

# 2024 Humana Healthy Horizons® in Louisiana Health and Wellness Catalog and Order Form

With the Humana Healthy Horizons in Louisiana (Medicaid) plan, you can order up to \$25 of health and wellness items each month from CenterWell Pharmacy™. You can have over-the-counter (OTC) items like cough medicine, sunscreen, and bandages mailed right to you.

Call CenterWell Pharmacy at **1-855-211-8370** (TTY: **711**) if you have questions about how to order your OTC products. Customer Care Representatives are available Monday – Friday, 7 a.m. – 10 p.m. and Saturday, 7 a.m. – 5:30 p.m. Call the number on the back of your ID card if you have questions about your benefit.

## How to order:

Keep this catalog. You will need this to look up the OTC items you want to order each month. Due to added time to receive your request by mail, we encourage you to submit your order by the 20th of each month. Only order up to \$25 in OTC items. Your order may be late if it is more than \$25.

## You can order:

- By mail: Fill out the Health and Wellness Order Form and mail only the order form pages to:

CenterWell Pharmacy  
P.O. Box 1197  
Cincinnati, OH 45201-1197

- By fax: Fill out the Health and Wellness Order Form and fax only the order form pages to:

1-800-379-7617

**Humana**  
Healthy Horizons®  
in Louisiana

# 2024 Humana Healthy Horizons in Louisiana Health and Wellness Order Form



937CW



## MEMBER INFORMATION

Member ID (found on Humana ID card)

Date of Birth

Gender

Male  Transgender  
 Female  Unknown

First Name

Last Name

Street Number

Street Name

Apt/Suite #

City

State

Zip Code

Daytime Phone

Evening Phone

Please check box if this is a new address

Call CenterWell Pharmacy at **855-211-8370** (TTY: **711**), or the number on the back of your ID card, if you have questions about your OTC benefit. Customer Care Representatives are available Monday - Friday, 8 a.m. to 11 p.m. and Saturday, 8 a.m. to 6:30 p.m., Eastern time.

Orders will be mailed to you by FedEx, UPS or the US Postal Service at no charge. Please allow 10 to 14 working days for your order to arrive. **Orders may be split into multiple shipments.** You'll receive a generic that is similar to the name-brand item. This product list is subject to change. If a product is unavailable or not in stock, it may be substituted for a similar product at no additional charge. The brand name product may also be sent. Generics allow you to get your OTC items at the best price. Please talk to your doctor before using any over-the-counter item. CenterWell Pharmacy reserves the right to limit the quantities of OTC medications and supplies dispensed. Please check with your healthcare provider before taking OTC medicines. Some items may vary depending on manufacturer (for example: caplets, tablets, capsules or soft gels may be substituted for one another). Returns or refunds are not accepted for items that were properly dispensed.

OTC items can only be mailed to the plan enrollee. You are not allowed to buy OTC items for family members and friends.

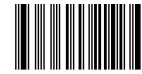
The following items are not covered under this OTC benefit (non-eligible items): Alternative medicines (including botanicals, herbals, probiotics and nutraceuticals including garlic, Echinacea, saw palmetto, ginkgo biloba, etc), Baby items, Contraceptives, Convenience (non-medical items), Cosmetics, Food Supplements, Replacement items, Attachments, and Peripherals (including hearing aid batteries, contact lens containers, etc when not factory packaged with original item).

Member ID (found on Humana ID card)

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Date of Birth

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937ACW



First name

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Last name

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**PRODUCT SELECTION**

\*Write in the quantity of the product you would like to receive, not the package size listed in catalog.

Product Code	Product Name	Quantity*	Price
<i>Example:</i> 0 1 6	Aspirin Low Dose 81mg EC	1	\$6
1 OTC □□□	_____	□	_____
2 OTC □□□	_____	□	_____
3 OTC □□□	_____	□	_____
4 OTC □□□	_____	□	_____
5 OTC □□□	_____	□	_____
6 OTC □□□	_____	□	_____
7 OTC □□□	_____	□	_____
8 OTC □□□	_____	□	_____
9 OTC □□□	_____	□	_____
10 OTC □□□	_____	□	_____
11 OTC □□□	_____	□	_____
12 OTC □□□	_____	□	_____
13 OTC □□□	_____	□	_____
14 OTC □□□	_____	□	_____
15 OTC □□□	_____	□	_____

To order by mail, send the completed Humana Health and Wellness Product Order Form page to: CenterWell Pharmacy P.O. Box 1197 Cincinnati, OH 45201-1197

Your total order amount \$ \_\_\_\_\_  
Humana allowance \$ **25**

# Over-the-Counter (OTC) Health and Wellness Product Catalog

## Bathroom safety

Product code	Product name	Compare to	Package count	Price
<b>Bathtub &amp; Shower</b>				
371	Bath mat**	Bath mat	1	\$12
494	Handheld shower	Handheld shower	1	\$22
373	Tub and stair safety treads	Tub and stair safety treads	8	\$10
<b>Grab Bars</b>				
491	Grab bar, knurled chrome, 12"	Grab bar, knurled chrome, 12"	1	\$16
492	Grab bar, knurled chrome, 24"	Grab bar, knurled chrome, 24"	1	\$18

## Cough, Cold and Allergy

Product code	Product name	Compare to	Package count	Price
<b>Allergy &amp; Sinus Relief</b>				
113	Cetirizine HCL 10 mg	Zyrtec® 10 mg	30	\$13
496	Fexofenadine 180 mg	Allegra®	30	\$17
361	Levocetirizine 5 mg	Xyzal®	35	\$11
110	Loratadine 10 mg	Claritin®	30	\$11
622	Loratadine 10 mg orally disintegrating tablets	Claritin® Reditabs	30	\$13
290	Loratadine liquid 5 mg/5 ml	Children's Claritin®	4 oz.	\$10
228	Nasal decongestant PE max strength	Sudafed® PE Tablets	36	\$7
095	Nasal decongestant spray	Afrin®	1 oz.	\$6
097	Sinus-Acetaminophen/phenylephrine HCL	Tylenol® Sinus	24	\$7
293	Triamcinolone allergy nasal spray	Nasacort® Allergy 24 hour	0.57 oz.	\$18
<b>Allergy Eye Drops</b>				
546	Bausch + Lomb Alaway® Antihistamine Eye Drops	Bausch + Lomb Alaway® Antihistamine Eye Drops	.34 oz.	\$15
291	Eye itch relief 0.025% eye drops	Zaditor®	0.17 oz.	\$14
556	Pataday® Once Daily Relief	Pataday® Once Daily Relief	2.5 ml	\$23
557	Pataday® Twice Daily Relief	Pataday® Twice Daily Relief	5 ml	\$20
<b>Cough, Cold &amp; Flu</b>				
352	Children's cold & cough DM elixir liquir*	Children's Dimetapp®	6 oz.	\$7
260	Cough and cold high blood pressure tablets*	Coricidin® HBP Cough and Cold	16	\$7
321	Cough formula expectorant	Robitussin®	8 oz.	\$9

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

\*\*Limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their healthcare provider about the appropriateness of this OTC item.

\*Sale of products containing Dextromethorphan are prohibited to members under the age of 18. Limit quantity of two per month.

632	Cough formula expectorant*	Robitussin® Sugar Free	8 oz.	\$9
633	Cough suppressant/expectorant*	Robitussin® DM	8 oz.	\$9
210	Cough suppressant/expectorant, sugar-free*	Robitussin® Sugar Free DM	4 oz.	\$7
096	Cough suppressant/nasal decongestant/expectorant*	Robitussin® CF	4 oz.	\$7
237	Daytime cold and flu softgels*	DayQuil™	16	\$7
111	Expectorant - guaifenesin 400 mg*	Mucus Relief 400 mg	30	\$9
589	Guaifenesin, extended release, 600 mg	Guaifenesin, extended release, 600 mg	20	\$15
043	Medicated chest rub	Vicks VapoRub®	100 gm	\$7
498	Theraflu MultiSymptom Severe Cold*	Theraflu MultiSymptom Severe Cold with Green Tea & Honey Lemon Hot Liquid Powder for Cough & Cold Relief	6	\$12
<b>Nasal Care</b>				
497	Nasal rinse kit	NeilMed® Sinus Rinse™	1	\$18
362	Nasal strips - medium	Breathe Right® Nasal Strips	30	\$11
325	Saline nasal spray	Ocean® Saline Nasal Spray	3 oz.	\$7
<b>Throat Lozenges &amp; Spray</b>				
117	Menthol/Benzocaine sore throat lozenges	Cepacol® Lozenges	18	\$7
220	Phenol/Oral anesthetic sore throat spray	Chloraseptic®	6 oz.	\$7

## Diabetes Management

Product code	Product name	Compare to	Package count	Price
<b>Compression Dress Socks, 8-15 mmHg</b>				
501	Compression dress socks 8 - 15 mmHg, black - Small	Curad®	1 pair	\$16
500	Compression dress socks 8 - 15 mmHg, black - Medium	Curad®	1 pair	\$16
499	Compression dress socks 8 - 15 mmHg, black - Large	Curad®	1 pair	\$16
<b>Compression Stockings, 15-20 mmHg</b>				
265	Compression stockings 15-20mmHg regular beige size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	JOBST®	1 pair	\$17
266	Compression stockings 15-20mmHg regular beige size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	JOBST®	1 pair	\$17
267	Compression stockings 15-20mmHg regular beige size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	JOBST®	1 pair	\$17
268	Compression stockings 15-20mmHg regular beige size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	JOBST®	1 pair	\$17

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

\*Sale of products containing Dextromethorphan are prohibited to members under the age of 18. Limit quantity of two per order.

269	Compression stockings 15-20mmHg regular beige size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	JOBST®	1 pair	\$17
270	Compression stockings 15-20mmHg regular beige size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	JOBST®	1 pair	\$17
271	Compression stockings 15-20mmHg regular beige size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	JOBST®	1 pair	\$17
329	Compression stockings 15-20mmHg regular black size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	JOBST®	1 pair	\$13
330	Compression stockings 15-20mmHg regular black size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	JOBST®	1 pair	\$13
331	Compression stockings 15-20mmHg regular black size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	JOBST®	1 pair	\$13
332	Compression stockings 15-20mmHg regular black size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	JOBST®	1 pair	\$13
333	Compression stockings 15-20mmHg regular black size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	JOBST®	1 pair	\$13
334	Compression stockings 15-20mmHg regular black size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	JOBST®	1 pair	\$13
335	Compression stockings 15-20mmHg regular black size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	JOBST®	1 pair	\$13
<b>Crew Socks, 8-15 mmHg</b>				
376	Diabetes circulatory crew socks 8-15mmHg black - Small	Diabetes circulatory crew socks 8-15mmHg black - Small	1 pair	\$11
375	Diabetes circulatory crew socks 8-15mmHg black - Medium	Diabetes circulatory crew socks 8-15mmHg black - Medium	1 pair	\$11
374	Diabetes circulatory crew socks 8-15mmHg black - Large	Diabetes circulatory crew socks 8-15mmHg black - Large	1 pair	\$11
377	Diabetes circulatory crew socks 8-15mmHg black - XL	Diabetes circulatory crew socks 8-15mmHg black - XL	1 pair	\$11
381	Diabetes circulatory crew socks 8-15mmHg white - Small	Diabetes circulatory crew socks 8-15mmHg white - Small	1 pair	\$11
380	Diabetes circulatory crew socks 8-15mmHg white - Medium	Diabetes circulatory crew socks 8-15mmHg white - Medium	1 pair	\$11
379	Diabetes circulatory crew socks 8-15mmHg white - Large	Diabetes circulatory crew socks 8-15mmHg white - Large	1 pair	\$11
382	Diabetes circulatory crew socks 8-15mmHg white - XL	Diabetes circulatory crew socks 8-15mmHg white - XL	1 pair	\$11

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

\*Sale of products containing Dextromethorphan are prohibited to members under the age of 18. Limit quantity of two per order.

<b>Diabetes Management Items</b>				
408	Diabetic skin relief body lotion	Gold Bond® Ultimate Diabetics' Dry Skin Relief Hydrating Lotion	4.5 oz.	\$11
272	Diabetic skin relief foot cream	Gold Bond® Diabetic Skin Relief Foot Cream	3.4 oz.	\$11
305	Glucose tablets (6 pack of 10 tablets)	DEX4® Glucose Tablets	60	\$13
634	Glucose gummies	Glucose gummies	60	\$12
274	Sharps container	BD™ Home Sharps Container	1	\$9

## Digestive Health

Product code	Product name	Compare to	Package count	Price
<b>Antacids/Heartburn/Gas Relief</b>				
032	Antacid/Anti-gas liquid	Mylanta®	12 oz.	\$9
349	Children's gas relief drops	Infant's Mylicon®	1 oz.	\$8
215	Effervescent antacid & pain relief	Alka-Seltzer®	36	\$8
323	Esomeprazole 20 mg	Nexium® 24HR	28	\$17
320	Extra strength gas relief softgels	Gas-X® Extra Strength	48	\$10
261	Famotidine 20 mg	Pepcid® 20 mg	25	\$9
112	Omeprazole 20 mg	Prilosec OTC®	14	\$10
<b>Anti-diarrheal</b>				
318	Anti-diarrheal caplets - loperamide 2 mg	Imodium® A-D	24	\$8
115	Pink bismuth - chewable tablets	Pepto-Bismol® Chewable Tablets	30	\$7
<b>Anti-nausea/Vomiting &amp; Motion Sickness</b>				
505	Meclizine 25 mg	Bonine®	100	\$8
120	Motion sickness tablets - dimenhydrinate 50 mg	Dramamine®	12	\$6
351	Nausea relief liquid	Emetrol®	4 oz.	\$8
<b>Fiber &amp; Dairy Digestive</b>				
116	Dairy digestive supplement-lactase enzyme	Lactaid® Tablets	60	\$11
415	Fiber gummies	Vitafusion™ Fiber Well Gummies	90	\$16
208	Fiber laxative tablets	FiberCon®	90	\$9
258	Psyllium fiber laxative capsules	Metamucil® Capsules	160	\$12
359	Psyllium fiber supplement orange smooth texture powder	Metamucil®	13 oz.	\$15
360	Psyllium fiber supplement orange smooth texture powder - sugar-free	Metamucil® Sugar Free	10 oz.	\$12

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.



<b>Hemorrhoid Care</b>				
031	Anti-hemorrhoidal ointment	Preparation H®	2 oz.	\$7
216	Hemorrhoidal suppositories	Preparation H® Suppositories	12	\$8
358	Medicated hemorrhoidal pads	Tucks® Pads	100	\$9
<b>Laxatives/Constipation/Softener</b>				
093	Bisacodyl 5 mg	Dulcolax®	25	\$7
644	Enemeez Kids Mini-Enema (Docusate Sodium 100mg)	Enemeez Kids Mini-Enema (Docusate Sodium 100mg)	5	\$18
503	Glycerin suppositories	Fleet®	25	\$5
504	Laxative (bisacodyl) 10 mg suppositories	Laxative (bisacodyl) 10 mg suppositories	12	\$7
033	Milk of magnesia - laxative/antacid	Phillips® Milk of Magnesia	12 oz.	\$7
663	Polyethylene glycol pwd	MiraLax®	17.9 oz.	\$18
233	Senna laxative tablets	Senokot®	100	\$11
101	Stool softener capsules	Colace®	100	\$8

## Fall Prevention

Product code	Product name	Compare to	Package count	Price
<b>Canes</b>				
527	Cane with offset handle**	Cane with offset handle	1	\$20
529	Folding cane**	Folding cane	1	\$20
386	Quad cane, Large Base -300 lbs. capacity**	Quad cane, Large base - 300 lbs. capacity	1	\$25
387	Quad cane, Small base -300 lbs. capacity**	Quad cane, Small base - 300 lbs. capacity	1	\$25
<b>Dressing Aids</b>				
619	Extra-long shoe horn with sock remover	Extra-long shoe horn with sock remover	1	\$13
594	Sock assistance device	Sock assistance device	1	\$14
<b>Fall Safety</b>				
532	Non-skid slipper socks	Non-skid slipper socks	1 pair	\$5
419	Plug-in LED night lights	Plug-In LED Night Lights	2	\$9
625	Transfer belt with handles, wide	Transfer Belt with Handles, Wide	1	\$20
<b>Mobility Assistance</b>				
531	Grabber Reacher Tool	Grabber Reacher Tool	1	\$15
<b>Replacement Cane Tips</b>				
628	Replacement cane tips, 1/2" (fits product 387)	Replacement cane tips, 1/2"	4	\$9
626	Replacement cane tips, 3/4" (fits products 527 & 529)	Replacement cane tips, 3/4"	2	\$9
627	Replacement cane tips, 5/8" (fits product 386)	Replacement cane tips, 5/8"	4	\$9

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

\*\*Limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their healthcare provider about the appropriateness of this OTC item.



## First Aid

Product code	Product name	Compare to	Package count	Price
<b>Bandages &amp; Supplies</b>				
508	Butterfly closures	Butterfly closures	12	\$5
509	Cloth tape 1" x 10 yards	Cloth tape 1" x 10 yards	1	\$6
036	Cotton swabs	Q-Tips® cotton swabs	300	\$6
510	Curad® adhesive bandages - fingertip	Curad® adhesive bandages - fingertip	100	\$9
511	Curad® adhesive bandages - knuckles	Curad® adhesive bandages - knuckles	100	\$9
512	Curad® bandage variety pack	Curad® bandage variety pack	200	\$10
519	Curad® non-stick pads 3" x 4"	Curad® non-stick pads 3" x 4"	10	\$6
514	Curad® Quick Stop Blood controlling bandages	Curad® Quick Stop blood controlling bandages	30	\$7
515	Curad® silicone bandages	Curad® silicone bandages .75" x 3"	20	\$7
517	Curad® spray bandage <sup>+</sup>	Curad® spray bandage	1.35 oz.	\$10
226	Elastic bandage 4"	Ace® bandage	1	\$6
425	Elastic bandage 6"	Ace® bandage	1	\$9
648	First aid tough wrap	Band-Aid® tough wrap	1	\$6
520	Gauze sponges 4" x 4"	Gauze sponges 4" x 4"	50	\$8
431	Paper tape 2" x 10 yards	Curad® paper tape	1	\$8
324	Plastic bandages	Band-Aids®	200	\$9
638	Silicone foam absorbent dressing, 4x4"	Opti-heal silicone foam absorbent dressing	4	\$16
635	Skin tone bandages, dark brown, 20 ct/box (10 medium & 10 large)	Tru-Colour Skin Tone Bandages	20	\$6
636	Skin tone bandages, brown, 20 ct/box (10 medium & 10 large)	Tru-Colour Skin Tone Bandages	20	\$6
637	Skin tone bandages, olive, 20 ct/box (10 medium & 10 large)	Tru-Colour Skin Tone Bandages	20	\$6
384	Waterproof adhesive bandages	Waterproof adhesive bandages	100	\$10
<b>Burn Relief</b>				
507	Burn relief spray	Burn relief spray	2 oz.	\$6
516	Curad® Soothe & Cool burn bandages, Instant Cooling, Assorted Sizes	Curad® Soothe & Cool Burn bandages, instant cooling, assorted sizes	8	\$9
<b>Hot &amp; Cold Therapies</b>				
428	Hot water bottle	Hot water bottle	1	\$10
430	Ice bag	Ice bag	1	\$8
310	Reusable cold compress	ACE™ Cold Compress	1	\$8
<b>Kits</b>				
385	First aid kit, 175 pieces	Curad® First Aid Kit	1 kit	\$13

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

<b>Ointments &amp; Gels</b>				
513	Curad® Germ Shield gel	Curad® Germ Shield gel	0.5 oz.	\$8
432	Petroleum jelly	Vaseline®	4 oz.	\$5
231	Triple antibiotic ointment plus	Neosporin® + Pain Relief	1 oz.	\$7
<b>Sanitizers</b>				
035	Alcohol prep pads	Curad® Alcohol Swabs	100	\$5
506	Antiseptic spray	Antiseptic Spray	2 oz.	\$7
427	Hand sanitizer+	Purell®	8 oz.	\$4
521	Hand sanitizer wipes+	Purell®	160	\$13

## **Fitness Devices**

Product code	Product name	Compare to	Package count	Price
<b>Exercise Equipment</b>				
528	Foam roller	Foam roller	1	\$17
534	Resistance band, medium resistance	Theraband®	1	\$10
<b>Exercise Trackers</b>				
441	Pedometer	Pedometer	1	\$15

## **Home Medical**

Product code	Product name	Compare to	Package count	Price
<b>Blood Pressure Devices &amp; Cuff</b>				
242	Blood pressure home kit (manual pump w/stethoscope)**	Blood pressure home kit (manual pump w/stethoscope)	1	\$18
591	Extra-Large blood pressure cuff (42cm-48cm)	Extra-Large blood pressure cuff	1	\$20
<b>Breathing Aids</b>				
455	Peak flow meter	Peak flow meter	1	\$20
<b>Cushions &amp; Pillows</b>				
447	Foam ring cushion	Carex®	1	\$21
451	Lumbar cushion	Carex®	1	\$25
<b>Hearing Aids</b>				
639	Energizer® hearing aid batteries - size 10	Energizer® hearing aid batteries	8	\$14
640	Energizer® hearing aid batteries - size 312	Energizer® hearing aid batteries	8	\$14
639	Energizer® hearing aid batteries - size 13	Energizer® hearing aid batteries	8	\$14
<b>Home Tests</b>				
642	COVID-19 Antigen Home Test Kit – 2ct	COVID-19 Antigen Home Test Kit – 2ct	2	\$18

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

+Product cannot be shipped to P.O. Boxes, Alaska, Hawaii, or Puerto Rico

Medical Bracelets				
452	Medical bracelet - diabetes	Medical bracelet	1	\$21
453	Medical bracelet - heart patient	Medical bracelet	1	\$21
Medication Aids & Disposal				
257	7-day pill box	7-day pill box	1	\$10
370	Medication disposal powder	DisposeRx™	3	\$13
458	Medication lock	Pillpod	1	\$22
456	Pill bottle opener with magnifying glass	Pill bottle opener with magnifying glass	1	\$9
457	Pill splitter & crusher	Pill splitter & crusher	1	\$9
Personal Protective Aids				
486	Cloth face masks limit 1 pack per month/3 packs per quarter	Cloth face masks	3 masks	\$12
485	Disposable face masks limit 3 packs per month/9 packs per quarter	Disposable face masks	10 masks	\$10
345	Disposable gloves - non-latex	Curad®	100	\$12
Scales				
247	Digital bathroom scale**	Digital bathroom scale	1	\$24
530	Food scale	Food scale	1	\$20
Sensory Aids				
446	Magnifying glass	Magnifying glass	1	\$10
Thermometers				
048	Oral thermometer	B-D® Oral Thermometer	1	\$7

## Incontinence

If you experience incontinence, we're here to help you find the right products for you. Below is a chart to help you choose the product(s) you need.

	Usage	Tab-style or Briefs	Underwear or Pull on	Pads
Absorbency level ↓	<b>Day</b>	Unisex: <ul style="list-style-type: none"> <li>Extra absorbency tab-style disposable briefs               <ul style="list-style-type: none"> <li>Small, Medium, Large, XL, XXL</li> </ul> </li> <li>Ultra Absorbency tab-style disposable briefs               <ul style="list-style-type: none"> <li>Small, Medium, Large, XL, XXL</li> </ul> </li> </ul>	For women: <ul style="list-style-type: none"> <li>Incontinence Underwear               <ul style="list-style-type: none"> <li>Small/Medium, Large/XL</li> </ul> </li> </ul> For men: <ul style="list-style-type: none"> <li>Incontinence Underwear               <ul style="list-style-type: none"> <li>Small/Medium, Large/XL</li> </ul> </li> </ul> Unisex: <ul style="list-style-type: none"> <li>Incontinence Underwear, heavy absorbency - XXL</li> </ul>	For women: <ul style="list-style-type: none"> <li>Panty liner</li> <li>Bladder control pad               <ul style="list-style-type: none"> <li>Light</li> <li>Moderate</li> <li>Maximum</li> </ul> </li> </ul> For men: <ul style="list-style-type: none"> <li>Bladder control guards</li> </ul>
	<b>Extended or overnight</b>	Unisex: <ul style="list-style-type: none"> <li>Extended wear high capacity tab-style briefs               <ul style="list-style-type: none"> <li>Small, Medium, Large, XL</li> </ul> </li> </ul>		For women: <ul style="list-style-type: none"> <li>Bladder control pad, Ultimate</li> </ul>

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

\*\*Limit one per plan year. Prior to purchase, the enrollee is strongly encouraged to have a conversation with their personal provider about the appropriateness of this OTC item.

Product code	Product name	Compare to	Package count	Price
<b>Clean &amp; Protect</b>				
369	Flushable cleansing cloths	Cottonelle®	40	\$5
666	Zinc oxide 20% cream	Zinc oxide 20% cream	2 oz.	\$7
<b>Pads &amp; Guards</b>				
366	Bladder control guards for men	FitRight® Active Bladder Guards for Men	52	\$14
595	Bladder control pad for women - Light	FitRight®	20	\$9
596	Bladder control pad for women - Moderate	FitRight®	16	\$8
597	Bladder control pad for women - Maximum	FitRight®	10	\$9
598	Bladder control pad for women - Ultimate	FitRight®	10	\$10
599	Panty liner - long	Panty liner - long	40	\$8
<b>Tab-Style Briefs</b>				
396	Adult incontinence tab-style disposable briefs, Extra absorbency - Small, for waist size 20"-32"	FitRight® Disposable Briefs, Extra Absorbency - Small	20	\$18
395	Adult incontinence tab-style disposable briefs, Extra absorbency - Medium, for waist Size 32"-44"	FitRight® Disposable Briefs, Extra Absorbency - Medium	20	\$18
394	Adult incontinence tab-style disposable briefs, Extra absorbency - Large, for waist size 44"-56"	FitRight® Disposable Briefs, Extra Absorbency - Large	20	\$18
397	Adult incontinence tab-style disposable briefs, Extra absorbency - XL, for waist size 56"-64"	FitRight® Disposable Briefs, Extra Absorbency - XL	20	\$18
398	Adult incontinence tab-style disposable briefs, Extra absorbency - XXL, for waist size 60"-70"	FitRight® Disposable Briefs, Extra Absorbency - XXL	20	\$18
401	Adult incontinence tab-style disposable briefs, Ultra absorbency - Small, for waist size 20"-32"	FitRight® Disposable Briefs, Ultra Absorbency - Small	20	\$18
400	Adult incontinence tab-style disposable briefs, Ultra absorbency - Medium, for waist size 32"-44"	FitRight® Disposable Briefs, Ultra Absorbency - Medium	20	\$18
399	Adult incontinence tab-style disposable briefs, Ultra absorbency - Large, for waist size 44"-56"	FitRight® Disposable Briefs, Ultra Absorbency - Large	20	\$18
402	Adult incontinence tab-style disposable briefs, Ultra absorbency - XL, for waist size 56"-64"	FitRight® Disposable Briefs, Ultra Absorbency - XL	20	\$18
403	Adult incontinence tab-style disposable briefs, Ultra absorbency - XXL, for waist size 60"-70"	FitRight® Disposable Briefs, Ultra Absorbency - XXL	20	\$18
539	Extended wear briefs, Size 1 (waist 31"-52")	Extended wear high capacity tab-style briefs - Small & Medium	15	\$25

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

538	Extended wear briefs, Size 2 (waist 40"-70")	Extended wear high capacity tab-style briefs - Large	15	\$24
<b>Underpads &amp; Chair Pads</b>				
256	Absorbent underpads (disposable chux pads) 23" x 36"	Protection Plus® Disposable Underpads 23" x 36"	20	\$15
617	Chair pad, washable waterproof 21" x 22"	Chair pad, washable waterproof	1	\$14
542	Washable underpad 34" x 36"	Washable underpad 34" x 36"	1	\$14
<b>Underwear</b>				
602	Incontinence underwear for men - heavy absorbency, Small/Medium, for Waist Sizes 28" - 40"	FitRight®	20	\$17
603	Incontinence underwear for men - heavy absorbency, Large/XL, for Waist Sizes 40" - 56"	FitRight®	20	\$17
600	Incontinence underwear for women - heavy absorbency, Small/Medium, for Waist Sizes 28" - 40"	FitRight®	20	\$17
601	Incontinence underwear for women - heavy absorbency, Large/XL, for Waist Sizes 40" - 56"	FitRight®	20	\$17
604	Incontinence unisex underwear - XXL, for Waist Sizes 68" - 80"	FitRight®	20	\$20

## Men's Health

Product code	Product name	Compare to	Package count	Price
<b>Men's Health</b>				
647	Prostate health with beta-sitosterol 125 mg	Prostate health with beta-sitosterol 125 mg	60	\$19

## Pain Relievers

Product code	Product name	Compare to	Package count	Price
<b>Acetaminophen</b>				
020	Acetaminophen 80 mg chewable	Tylenol® Children's Chewable	30	\$7
294	Acetaminophen 325 mg	Tylenol® Regular Strength	100	\$7
002	Acetaminophen 500 mg	Tylenol® Extra Strength	100	\$8
605	Acetaminophen arthritis 650 mg	Acetaminophen arthritis 650 mg	24	\$8
353	Children's acetaminophen liquid	Children's Tylenol® 160 mg/5 ml	4 oz.	\$7
354	Infant's acetaminophen	Infant's Tylenol®	2 oz.	\$9

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

<b>Aspirin &amp; Aspirin Combo</b>				
016	Aspirin low dose 81 mg EC	Bayer® Adult Low Strength EC	120	\$6
229	Enteric coated aspirin 325 mg	Ecotrin®	100	\$7
125	Headache formula - aspirin/acetaminophen/caffeine	Excedrin®	100	\$10
<b>Ibuprofen &amp; Naproxen Sodium</b>				
019	Ibuprofen 200 mg tablets	Advil®	50	\$5
650	Ibuprofen 200 mg tablets	Advil®	100	\$8
094	Ibuprofen suspension (children's)	Children's Motrin®	4 oz.	\$8
283	Naproxen sodium 220 mg	Aleve®	100	\$9
<b>Patches</b>				
213	Cold and hot patches	Icy Hot® Patch	5	\$8
365	Lidocaine patches	Salonpas® Lidocaine Patches	6	\$10
<b>Topical Pain Relievers</b>				
543	Arthritis pain gel	Voltaren Gel	3.53 oz.	\$15
649	Lidocaine 4% pain relief	Lidocaine 4% pain relief	2.7 oz.	\$7
046	Muscle rub	BenGay®	4 oz.	\$8
344	Roll-on muscle relief	Biofreeze®	2.5 oz.	\$13
464	Spray-on muscle relief <sup>+</sup>	BioFreeze® Spray	4 oz.	\$13
119	Topical analgesic - capsaicin cream 0.025%	Zoatrix® Cream	2 oz.	\$9

## Personal Care

Product code	Product name	Compare to	Package count	Price
<b>Dental Floss, Flossers, Picks</b>				
224	Dental floss, waxed	Dental floss, waxed	100 yards	\$5
391	Dental flossers	Dental flossers	90	\$5
554	Interdental brush picks	Gum®	275	\$6
555	Interdental gum brushes	Gum®	10	\$8
<b>Denture Care</b>				
225	Denture adhesive	Fixodent®	1.5 oz.	\$6
392	Denture brush	GUM® Denture Brush	1	\$6
319	Effervescent denture tabs	Efferdent®	90	\$7
553	Fixodent® Denture Adhesive	Fixodent® Denture Adhesive	2.4 oz.	\$9
652	Overnight dental guard with case	Dental Clean	2	\$9
<b>Ear Care</b>				
118	Earwax removal drops	Debrox® Earwax Removal Drops	0.5 oz.	\$7
559	Swimmer's ear solution	Debrox® Swimmer's Ear Drying Drops	1 oz.	\$8

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

<sup>+</sup>Product cannot be shipped to P.O. Boxes, Alaska, Hawaii, or Puerto Rico

<b>Eye Care</b>				
615	Bausch + Lomb Soothe® XP Emollient Eye Drops	Bausch + Lomb Soothe® XP Emollient Eye Drops	0.5 oz.	\$17
551	Contact lens solution	Opti-Free® Replenish®	12 oz.	\$8
219	Eye drops - redness reliever	Visine® Original	0.5 oz.	\$6
356	Lubricant eye drops	Refresh Optive® Lubricant Eye Drops	0.5 oz.	\$13
114	Lubricant eye drops (sterile)	Lubricant eye drops (sterile)	0.5 oz.	\$7
346	Lubricant eye gel	GenTeal®	0.34 oz.	\$12
405	Preservative free lubricant eye drops	Refresh Optive®	30 vials	\$16
<b>Foot Care</b>				
613	Antifungal foot powder, miconazole nitrate 2%	Zeasorb® AF	2.5 oz.	\$9
465	Bunion guard	Bunion Guard	1	\$9
473	Moleskin	Moleskin	3 strips	\$6
<b>Oral Care</b>				
548	Biotene® Spray	Biotene® Spray	1.5 oz.	\$11
393	Dry mouth oral rinse	Biotene® Dry Mouth Oral Rinse	16 fl oz.	\$8
414	Medicated lip treatment - squeeze tubes or jars	Carmex®	2	\$6
651	Oral B® gum detoxify rinse 475 ml	Oral B® gum detoxify 475 ml	16 fl oz.	\$11
295	Oral pain relief - benzocaine 20%	Orajel™ Maximum	0.5 oz.	\$7
<b>Power Dental Flossers &amp; Tips</b>				
472	Battery-operated water jet tips	Interplak® Battery-operated water jet tips	5	\$12
<b>Toothbrushes &amp; Accessories</b>				
284	Toothbrush	Toothbrush	3	\$6
<b>Toothpaste</b>				
545	Aim® Toothpaste	Aim® Toothpaste	5.5 oz.	\$5
550	Colgate® Toothpaste	Colgate® Toothpaste	4 oz.	\$6
552	Crest® Toothpaste	Crest® Toothpaste	5.4 oz.	\$7
558	Pepsodent® Toothpaste	Pepsodent® Toothpaste	5.5 oz.	\$5
606	Sensodyne Toothpaste	Sensodyne Toothpaste	6 oz.	\$13
285	Crest Toothpaste Value Pack	Crest Toothpaste Value Pack	2	\$8

## Skin Care

Product code	Product name	Compare to	Package count	Price
<b>Allergy &amp; Itch Relief</b>				
217	Allergy cream - itch and pain relief	Benadryl® Extra Strength Cream	1 oz.	\$6
411	Soothing oatmeal bath treatment	Aveeno® Soothing Bath Treatment	8	\$10

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.



<b>Antifungal Creams</b>				
038	Clotrimazole cream 1%	Lotrimin AF®	0.5 oz.	\$7
218	Tolnaftate antifungal cream 1%	Tinactin® Cream	1 oz.	\$8
<b>Skin Creams, Lotions &amp; Gels</b>				
560	Aloe vera with lidocaine	Aloe Vera with Lidocaine	20 oz.	\$10
037	Calamine lotion	Calamine Lotion	6 oz.	\$7
409	Eczema moisturizing cream	Aveeno® Active Naturals® Eczema Therapy Moisturizing Cream	5 oz.	\$13
322	Hydrocortisone cream 1%	Cortaid®	2 oz.	\$7
561	Phytoplex calazime skin protectant	Phytoplex Calazime Skin Protectant	4 oz.	\$13
410	Psoriasis medicated ointment	Psoriasis Medicated Ointment	3.8 oz.	\$14
653	Scalpicin max strength scalp itch treatment	Scalpicin max strength scalp itch treatment	1.5 fl oz.	\$11
562	Skin protectant paste	Skin Protectant Paste	4 oz.	\$10
563	Skin repair cream	Remedy® Intensive Skin Therapy Skin Repair Cream	4 oz.	\$8
308	Vitamin A&D ointment	A&D® Original Ointment	4 oz.	\$7
<b>Sun &amp; Insect Care</b>				
388	Insect bite relief	After Bite®	0.5 oz.	\$7
327	Insect repellent	Off® Deep Woods® Insect Repellent	6 oz.	\$11
306	Sunblock SPF 30	Coppertone® SPF 30	8 oz.	\$9
564	Sunscreen SPF 50	Sunscreen SPF 50	8 oz.	\$9
<b>Wart &amp; Callus</b>				
241	Medicated callus remover	Dr. Scholl's®	6	\$7
296	Wart remover liquid	Compound W® Max Strength	0.31 oz.	\$9

## Supports

Product code	Product name	Compare to	Package count	Price
<b>Back</b>				
337	Back support elastic - one size fits most	Futuro®	1	\$25
567	Back support with pulley system, Small/Medium	Back support with pulley system, Small/Medium	1	\$19
566	Back support with pulley system, Large/XL	Back support with pulley system, Large/XL	1	\$19
568	Back support with pulley system 2XL	Back support with pulley system 2XL	1	\$19
<b>Hand, Wrist &amp; Elbow</b>				
565	Arthritis gloves, Small	Vive Arthritis Gloves	1 pair	\$18
364	Arthritis gloves, Medium	Vive Arthritis Gloves	1 pair	\$18
363	Arthritis gloves, Large	Vive Arthritis Gloves	1 pair	\$18
442	Carpal tunnel night brace	Futuro® Carpal Tunnel Night Brace	1	\$23

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

\*\* Sale of products containing nicotine are prohibited to members under the age of 21.

339	Elbow support	Futuro® Elbow Support	1	\$11
343	Wrist support	Futuro®	1	\$15
<b>Knee, Ankle &amp; Foot</b>				
336	Ankle support	Futuro®	1	\$12
342	Knee support with stays, Small, 13-14" knee cap circumference	Futuro® Knee Support with stays	1	\$18
341	Knee support with stays, Medium, 14-16" knee cap circumference	Futuro® Knee Support with stays	1	\$18
340	Knee support with stays, Large, 16-18" knee cap circumference	Futuro® Knee Support with stays	1	\$18
357	Knee support with stays XL, 18-20" knee cap circumference	Futuro® Knee Support with stays	1	\$18
459	Plantar fasciitis relief sleeve	Plantar fasciitis relief sleeve	1 pair	\$15

## Vitamins, Minerals and Supplements

Product code	Product name	Compare to	Package count	Price
<b>Brain &amp; Eye/Vision</b>				
569	Bausch + Lomb PreserVision® AREDS 2 chewables	Bausch + Lomb PreserVision® AREDS 2 chewables	60	\$25
616	Brain health supplement	Neuriva, Coffee Fruit Extract 100 mg, Phosphatidylserine 100 mg	30	\$21
907	Eye care vitamins	Ocuvite® Extra	36	\$9
<b>Immune Support &amp; Antioxidants</b>				
297	Antioxidant tablets	Antioxidant tablets	60	\$9
474	Immune support chewable tablets	Airborne®	32	\$9
<b>Minerals</b>				
298	Ferrous sulfate 325 mg	Feosol® 100	100	\$8
246	Liquid iron formulation 220 mg/5 ml	Liquid iron	16 oz.	\$10
302	Magnesium oxide 400 mg	Mag-Ox® 400 mg	120	\$9
317	Organic sulfur MSM 1000 mg	Organic sulfur MSM 1000 mg	90	\$14
303	Potassium gluconate 595 mg	Potassium gluconate 595 mg	100	\$7
<b>Multivitamins</b>				
063	Complete senior vitamins and minerals	Centrum® Silver	60	\$10
011	Daily multivitamin and mineral	Centrum®	130	\$10
618	Diabetic multivitamin sugar-free gummies	Diabetic multivitamin sugar-free gummies	60	\$17
299	Gummy multivitamin	Multivitamin gummy	120	\$12

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

645	Kids Culturelle Complete Multivitamin + Probiotic, chewable	Kids Culturelle Complete Multivitamin + Probiotic, chewable	50	\$23
316	One daily men's multivitamin	One-A-Day Men's®	60	\$8
107	One daily women's multivitamin	One-A-Day Women's®	60	\$8
623	Prenatal vitamin	Prenatal vitamin	100	\$9
<b>Nutritional Beverages &amp; Thickener</b>				
572	Food and beverage thickener	Thick-It® Food and Beverage Thickener	10 oz.	\$10
<b>Supplements</b>				
614	Apple cider vinegar (with the mother) 500 mg per gummy & Ginger	Apple cider vinegar (with the mother) 500 mg & ginger 1 mg gummies	60	\$11
902	Co-Enzyme Q-10 30 mg	Co-Enzyme Q-10 30 mg	30	\$10
367	Co-Enzyme Q-10 100 mg	Co-Enzyme Q-10 100 mg	30	\$12
608	Elderberry gummies	Elderberry gummies	60	\$13
477	Flax seed oil 1000 mg softgels	Flax seed oil	90	\$10
609	Ginseng extract 100 mg	Ginseng extract 100 mg	60	\$15
412	Glucosamine chondroitin triple strength	Glucosamine chondroitin triple strength	100	\$25
655	Melatonin 3 mg	Melatonin 3 mg	60	\$8
278	Melatonin 5 mg	Melatonin 5 mg	100	\$9
479	Melatonin gummies, 5 mg	Vitajoy®	120	\$12
413	Omega-3 fish oil 1000 mg	Omega-3 fish oil 1000 mg	90	\$10
657	Nerve health	Nervive™ Nerve Health	30	\$13
610	Papaya enzyme	Papaya enzyme	100	\$10
607	Probiotic	Probiotic	30	\$18
654	Probiotic gummies	Probiotic gummies	60	\$10
909	Timed release niacin 500 mg	Timed release niacin 500 mg	100	\$9
574	Vitamin B-12 500 mcg tablet	Vitamin B-12 500 mcg tablet	100	\$8
<b>Vitamins A - Z</b>				
475	Biotin gummies	Vitafusion™	100	\$13
476	Calcium + Vitamin D3 gummies	Nature's Way® Alive!®	60	\$14
570	Calcium carbonate with Vitamin D3 600 mg - 400IU tablet	Calcium Carbonate with Vitamin D3 600 mg - 400IU tablet	100	\$11
109	Calcium citrate + Vitamin D3	Citracal® Caplets + D3	60	\$7
248	Chewable calcium with Vitamin D3 plus minerals	Caltrate® 600 + D3 Plus Minerals Chewable	60	\$10
355	Children's gummy vitamins	Vitafusion™	60	\$9
240	Folic acid 800 mcg	Folic acid 800 mcg	100	\$7
300	Gummy Vitamin C 250 mg	Vitamin C 250 mg gummy	100	\$13
301	Gummy Vitamin D3 2000 IU	Vitamin D3 2000 IU gummy	120	\$11
481	Rena-vite vitamins	Rena-vite vitamins	100	\$15
238	Vitamin B-12 1000 mcg	Vitamin B-12 1000 mcg	100	\$9

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

279	Vitamin B-12 5000 mcg sublingual	Vitamin B-12 5000 mcg sublingual	30	\$9
482	Vitamin B-Complex gummies	VitaFusion™	70	\$12
280	Vitamin B-Complex sublingual	Vitamin B-Complex sublingual	60	\$9
903	Vitamin B-Complex with B-12	Vitamin B-Complex with B-12	100	\$8
010	Vitamin C 500 mg	Vitamin C 500 mg	100	\$7
209	Vitamin D3 25 mcg (1000 UNIT)	Vitamin D3 25 mcg (1000 UNIT)	100	\$9
576	Vitamin D3 50 mcg (2000 UNIT)	Vitamin D3 50 mcg (2000 UNIT)	240	\$15
239	Vitamin D3 125 mcg (5000 UNIT)	Vitamin D3 125 mcg (5000 UNIT)	100	\$9
483	Vitamin D3 1250 mcg (50,000 UNIT)	Vitamin D3 1250 mcg (50,000 UNIT)	12	\$10
012	Vitamin E 400 IU synthetic	Vitamin E 400 IU synthetic	100	\$10

## Women's Health

Product code	Product name	Compare to	Package count	Price
<b>Pregnancy</b>				
668	Opill Oral Contraceptive 28-Day Supply	Opill Oral Contraceptive 28-Day Supply	28	\$20
<b>Urinary Health</b>				
659	Daily bladder comfort (pumpkin see extract 300 mg)	AZO Bladder Control with Go-Less	60	\$12
326	Urinary pain relief	AZO Urinary Pain Relief®	30	\$8
484	Urinary tract infection test strips	AZO Urinary Tract Infection Test Strips®	3	\$12
<b>Women's Health</b>				
658	Estroven weight management for menopause relief	Estroven weight management for menopause relief	30	\$21
<b>Vaginal Health</b>				
656	Cranberry plus probiotic	AZO cranberry	60	\$10
041	Clotrimazole 1% vaginal cream	Gyne-Lotrimin® Cream	1.5 oz.	\$9
304	Miconazole 3 Combo Pack	Monistat® 3 Combo Pack	3 day supply	\$15
611	Vaginal moisturizer	Vagisil®	8	\$21

If you receive a generic, it will be comparable to the name-brand product. This list is subject to change.

## Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **1-800-448-3810 (TTY: 711)**. We are available Monday through Friday, from 7 a.m. to 7 p.m. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

## Important!

### At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:  
**Discrimination Grievances**, P.O. Box 14618, Lexington, KY 40512-4618.  
If you need help filing a grievance, call **1-800-448-3810** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the  
**U.S. Department of Health and Human Services, Office for Civil Rights**  
electronically through their Complaint Portal, available at  
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019, 1-800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

### Auxiliary aids and services, free of charge, are available to you. **1-800-448-3810 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

**Humana Healthy Horizons in Louisiana is a Medicaid Product of Humana Benefit Plan of Louisiana, Inc.**

## Language assistance services, free of charge, are available to you. **1-800-448-3810 (TTY: 711)**

**English:** Call the number above to receive free language assistance services.

**Español (Spanish):** Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

**Français (French):** Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

**Tiếng Việt (Vietnamese):** Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

**繁體中文 (Chinese):** 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

**العربية (Arabic):** اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

**Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

**한국어 (Korean):** 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

**Português (Portuguese):** Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

**ພາສາລາວ (Lao):** ໂທຫາເບີໂທລະສັບຂ້າງເທິງ ເພື່ອຮັບບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຝຣັ່ງ.

**日本語 (Japanese):** 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

**اُردُو (Urdu):** مفت لسانی اعانت کی خدمات موصول کرنے کے لیے درج بالا نمبر پر کال کریں۔

**Deutsch (German):** Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

**فارسی (Farsi):** برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

**Русский (Russian):** Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

**ภาษาไทย (Thai):** โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี