

*Hassle-Free and as easy as
1... 2... 3...*

1



Visit our website or
call to place
your order

We process
your order

2



3



You receive your
supplies by mail

Select from the items listed herein and
log on to: www.freedomhealth.com

or call:

1-866-900-2688, TTY/TDD 1-800-955-8771

Dates	Days	Times
October 15, 2011 to February 14, 2012	7 days a week	8 a.m. to 8 p.m.
February 15, 2012 to October 14, 2012	Monday through Friday	8 a.m. to 8 p.m.
October 15, 2012 to December 31, 2012	7 days a week	8 a.m. to 8 p.m.

Freedom Health is a Health Plan with a Medicare Contract.
OTC benefit not available on Freedom Savings Plan (HMO).
*Amount varies per plan. Limitations and restrictions may apply.

The hassle-free and easy way
to get Over-The-Counter
Health related supplies

Receive up to
\$50 per
month*

in over-the-counter health
care related supplies.

That's **\$600** you save
over the course of a year!**

And Freedom Health takes
the hassle out of ordering!

Check your Summary of Benefits for details.



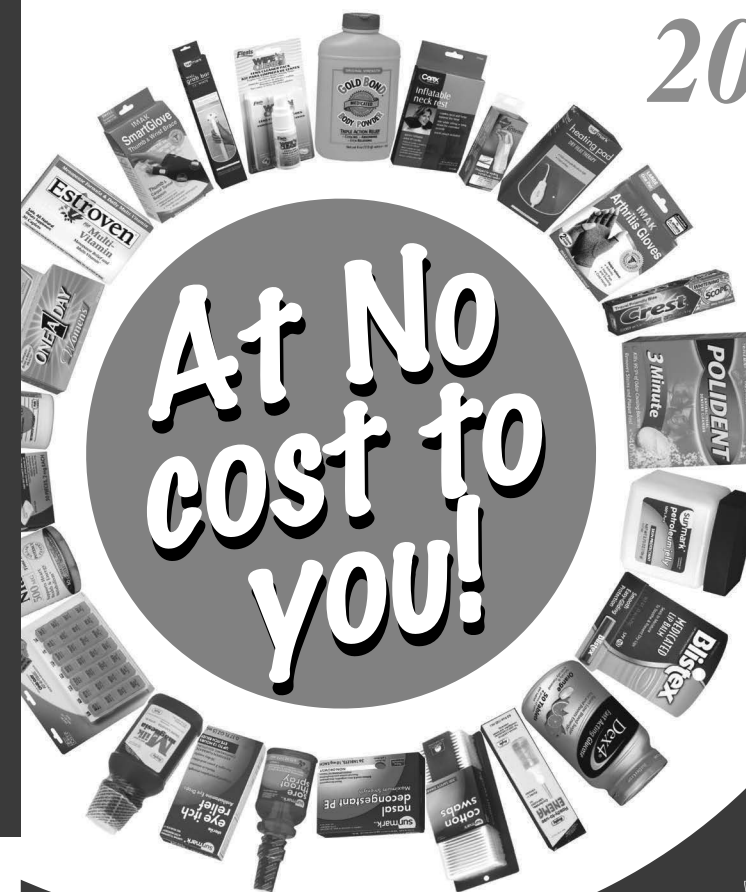
Focused on You

*Amount varies by plan and county. Limitations and restrictions may apply.
**Based on a 12 month enrollment.

FRH120TC



*Expanded O-T-C benefits for
2012*



**At No
cost to
you!**

Focused on You

Receive up to **\$50** per month*
in over-the-counter health related supplies

*Amount varies by plan and county. Limitations and restrictions may apply.
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Item Brand	Generic Comparable	Qty	Price
(1) Allergies			
1A	Chlortrimeton Chlorpheniramine Maleate 4mg	24	\$4
1B	Benadryl Elixir Diphenhydramine HCl 12.5mg	118ml	\$3
1C	Benadryl Caps Diphenhydramine HCl 25mg	24	\$3
1D	Ayr Nasal Deep Sea Nasal Spray Saline 0.65%	44ml	\$3
(2) Analgesics			
2A	Tylenol Ex 500mg Acetaminophen tablets 500mg	100	\$4
2B	Bayer Aspirin Aspirin 325mg	100	\$3
2C	Zostrix Trixaicin Crm 0.025% (casaicin)	60g	\$9
2D	Sleep-Aid Sleep-tabs 25mg	24	\$4
2E	Advil Ibuprofen 200mg FC Tab	24	\$3
2F	Ben Gay Muscle Rub 35g	35g	\$3
2G	Aleve Naproxen Sodium 220mg CPL	50	\$7
2H	Aspirin Low Dose 81mg Aspirin EC (delayed reased) 81mg	120	\$3
2I	Tylenol PM Acetamin 500mg & Diphenhydramine 25mg	50	\$5
2J	Aspirin Low dose Chewable Aspirin Low dose 81mg Chewable	36	\$3
2K	Icy Hot Patch Cold and Hot Patch	5	\$8
2L	Excedrin Headache Aspirin/Acetaminophen/Caffeine	24	\$7
(3) Antacids			
3A	Tums-Ex Calcium Carbonate Chewable Antacid	96	\$5
3B	Mylicon- Adults Acid Gas Relief tablets	100	\$5
3C	Zantac 75 Ranitidine Tablets 75mg	30	\$9
3D	Alka Seltzer Effervescent pain relief	12	\$6
(4) Anti-Diarrheals			
4A	Imodium Loperamide 2mg	12	\$6
4B	Pepto Bismol Pink Bismuth Tablets (Chewable)	30	\$5
(5) Anti-Hemorrhoids			
5A	Anusol Hydrocortisone oint. USP 1%	28g	\$6
5B	Preparation H Prompt Relief Hem Ointment	57g	\$7
5C	Preparation H Suppositories Hemorrhoidal Suppositories	12	\$13
(6) Cough/Cold			
6A	Robitussin Sugar-free Dm Sugar-free cough syrup	118ml	\$5
6B	Vicks Medicated Chest Rub	100g	\$6
6C	Mucinex Dm Mucinex DM 600mg	20	\$14
6D	Afrin nasal Spray Nasal Spray	15ml	\$3
6E	Cough Drops Cough Drops, Cherry or Honeylemon	30	\$3
6F	Robitussin Dm Q-Tussin DM	118ml	\$3
6G	Sudafed PE Tablets Nasal Decongestant PE Max Strength	36	\$5
6H	Sinus Congestion & Pain Sinus-Acetaminophen/Phenylphrine HCl	24	\$5
6I	Chloraseptic Sore throat spray	180ml	\$5
6J	Chloraseptic Lozenges Sore throat lozenges menthol	18	\$4
6K	Sugar Free Cough Drops Sugar Free Cough Drops HALLS	25	\$4
6L	Mucus Relief Expectorant- Guaifenesin 400mg	30	\$7
6M	Cepacol Cepacol	18	\$5

Item Brand	Generic Comparable	Qty	Price
(7) Eye Care			
7A	Collyrium Eye Wash Eye Wash	118ml	\$4
7B	Visine Eye Drops Irritation Relief	15ml	\$3
7C	Moisture Eyes Artificial Tears	15ml	\$7
7D	Isopto Tears Liquid Tear Eye drops	15ml	\$4
7E	Zaditor Eye-Itch Relief Antihistamine	5ml	\$13
(8) First Aid Creams & Ointments & Antiseptics			
8A	Benadryl Cream Anti-Itch Cream	35g	\$3
8B	Bacitracin Bacitracin	14g	\$6
8C	Lotrimin Clotrimazole 1% Cream	28g	\$7
8D	Cortizone Hydrocortisone cream	28g	\$5
8E	Zinc Oxide Zinc Oxide Ointment	28g	\$8
8F	1st Degree Burn Crm First Degree Burn Cream	21g	\$10
8G	Micatin Miconazole Nitrate 2% Cream	28g	\$4
(9) First Aid Supplies			
9A	Ace Bandage 3" Elastic bandage w/clips 5yards	1	\$4
9B	Butterfly Closure Butterfly Closures	10	\$2
9C	Cotton Balls Cotton Balls	100	\$3
9D	Ice Bag Ice Bag 9" (1 quart capacity)	1	\$9
9E	J&J Gauze Gauze Rolls - Assorted sizes	3	\$3
9F	Sun Block 4oz Sun Screen Lotion SPF 30	113g	\$15
9G	Alcohol Prep Pads Alcohol Prep Pads	100	\$3
9H	Q-Tips Cotton Swabs	300	\$7
(10) Laxatives			
10A	Colace Docusate Sodium 100mg	100	\$5
10B	Fibercon Fiber-Lax 500mg	60	\$9
10C	Miralax Clear Lax Powder 4.1oz	119g	\$11
10D	Fleet Enema Enema-Saline Laxative	270ml	\$2
10E	Milk of Magnesia Milk of Magnesia	360ml	\$5
(11) Miscellaneous Items			
11A	Sun Burn Gel Sun Burn Gel	72ml	\$9
11B	Blood Pressure Kit * Manual Self Taking Blood Pressure kit	1	\$19
11C	Band Aid Adhesive Bandages	50	\$3
11D	Digital Thermometer Digital Thermometer	1	\$5
11E	Dramamine Motion Sickness Tablets	12	\$4
11F	Pill Organizer 1 Day At a time Medicine Organizer -Weekly	1	\$7
11G	DEX4 Glucose Tablets Glucose Chewable Tablets	50	\$8
11H	Medicated Lip Balm Medicated Lip Balm - Blistex	.15oz	\$2
11I	Vaseline Petroleum Jelly 3.75 OZ.	3.75oz	\$3
(12) Topical Foot & Topical Oral			
12A	Callus Remover Callus Remover	6 pads	\$4
12B	Corn Remover Corn Remover	9 pads	\$4
12C	Callus Cushion Callus Pad	6 pads	\$3
12D	Corn Cushion Corn Pad	9 pads	\$3

Item Brand	Generic Comparable	Qty	Price
12E	Plackers Dental flossers Dental flossers	36	\$3
12F	Pill Splitter Pill Splitter	1	\$5
12G	Polident Denture Cleaners - 3 minutes	40	\$7
12H	Toothpaste Toothpaste Crest + Scope Mint fresh	2.7oz	\$4
12I	Toothbrush Toothbrush Oral -B	1	\$2
12J	Fixodent Denture Adhesives ADH CRM fresh	1.4oz	\$5
(13) Vitamins & Minerals*			
13A	Fish oil 1200mg Fish oil 1200mg Omega 3 & 6	90	\$9
13B	Occuvite Supplement for eyes	60	\$6
13C	Allbee with C B Complex with C	100	\$8
13D	Vitamin B B Complex with B12	100	\$8
13E	Vitamin C Vitamin C Chewable 500mg	100	\$8
13F	Centrum Multivitamin & Mineral	60	\$6
13G	Folic Acid Folic Acid 800mcg	100	\$5
13H	Glucosamine Chondroitin Glucosamine Chondroitin	60	\$19
13I	Acidophilus Acidophilus	100	\$5
13J	Vitamin E Vitamin E 400 IU	100	\$8
13K	Vitamin D Vitamin D 1000 IU	100	\$5
13L	Antioxidant tablets Antioxidant tablets	50	\$7
13M	Selenium Selenium 200 mcg	60	\$7
13N	Timed Release Niacin Timed Release Niacin 500 mg	60	\$10
13O	Lactaid Tab Dairy Digestive Supplement-Lactase Enzyme	60	\$9
(14) Smoking Cessation			
14A	Nicorette 2mg Stop Smoking Gum-Nicotine Polacrilex gum	50	\$20
14B	Nicorette 4mg Stop Smoking Gum-Nicotine Polacrilex gum	50	\$24
(15) Women's Health			
15A	Calcium Citrate & Vitamin D Calcium Citrate & Vitamin D	60	\$7
15B	Azo-Standard Phenazopyndine 95mg	30	\$7
15C	One A Day Women's One A Day Women's Multivitamin	60	\$10
15D	Os-Cal Oyster Calcium + Vitamin D	100	\$4
15E	New Phase* New Phase Menopausal support	30	\$15
15F	Estroven* Estroven Multi Vitamin Menopause Relief	30	\$18
(16) Arthritis Aids			
16A	Arthritis gloves Arthritis gloves- Open fingertips	1	\$20
16B	Thumb Brace Thumb Brace	1	\$16
16C	Smart Thumb Support Gloves Smart Thumb Support Gloves	1	\$26
16D	Heating Pad Heating Pad	1	\$20
16E	Total Pillow/Neck Support Total Pillow/Neck Support	1	\$12
(17) Daily Living Aids			
17A	Shower Grab Bar Shower Grab Bar	1	\$20
17B	Body Powder Body Powder Medicated	1	\$6
17C	Eye Glass Wipes Wipes and lens cleaner pack	1 box	\$3

*These supplies are considered dual purpose supplies (Includes Vitamin and Minerals, Blood Pressure kit, etc.). Prior to ordering these supplies, the enrollee must have appropriate conversation with the enrollee's personal provider who orally recommends the OTC item for a specific diagnosable condition. OTC supplies may only be purchased for the enrollee, it is prohibited to purchase supplies for family members and friends. The following supplies are not covered as they are non-eligible supplies: Alternative Medicines (Includes botanicals, herbals, probiotics and nutraceuticals), baby supplies, contraceptives, convenience supplies (insoles, gloves, etc.), cosmetics, food supplements, and replacement supplies (i.e. batteries). All OTC supplies are generic comparable to the Item Brand and shipped based on manufacturer availability.