

2025
Over the Counter OTC
Product Catalog



Get OTC products delivered to your doorstep at no additional cost!
www.thehelperbees.com/nhc



The Helper Bees is a separate, independent company contracted with NHC Advantage to provide over-the-counter, mail-order benefits and services. All other trademarks referenced are the property of their respective companies.

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Please keep this valuable booklet nearby.

You'll need it to look up the OTC items you want to order. It also contains instructions on how to order online, by phone, or use your OTC benefits in store.

For a full list of products, visit the website www.thehelperbees.com/NHC.

Please consult your physician prior to placing an order for items.

To request a replacement OTC catalog, please call

The Helper Bees customer service at
1-833-284-2433 TTY:711
8AM - 8PM, Monday - Friday, local time.

How to access your benefit

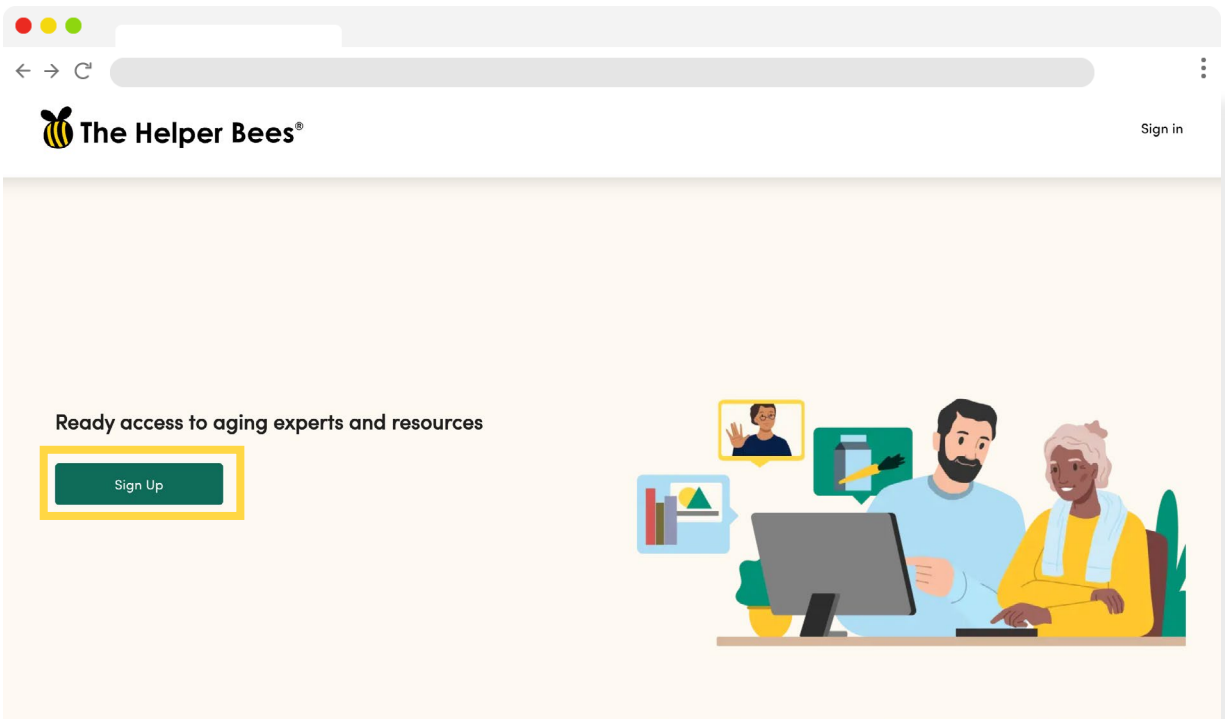
Scan here to
visit the website



How to access your benefit

Web

Navigate to the portal



1

Desktop

Use your computer's web browser to navigate to www.thehelperbees.com/NHC.

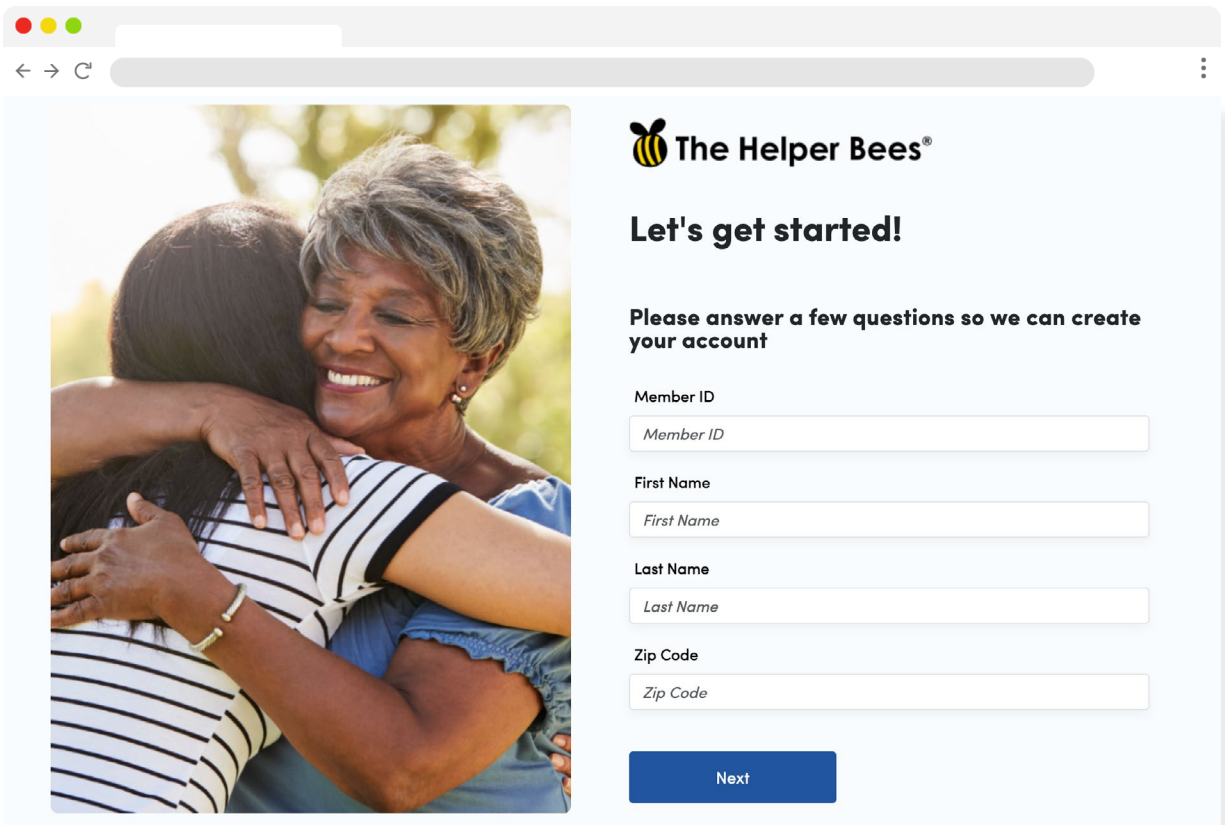
2

Scan QR Code

You can also scan this QR code to access the site.



Register for your account



The Helper Bees®

Let's get started!

Please answer a few questions so we can create your account

Member ID

First Name

Last Name

Zip Code

[Next](#)

1

On the registration page, provide your:

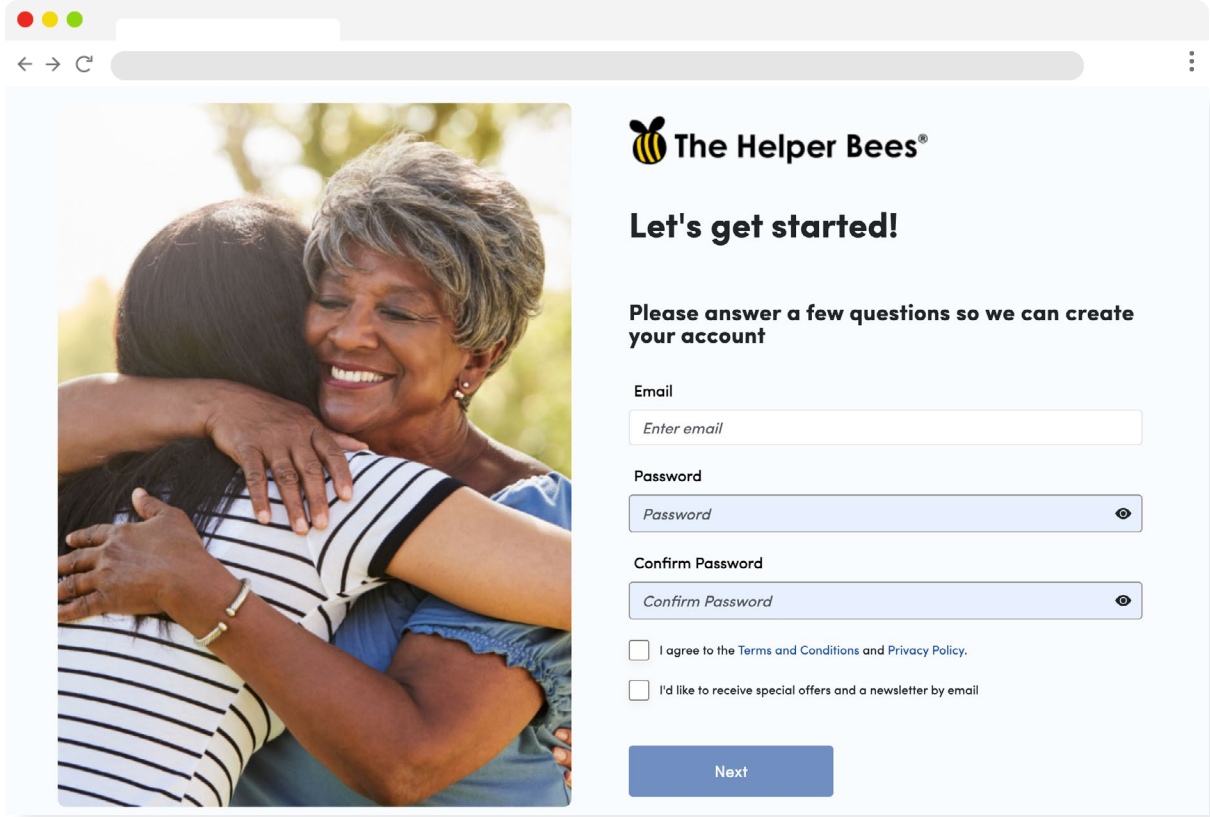
- Member ID
- First name
- Last name
- Zip code

2

Provide your email

Enter your email.

Register for your account



The Helper Bees®

Let's get started!

Please answer a few questions so we can create your account

Email

Password

Confirm Password

I agree to the [Terms and Conditions](#) and [Privacy Policy](#).

I'd like to receive special offers and a newsletter by email

Next

3

Create your password

Password requirements:

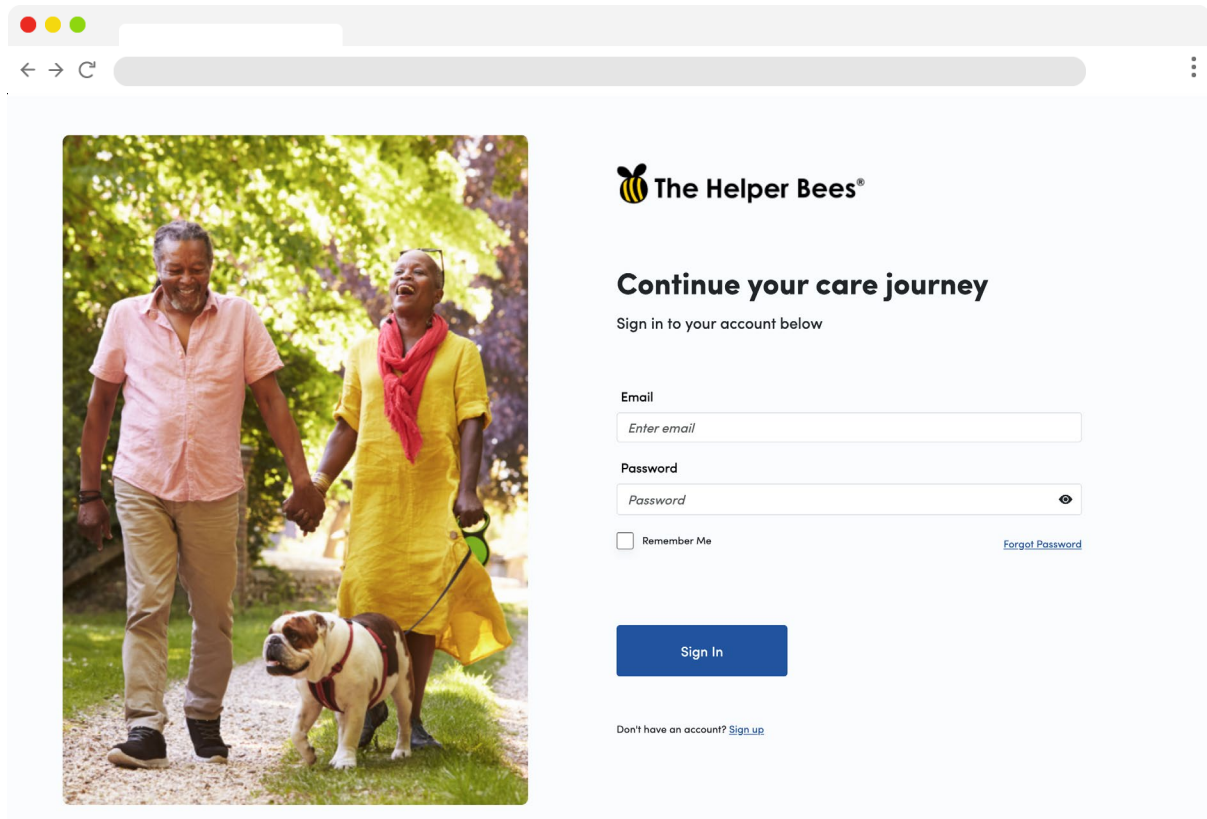
- At least 8 characters
- One uppercase letter
- One lowercase letter
- One number
- One special character

4

Check your email

Click the 'Next' button and check your email for a confirmation email. If you don't see it there, check your spam folder.

Log in



1

Return to the login page at www.thehelperbees.com/NHC.

2

Log in to the member portal using your email address and password.

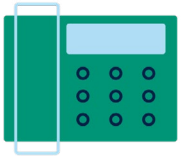
3

Update your contact information and preferences.

How to access your benefit

Calling

The Helper Bees
Customer Service Team



HOTLINE

1-833-284-2433 TTY:711



HOURS OF OPERATION

8AM - 8PM local time,
Monday - Friday

Frequently asked questions

Scan here to visit the website



Who are The Helper Bees?

Since 2015, The Helper Bees has been delivering in-home care and support services to individuals across the United States. Now, we are excited to partner with NHC Advantage to offer you seamless access to your benefits. Explore the rest of this catalog and visit our website to learn more!

Where can I access my benefits?

You will receive your benefit allowance automatically, according to your health plan details. This allowance can be used towards the purchase of OTC items per your health plan's Explanation of Benefits.

You can access your benefits through The Helper Bees website, in select retail stores, and by contacting The Helper Bees call center at

1-833-284-2433 TTY:711

8AM - 8PM local time, Monday-Friday.

How can I check my balance?

Contact The Helper Bees at **1-833-284-2433 TTY:711**

8AM - 8PM local time, Monday-Friday,

or log in to www.thehelperbees.com/NHC.

Do I lose benefits if I don't use them? What happens to unspent funds?

Unused funds may or may not roll over, depending on your specific plan. Some plans reset monthly, while others may roll over funds on a quarterly basis. Be sure to check your plan details to understand how your benefits work and when they expire.

Is there a limit on the number of items I can order?

There is no limit on the number of items you may order as long as you have an available balance. However, there are some items that have special limits.

How long will it take to receive my order?

Most orders will arrive in less than 5 business days. It may take longer during peak volume periods as well as for orders that have hazardous items.

If you have not received your order within 14 days, please call The Helper Bees at **1-833-284-2433 TTY:711** 8AM - 8PM local time, Monday-Friday, for assistance.

Can I cancel my order once it has been placed?

Orders cannot be canceled.

Where can I get additional information about the products?

For more detailed information about our products, please visit our website at www.thehelperbees.com/NHC.

How will OTC items be shipped and are there shipping fees?

OTC items are shipped to your home and there are no additional charges.

What should I do if my item arrives damaged or doesn't arrive at all?

If your item is damaged or has not arrived, please contact

The Helper Bees' customer service team at **1-833-284-2433 TTY:711**

8AM - 8PM local time, Monday-Friday, for assistance right away.

Can I return items and receive cash as reimbursement?

No, you receive an allowance from your health plan to spend on eligible

OTC items. There are no cash reimbursements allowed

through the program.

Additional notes

If you have not received your order within 14 days, please contact

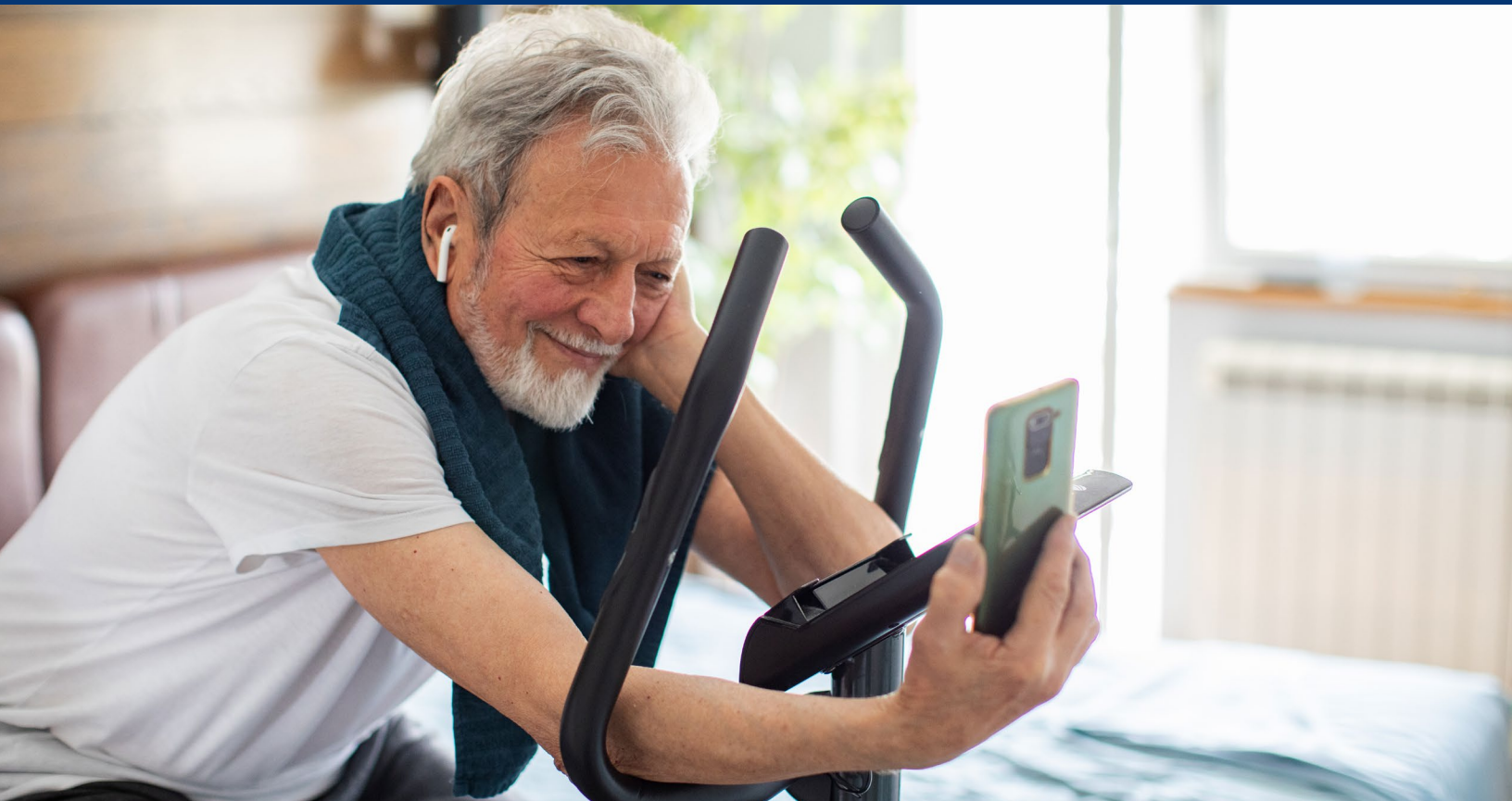
The Helper Bees at **1-833-284-2433 TTY:711**

8AM - 8PM local time, Monday-Friday, for assistance.

Product Categories

For a full list of items, visit the website.
www.thehelperbees.com/NHC

Scan here to
visit the website and
start shopping



Before starting any new vitamins or supplements, it's recommended that you consult with your doctor.

Cold & allergy



Scan to order!

Product categories

- Cough, cold, flu, & sinus
- Cough drops & sore throat relief
- Allergy
- Nasal
- Lip care
- Respiratory treatments

Examples



Advil topical analgesic - capsaicin cream 0.025%

Count: 1

\$15 - \$18



Amazon Basic Care cough/sore throat lozenges

Count: 1

\$8 - \$11



Amazon Basic Care naproxen sodium 220 mg

Count: 1

\$13 - \$16



Amazon Basic Care nasal decongestant spray

Count: 1

\$7 - \$10



Amazon Basics guaifenesin extended release 600 mg

Count: 1

\$23 - \$26



Amazon Basics ibuprofen 200 mg tablets

Count: 1

\$10 - \$13

Product	Price*
Amazon Basics loratadine 10 mg	\$18 - \$21
Amazon Basics medicated chest rub	\$8 - \$11
Benadryl insect bite relief	\$11 - \$14
Dermlogix medicated lip treatment, 3 pack	\$12 - \$15
GenCare expectorant - guaifenesin 400 mg	\$13 - \$16
Health A2Z fexofenadine 180 mg	\$16 - \$19
NeilMed nasal rinse kit	\$20 - \$23
Ohm loratadine 10 mg orally disintegrating tablets	\$13 - \$16
Rite Aid enteric coated aspirin 325 mg	\$10 - \$13
Visine eye itch relief 0.025% drops	\$28 - \$31
Zacurate pulse oximeter	\$20 - \$23

*Prices may vary depending on the selected brand, size, and quantity of products.

Diabetes management



Scan
to order!

Product categories

- Blood glucose testing
- Diabetes management accessories
- Diabetes health & wellness
- Urine testing
- Insulin, syringes, & delivery systems
- Continuous glucose monitoring

Examples



BraceAbility diabetic walker foot

Count: 1

\$28 - \$31



Care Touch digital blood pressure monitor

Count: 1

\$20 - \$23



CeraVe diabetic skin relief foot cream

Count: 1

\$13 - \$16



Glucerna diabetes nutrition shake vanilla 8 oz.

Count: 24 pack

\$70 - \$73



Gold Bond diabetic skin relief body lotion

Count: 1

\$18 - \$21



Gosemai insulin cooler

Count: 1

\$31 - \$34

Product	Price*
Heaby medical bracelet - diabetes	\$18 - \$21
Keto Mojo glucose and ketone testing kit	\$70 - \$73
Kwukoty diabetic shoe	\$68 - \$71
McKesson safety lancet	\$32 - \$35
MedMax diabetic supplies travel case	\$35 - \$38
Nature Made daily diabetes health pack	\$28 - \$31
Rapid Relief hot and cold therapy slippers for swollen feet	\$30 - \$33
ReliOn glucose gummies	\$25 - \$28
Splenda diabetes care shakes	\$50 - \$53
TRUEPlus glucose gel	\$30 - \$33
TRUEPlus glucose tablets (6 pack of 10 tablets)	\$23 - \$26

*Prices may vary depending on the selected brand, size, and quantity of products.

Digestive health



Scan to order!

Product categories

- Stomach & nausea remedies
- Laxatives
- Anti-diarrheals
- Digestive aids
- Anti-gas
- Hemorrhoid preparations

Examples



Amazon Basic Care
esomeprazole 20 mg

Count: 1

\$20 - \$23



Amazon Basic Care
famotidine 20 mg

Count: 1

\$10 - \$13



Amazon Basic Care
omeprazole 20 mg

Count: 1

\$23 - \$26



Amazon Basics
fiber gummies

Count: 1

\$16 - \$19



Dramamine motion
sickness relief tablets

Count: 1

\$17 - \$20



GenCare senna
laxative tablets

Count: 1

\$14 - \$17

Product	Price*
Globe hemorrhoidal cream 1.8 oz	\$7 - \$10
Health A2Z extra strength gas relief softgels	\$11 - \$14
Health A2Z pink bismuth - chewable tablets	\$18 - \$21
Health A2Z stool softener capsules	\$14 - \$17
Metamucil fiber therapy capsules	\$46 - \$49
Metamucil psyllium fiber orange smooth texture powder	\$23 - \$26
Now psyllium fiber laxative caps	\$23 - \$26
Phillips' milk of magnesia - laxative/antacid	\$14 - \$17
Preparation H hemorrhoidal cooling gel	\$29 - \$32
Preparation H hemorrhoidal medicated wipes, 48 count	\$16 - \$19
Prilosec 20MG 24HR relief tablets	\$51 - \$54
Sea-Band wristbands	\$14 - \$17

*Prices may vary depending on the selected brand, size, and quantity of products.

Eye care and ear care



Scan to order!

Product categories

- Contact lens care
- Eye preparations
- Eyewear & lens accessories
- Reading glasses & magnifying glasses
- Sunglasses & blue light blockers

Examples



Debrox swimmer's ear solution

Count: 1

\$14 - \$17



Dilly Vision men's reading glasses with blue light blocking

Count: 4 pack

\$33 - \$36



Koala eyeglass lens cleaner

Count: 1

\$18 - \$21



Mack's silicone ear plugs

Count: 1

\$18 - \$21



MEDca digital hearing amplifier

Count: 1

\$68 - \$71



Myhalos warming eye compress

Count: 1

\$34 - \$37

Product	Price*
Ohrjuxi flexible ears cleaner	\$27 - \$30
Przene reading glasses, 4 pack	\$19 - \$22
Refresh preservative free lubricant eye drops	\$30 - \$32
Reliance Medical saline eye drops	\$29 - \$32
Sanwior eyeglass repair kit	\$10 - \$13
Thsiree eye patch, left	\$10 - \$13
Thsiree eye patch, right	\$10 - \$13
Zeiss lens cleaning wipes	\$22 - \$25

*Prices may vary depending on the selected brand, size, and quantity of products.

Household products



Scan
to order!

Product categories

- Air & fabric fresheners
- Plastic, foil, & paper products
- Cleaning tools & accessories
- Cleaners & waxes
- Dish & laundry

Examples



Amazon Basics bath sheets

Count: varies

\$26 - \$29



Amazon Basics
bath towels

Count: varies

\$27 - \$31



Amazon Basics
wash cloth

Count: 1

\$26 - \$29



Angel Soft
toilet paper

Count: 1

\$6 - \$9



Beautangly disposable
facial towels

Count: 1

\$7 - \$10



Bounty disposable
napkins

Count: 1

\$6 - \$9

Product	Price*
Beautangly disposable facial towels	\$7 - \$10
Dawn dish soap	\$6 - \$9
Dial hand soap, 4 pack	\$17 - \$20
Drive Medical bi-fold bedside mat	\$95 - \$98
Eglyin queen size pillow case	\$7 - \$10
Feosky magnifying glass	\$11 - \$14
Holmes oscillating fan	\$48 - \$51
Jicuse queen size pillow	\$27 - \$31
Kleenex facial tissues	\$8 - \$10
Napfun neck pillow	\$30 - \$33
Scott paper towels	\$13 - \$16
SlipX non-slip gripped shower floor mat	\$20 - \$23
Sylvaris hypoallergenic pillow - queen	\$40 - \$43
Weighted blanket	\$82 - \$85
Zayad reacher/grabber	\$27 - \$30

*Prices may vary depending on the selected brand, size, and quantity of products.

Incontinence



Scan to order!

Product categories

- Adult briefs & protective underwear
- Bladder control pads & liners
- Bed & furniture protection pads

Examples



Always panty liner - extra absorbency - long

Count: 1

\$13 - \$16



Amazon Basics unscented disposable wipes

Count: 1

\$7 - \$10



Amazon Basics women's incontinence underwear - large

Count: 3 pack

\$44 - \$47



Amazon Basics women's incontinence underwear - medium

Count: 3 pack

\$45 - \$48



Amazon Basics women's incontinence underwear - small

Count: 1 pack

\$20 - \$24



Amazon Basics women's incontinence underwear - XL

Count: 3 pack

\$44 - \$47

Product	Price*
Amazon Basics women's incontinence underwear - XXL, 3 pack	\$44 - \$47
Extended wear stretch brief - size 2	\$33 - \$36
Innovative Designworks female urinal, splash proof	\$23 - \$26
LivDry men's incontinence underwear - large	\$41 - \$44
LivDry men's incontinence underwear - medium	\$41 - \$43
LivDry men's incontinence underwear - small	\$42 - \$45
LivDry men's incontinence underwear - XXL	\$42 - \$45
McKesson bariatric briefs - XXXL	\$77 - \$80
McKesson disposable underpads	\$61 - \$64
McKesson incontinence pads - heavy absorbency	\$20 - \$24
McKesson incontinence pads - light absorbency	\$20 - \$24
McKesson incontinence pads - moderate absorbency	\$20 - \$24
McKesson women's incontinence underwear - light absorbency	\$55 - \$58
Medline extended wear stretch brief - size 1	\$41 - \$44
U by Kotex panty liner - extra absorbency	\$13 - \$16
U by Kotex panty liner - thin	\$13 - \$17
U by Kotex panty liner - thin - long	\$13 - \$17

*Prices may vary depending on the selected brand, size, and quantity of products.

Medical supplies



Scan to order!

Product categories

- Protective garments
- Instruments & cleaners
- Hand cleaners & sanitizers

Examples



Amazon Basic Care
lidocaine patches

Count: 1

\$30 - \$33



Amazon Basics
hydrogen peroxide

Count: 1

\$10 - \$13



Amazon Basics
rubbing alcohol

Count: 1

\$11 - \$14



AUVON medication
organizer

Count: 1

\$14 - \$17



Band-Aid first aid
tough wrap

Count: 1

\$8 - \$11



Band-Aid skin
tone bandages

Count: 1 box
(10 md & 10 lg)

\$8 - \$11

Product	Price*
Curad non-stick pads 3in x 4in	\$8 - \$11
Deal Med gauze	\$10 - \$13
EZY Dose pill splitter	\$7 - \$10
Johnson & Johnson first aid kit	\$34 - \$37
McKesson wound measuring tape	\$10 - \$13
Medline Remedy skin protectant paste	\$15 - \$18
Mighty-X elastic bandage 6in	\$21 - \$24
NexCare paper tape 2in x 10 yards	\$9 - \$12
Ourmed silicone adhesive foam dressing sacral size 7in x 7in	\$25 - \$28
Peipu disposable gloves - non-latex	\$14 - \$17
VNOX medical bracelet - heart patient	\$19 - \$22
Wupic face mask, 2 pack	\$15 - \$18

*Prices may vary depending on the selected brand, size, and quantity of products.

Oral care



Scan to order!

Product categories

- Toothpaste & treatments
- Toothbrushes
- Denture care
- Mouthwash & breath care
- Interdental, floss, & gum care
- Oral remedies

Examples



Benzodent denture adhesive

Count: 1

\$8 - \$11



Colgate peroxide sore mouth cleanser

Count: 1

\$10 - \$13



Colgate toothpaste

Count: 1

\$5 - \$8



Efferdent denture tabs

Count: 1

\$8 - \$11



Fixodent denture adhesive

Count: 1

\$10 - \$13



GUM floss picks, mint

Count: 1 bag (90 count)

\$5 - \$8

Product	Price*
GUM interdental gum brushes	\$15 - \$18
Interplak toothbrush rechargeable cordless	\$36 - \$39
Iodent toothache and gum relief gel	\$8 - \$11
Kiseer denture case	\$12 - \$15
Oral B toothbrush, 4 pack	\$12 - \$15
Philips rechargeable toothbrush	\$34 - \$37
Sensodyne sensitive toothpaste	\$10 - \$13
Sensodyne whitening toothpaste	\$8 - \$11
Uouovo denture brush	\$10 - \$13

*Prices may vary depending on the selected brand, size, and quantity of products.

Personal hygiene



Scan
to order!

Product categories

- Beauty shampoo, conditioner, & treatments
- Facial cleansers
- Hand & body cleansing
- Bath products
- Sun tanning
- Sun protection

Examples



American Crew men's conditioner

Count: 1

\$12 - \$15



Carmex lip balm

Count: 1

\$8 - \$11



Carol's Daughter black vanilla sulfate free shampoo and conditioner set for curly, wavy or natural hair

Count: 1

\$25 - \$28



CeraVe face wash

Count: 1

\$24 - \$27



Cetaphil face wash

Count: 1

\$22 - \$25



Conair brush

Count: 1

\$5 - \$8

Product	Price*
Degree men's deodorant	\$13 - \$16
Dermal sheet face mask	\$21 - \$24
Dove men's shampoo	\$11 - \$14
Dove shampoo and conditioner set - kids love collection, curly and wavy hair products 17.5 oz, 2 piece set	\$26 - \$29
Dove women's deodorant, 2 pack	\$9 - \$12
Dove women's shampoo	\$8 - \$11
Evmlly long handled bath sponges, 2 pack	\$19 - \$21
Gold Bond diabetic foot lotion, urea	\$16 - \$19
Goody comb	\$4 - \$7
Hand sanitizer with aloe	\$9 - \$12
Method women's conditioner	\$12 - \$15
OGX quenching + coconut, curl-define conditioner	\$13 - \$16
OGX quenching + coconut, curl-define shampoo	\$13 - \$16
Pond's face wash	\$6 - \$9
Purell hand sanitizer, 3 pack	\$19 - \$21
Scrubzz bathing wipes	\$13 - \$16
St. Ives facial moisturizer	\$10 - \$13
Vaseline body lotion	\$10 - \$13

*Prices may vary depending on the selected brand, size, and quantity of products.

Sensory and compression clothing



Scan to order!

Product categories

- Shirts
- Shorts
- Robes
- Pajamas
- Jackets
- Slippers

Examples



Beister compression socks

Count: 1

\$24 - \$27



Carole Martin women's front clasp bra

Count: 1

\$20 - \$23



Dreamcrest women's house coat

Count: 1

\$24 - \$27



Fruit of the Loom men's boxer underwear

Count: 1

\$25 - \$28



Fruit of the Loom men's briefs underwear

Count: 1

\$25 - \$27



Fruit of the Loom men's pajama set

Count: 1

\$27 - \$30

Product	Price*
Gerri sleeves	\$27 - \$35
Hanes men's ankle socks	\$15 - \$17
Hanes men's cotton pull-on pants	\$27 - \$30
Hanes men's cotton pull-on shorts	\$21 - \$24
Hanes men's crew socks	\$15 - \$17
Hanes women's ankle socks	\$16 - \$18
Hanes women's cotton pull-on pants	\$32 - \$35
Hanes women's crew socks	\$17 - \$20
Jnriver men's cotton t-shirts	\$15 - \$17
Jnriver women's cotton t-shirts	\$15 - \$18
NY Threads men's robe	\$33 - \$35
Playtex women's back clasp bra	\$54 - \$57
PrinStory women's pajamas	\$27 - \$31
Tugege women's nightgown	\$22 - \$25
U2SKIIN women's robe	\$27 - \$30
Women's cotton pull-on shorts	\$25 - \$28
Women's underwear	\$23 - \$26

*Prices may vary depending on the selected brand, size, and quantity of products.

Vitamins & dietary supplements



Scan to order!

Before starting any new vitamins or supplements, it's recommended that you consult with your doctor.

Product categories

- Multivitamins
- Letter vitamins
- Herbals & botanicals
- Specialty supplements
- Mineral supplements

Examples



Amazon Basic Care immune support chewable tablets

Count: 1

\$20 - \$23



Amazon Basics probiotic gummies

Count: 1

\$15 - \$18



American Health papaya enzyme

Count: 1

\$11 - \$14



Centrum complete senior vitamins and minerals

Count: 1

\$25 - \$28



Emergen-C packets

Count: 1

\$46 - \$49



Ensure nutrition shake chocolate 8 oz.

Count: 24 pack

\$61 - \$64

Product	Price*
Ensure nutrition shake vanilla 8 oz., 6 pack	\$15 - \$18
Gummy vitamin C 250 mg, 2 pack	\$27 - \$30
Liquid IV packets	\$20 - \$23
Live Conscious collagen peptides	\$48 - \$51
Nature Wise omega 3-6-9 fish oil	\$12 - \$15
Nature's Truth folic acid 800 mcg	\$14 - \$17
One A Day daily womens multivitamin	\$30 - \$33
Osteo Bi-Flex glucosamine chondroitin triple strength	\$27 - \$30
Puregen Labs ferrous sulfate 325 mg	\$14 - \$17
Puregen magnesium oxide 400 mg	\$12 - \$15
Renew Life vaginal health probiotic	\$25 - \$28

*Prices may vary depending on the selected brand, size, and quantity of products.

**Fastest Delivery Method**

Order your OTC products online through the website at www.thehelperbees.com/NHC or scan this QR code with your smartphone camera.

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 can be used for orders. Alternate or non-standard forms are not acceptable and can 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 to:

The Helper Bees
3310 W Braker # 300-644
Austin, TX 78758

I understand that the phone numbers and/or emails I provided on this form may be used by NHC Advantage 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 the phone.

