00
6057	Diabetic Socks, Ultra Soft Padded, White, X-Large, 2-pack	1 ct.	\$11.00
<b>Eye &amp; Ear Care</b>			
5705	Multi-Purpose Contact Lens Solution, 12 oz.	1 ct.	\$8.00
5516	Reading Glasses, Diopter +1.75	1 ct.	\$5.00
5517	Reading Glasses, Diopter +2.0	1 ct.	\$5.00
5519	Reading Glasses, Diopter +2.5	1 ct.	\$5.00

Item #	Description	Count	Price
<b>Eye &amp; Ear Care</b>			
5520	Reading Glasses, Diopter +2.75	1 ct.	\$5.00
5521	Reading Glasses, Diopter +3.0	1 ct.	\$5.00
5524	Reading Glasses, Diopter +4.0	1 ct.	\$5.00
<b>First Aid &amp; Medical Supplies</b>			
5121	Warm & Cold Water Bottle	1 ct.	\$9.00
<b>Foot Care</b>			
5818	Bunion Guard	1 ct.	\$9.00
5219	Callus Cushions	6 ct.	\$2.75
5543	Foot Powder, 4 oz.	1 ct.	\$5.00
4124	Insoles for Men, Trim To Fit	1 pair	\$5.00
4125	Insoles for Women, Trim To Fit	1 pair	\$5.00
5159	Moleskin Sheets	4 ct.	\$4.00
<b>Home Diagnostic &amp; Patient Aids</b>			
5813	Activity Tracker	1 ct.	\$55.00
5602	Bathroom Scale, Dial <sup>†§</sup>	1 ct.	\$20.00
5119	Bathroom Scale, Digital <sup>†§</sup>	1 ct.	\$47.50
5814	Bathroom Scale, Digital Talking <sup>†§</sup>	1 ct.	\$55.00
5100	Button & Zipper Aid	1 ct.	\$6.00
6019	CPAP Mask Wipes	72 ct.	\$12.00
6021	CPAP Pillow Memory Foam	1 ct.	\$80.00
5709	Cushion, Foam Ring	1 ct.	\$20.00
5710	Cushion, Gel/Foam Seat	1 ct.	\$30.00
5873	Cushion, Lumbar	1 ct.	\$21.00
4053	Deep Tissue Therapy Wand	1 ct.	\$55.00
5201	Heart Rate Monitor Watch <sup>†</sup>	1 ct.	\$40.00
5124	Kitchen Scale, Dial <sup>†</sup>	1 ct.	\$7.00
5821	Kitchen Scale, Digital <sup>†</sup>	1 ct.	\$25.00
4154	Magnifying Glass	1 ct.	\$6.00
6034	Medical ID Bracelet, Diabetic	1 ct.	\$11.00
5096	Pulse Oximeter <sup>†</sup>	1 ct.	\$40.00
5098	Reaching Aid Device	1 ct.	\$16.00
5656	Shoe Horn	1 ct.	\$2.00
5415	Thermometer Probe Cover	30 ct.	\$3.00
5149	Thermometer, 60 Second	1 ct.	\$3.00
6048	Thermometer, Digital Ear	1 ct.	\$30.00

Item #	Description	Count	Price
<b>Home Diagnostic &amp; Patient Aids</b>			
5172	Thermometer, Flex Tip	1 ct.	\$7.50
5627	Thermometer, Talking Ear & Forehead	1 ct.	\$48.50
<b>Home Health Care</b>			
4075	Hypoallergenic Pillow	1 ct.	\$24.50
<b>Incontinence Supplies</b>			
6001	Adult Briefs, Medium (Adhesive Closure), 32" to 44"*	24 ct.	\$18.00
6002	Adult Briefs, Large (Adhesive Closure), 44" to 58"*	24 ct.	\$20.00
6003	Adult Briefs, X-Large (Adhesive Closure), 58" to 63"*	20 ct.	\$20.00
5714	Attends® Discreet Men's Guard*	20 ct.	\$14.00
5715	Attends® Discreet Women's Ultimate Bladder Control Pad*	20 ct.	\$22.00
5716	Attends® Discreet Women's Ultrathin Pad*	20 ct.	\$8.00
5150	Bladder Control Pad, Adult*	14 ct.	\$7.00
4151	Bladder Control Pad, Heavy*	20 ct.	\$20.00
5720	Bladder Control Shaped Pad, Moderate Absorbency*	28 ct.	\$13.00
5718	Bladder Control Shaped Pad, Maximum Absorbency*	28 ct.	\$14.00
5719	Bladder Control Shaped Pad, Ultimate Absorbency*	28 ct.	\$17.00
5444	Lady's Washable Panty, Medium*	1 ct.	\$22.00
5445	Lady's Washable Panty, Large*	1 ct.	\$22.00
5446	Lady's Washable Panty, X-Large*	1 ct.	\$22.00
5885	No-Rinse Body Wash, 8 oz.	1 ct.	\$4.00
6058	Underpad, Disposable, 23" x 24"*	50 ct.	\$16.50
5721	Underpad, Disposable, 23" x 36"*	15 ct.	\$12.00
6059	Underpad, Extra Absorbent Air Permeable, 30" x 36"*	5 ct.	\$14.50
<b>Rehabilitation, Therapy &amp; Exercise</b>			
6068	Exercise Resistance Band, Light	1 ct.	\$3.00
6069	Exercise Resistance Band, Medium	1 ct.	\$3.00
6070	Exercise Resistance Band, Heavy	1 ct.	\$3.00
6071	Exercise Resistance Band, X-Heavy	1 ct.	\$3.00
6072	Exercise Resistance Band, 2X-Heavy	1 ct.	\$3.00
6073	Pedal Exerciser	1 ct.	\$50.00
6074	Rehab & Hip Kit (Reacher, Shoehorn, Sock Aid, Bath Sponge)	1 ct.	\$22.00
<b>Skin Care</b>			
4143	Hand Sanitizer Gel, 2 oz.	1 ct.	\$2.00

Item #	Description	Count	Price
<b>Supports &amp; Braces</b>			
5395	Ankle Support	1 ct.	\$4.00
5147	Anti-Embolism Stockings, X-Large	1 pair	\$6.50
5208	Arthritis Gloves, Medium	1 pair	\$24.00
5209	Arthritis Gloves, Large	1 pair	\$24.00
6007	Arthritis Knee Sleeve, Medium	1 ct.	\$24.00
6008	Arthritis Knee Sleeve, Large	1 ct.	\$24.00
6009	Arthritis Knee Sleeve, X-Large	1 ct.	\$24.00
5893	Back Support Elastic, 24" to 46"	1 ct.	\$14.00
5894	Back Support Elastic with Lumbar	1 ct.	\$27.50
5604	Back Support, Universal	1 ct.	\$25.00
5896	Compression Knee-High Socks, 15-20 mmHg, Men's Black, Large (Shoe Size 7.5-11) <sup>†</sup>	1 pair	\$15.00
5898	Compression Knee-High Socks, 15-20 mmHg, Men's White, Large (Shoe Size 7.5-11) <sup>†</sup>	1 pair	\$15.00
5900	Compression Knee-High Socks, 8-15 mmHg, Women's Beige, Large (Shoe Size 8-10.5) <sup>†</sup>	1 pair	\$15.00
5901	Compression Knee-High Socks, 8-15 mmHg, Women's Black, Medium (Shoe Size 5.5-7.5) <sup>†</sup>	1 pair	\$15.00
5902	Compression Knee-High Socks, 8-15 mmHg, Women's Black, Large (Shoe Size 8-10.5) <sup>†</sup>	1 pair	\$15.00
5526	Hot Cold Reusable Pack, 5" x 10"	1 ct.	\$4.00
5734	Knee Stabilizer	1 ct.	\$21.00
5735	Knee Support, Elastic, Small	1 ct.	\$7.00
5910	Knee Support, Elastic, Medium	1 ct.	\$7.00
5912	Knee Support, Elastic, Large	1 ct.	\$7.00
6047	Tennis Elbow Support	1 ct.	\$9.00
5389	Wrist Support	1 ct.	\$6.00

Item #	Description	Count	Price
<b>Food</b>			
7001	Almond Butter Smooth, 10 oz.	1 ct.	\$13.00
7143	Almond Milk, 32 oz.	1 ct.	\$7.00
7002	Almonds, 5 oz.	1 ct.	\$7.00
7207	Apricots, 15 oz.	1 ct.	\$4.00
7122	Avocado Oil, 16 oz.	1 ct.	\$14.00
7152	Baked Beans, 16 oz.	1 ct.	\$3.50
7195	Baking Soda, 16 oz.	1 ct.	\$3.00
7006	Beef Stew, 15 oz.	1 ct.	\$4.50
7007	Beefaroni, 7 oz.	1 ct.	\$3.00
7008	Beets, Sliced, 14.5 oz.	1 ct.	\$3.00
7111	Black Beans, 15 oz.	1 ct.	\$2.50
7010	Canola Oil, 16 oz.	1 ct.	\$7.50
7127	Carrots, 14.5 oz.	1 ct.	\$3.50
7011	Cheerios™, 8.9 oz.	1 ct.	\$7.00
7012	Chewy Granola Bars, 8.4 oz.	8 ct.	\$5.75
7202	Chicken Breast Chunk, 10 oz.	1 ct.	\$5.50
7225	Chicken Noodle Soup, 10 oz.	1 ct.	\$4.50
7188	Chili, 15 oz.	1 ct.	\$4.50
7018	Chunk Light Tuna in Water, 5 oz.	1 ct.	\$3.00
7020	Chunky Vegetable Soup, 18 oz.	1 ct.	\$4.00
7021	Clam Chowder, 18 oz.	1 ct.	\$4.50
7144	Coconut Water, 16 oz.	1 ct.	\$3.25
7098	Coffee Creamer, 16 oz.	1 ct.	\$5.50
7022	Coffee, 11 oz.	1 ct.	\$9.50
7128	Coffee, Instant, 8 oz.	1 ct.	\$10.50
7205	Condensed Milk, 14 oz.	1 ct.	\$4.50
7046	Cooking Spray, 5 oz.	1 ct.	\$7.00
7130	Corn Flakes, 18 oz.	1 ct.	\$7.00
7150	Corn, 14 oz.	1 ct.	\$3.50
7131	Corn Oil, 16 oz.	1 ct.	\$5.50
7160	Corned Beef, 12 oz.	1 ct.	\$7.00
7192	Cream of Chicken Soup, 10 oz.	1 ct.	\$3.25
7191	Cream of Mushroom Soup, 10 oz.	1 ct.	\$3.25

Item #	Description	Count	Price
<b>Food</b>			
7190	Cream of Wheat, 12 oz.	1 ct.	\$5.00
7147	Ensure® Chocolate Shake, 8 oz.	6 ct.	\$20.00
7146	Ensure® Vanilla Shake, 8 oz.	6 ct.	\$20.00
7211	Extra Virgin Olive Oil, 8 oz.	1 ct.	\$7.50
7208	Fruit & Nut Mix, 6 oz.	1 ct.	\$6.00
7024	Fruit Cocktail, 14.5 oz.	1 ct.	\$3.50
7168	Garlic Powder, 3 oz.	1 ct.	\$3.50
7153	Glucerna® Chocolate Shake, 8 oz.	6 ct.	\$20.00
7148	Glucerna® Vanilla Shake, 8 oz.	6 ct.	\$20.00
7151	Green Beans, 14 oz.	1 ct.	\$3.50
7220	Ham, Cooked, 16 oz.	1 ct.	\$8.00
7185	Honey, 12 oz.	1 ct.	\$7.00
7032	Instant Mashed Potatoes, 13.75 oz.	1 ct.	\$4.50
7033	Jelly, Grape, 20 oz.	1 ct.	\$4.50
7034	Jelly, Strawberry, 20 oz.	1 ct.	\$4.50
7154	Ketchup, 20 oz.	1 ct.	\$4.50
7186	Mayonnaise, 12 oz.	1 ct.	\$5.00
7183	Microwave Popcorn	3 ct.	\$4.00
7121	Milk, Shelf Stable 2%, 32 oz.	1 ct.	\$5.00
7041	Mixed Nuts, 5 oz.	1 ct.	\$6.00
7230	Muffin Mix, Blueberry, 7 oz.	1 ct.	\$2.50
7193	Muffin Mix, Corn, 8 oz.	1 ct.	\$3.00
7201	Mushrooms, 4.5 oz.	1 ct.	\$3.50
7134	Nature Valley™ Granola Bars	12 ct.	\$6.50
7228	Nutella®, 7 oz.	1 ct.	\$4.50
7135	Oatmeal, Instant Packets	10 ct.	\$7.00
7044	Oats, Old Fashioned, 42 oz.	1 ct.	\$9.00
7053	Pasta, Spaghetti, 16 oz.	1 ct.	\$3.50
7054	Pasta, Spaghetti, Gluten Free, 12 oz.	1 ct.	\$4.50
7056	Peaches, Sliced, 8.5 oz.	1 ct.	\$3.25
7057	Peanut Butter, Creamy, 16 oz.	1 ct.	\$5.50
7058	Peanut Butter, Crunchy, 16 oz.	1 ct.	\$5.50
7059	Pear Halves, 15 oz.	1 ct.	\$3.50
7137	Peas, 8.5 oz.	1 ct.	\$2.50
7061	Pineapple, Sliced, 8 oz.	1 ct.	\$3.75

Item #	Description	Count	Price
<b>Food</b>			
7062	Pinto Beans, 16 oz.	1 ct.	\$2.50
7063	Potatoes, Diced, 15 oz.	1 ct.	\$3.50
7066	Raisin Bran®, 16 oz.	1 ct.	\$6.50
7158	Ramen Noodle Soup, 3 oz.	1 ct.	\$1.50
7068	Red Kidney Beans, 15 oz.	1 ct.	\$3.50
7138	Rice Krispies, 12 oz.	1 ct.	\$6.00
7009	Rice, Brown, 28 oz.	1 ct.	\$5.50
7072	Rice, White, 28 oz.	1 ct.	\$5.50
7074	Salad Dressing, Italian, 16 oz.	1 ct.	\$4.50
7076	Salad Dressing, Ranch, 16 oz.	1 ct.	\$4.50
7077	Salmon, Canned, 14.75 oz.	1 ct.	\$10.00
7141	Sandwich Crackers, Cheddar	8 pack	\$6.00
7078	Sardines, 4.4 oz.	1 ct.	\$4.00
7107	Spaghetti Sauce, 24 oz.	1 ct.	\$5.00
7224	Spam®, 12 oz.	1 ct.	\$6.50
7080	Special K® Cereal, 18 oz.	1 ct.	\$7.00
7081	Splenda®, 1.75 oz.	1 ct.	\$6.50
7109	Steak & Vegetable Soup, 18.8 oz.	1 ct.	\$4.50
7016	Stuffing Mix, 6 oz.	1 ct.	\$4.50
7087	Tea Bags	100 ct.	\$6.00
7089	Tomato Paste, 12 oz.	1 ct.	\$3.00
7090	Tomatoes, Crushed, 15 oz.	1 ct.	\$4.00
7091	Tomatoes, Diced, 14.5 oz.	1 ct.	\$3.00
7140	Trail Mix, 16 oz.	1 ct.	\$8.00
7101	Vienna Sausage, 4.6 oz.	1 ct.	\$2.25
7095	Yams, 29 oz.	1 ct.	\$5.00
7096	Yellow Mustard, 8 oz.	1 ct.	\$3.00

\*Under certain circumstances, these items may be covered under either Part B or Part D. When an item is covered by Part B or Part D due to particular circumstances, you would not use your Part C Supplemental OTC benefit to obtain this item because it is Medicare-covered in those circumstances.

†Dual-purpose items are medicines and products that can be used for either a medical condition or for general health and well-being. These items may be purchased only after discussing the purchase with your personal provider (or satisfying other requirements your plan may specify).

§Scales are available to members with congestive heart failure or liver disease, to monitor fluid retention.

This product list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the OTC items are trademarks of each company. Item costs may change from year to year. Please review the product labeling and consult with your doctor with any health or medical questions. To see the most up-to-date version of the catalog, visit your Benefits Pro Portal. NationsBenefits reserves the right to limit the quantities of OTC items dispensed.

This grocery list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the items are trademarks of each company. Item costs may change from year to year. Consult with your primary care provider (PCP) about which grocery items you should use to better manage your health and/or chronic illness. Grocery products available to members with certain chronic conditions. Contact the Plan to find out if you qualify.

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**FASTEST Delivery Method**

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**To Order by Mail – Fill Out Your Personal Information**

For orders by mail, fill out the information below and use the back of this form to order products. *Mail orders will be processed in 5-7 days.*

**Only this form will be used for orders.** Alternate or non-standard forms are not acceptable and will result in an order not being placed. To ensure your order is processed correctly please write **LEGIBLY** and use **BLACK INK ONLY**.

Member ID		Date of Birth	
First Name		Last Name	
Street #	Street Name	Apt./Suite #	
City		State	Zip Code
Phone		Email	

Send the completed order form using the postage-paid envelope to:

**NationsBenefits**  
**1700 N. University Drive**  
**Plantation, FL 33322**

I understand that the phone numbers and/or emails I provided on this form may be used by NationsBenefits or any of its contracted parties to contact me about my account, my health benefit plan or related programs, or services provided to me.

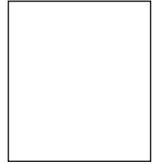
**IMPORTANT:** Due to the added time to receive your request by mail, we encourage you to allow extra time when mailing your order. Your order will be processed in the benefit period that it is received. If you want your order applied to the current benefit period, we recommend placing your order online or by phone.











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