2026 Humana Virginia Cardinal Care Health and Wellness Catalog and Order Form

With the Humana Virginia Cardinal Care plan, you can order up to $65 of health and wellness items each quarter from CenterWell Pharmacy®. You can have over-the-counter (OTC) items like cough medicine, sunscreen, and bandages mailed right to you.

How to order:

Keep this catalog. You will need this to look up the over-the-counter (OTC) items you want to order each month. **Place your order by the 20th of each month.** This gives CenterWell Pharmacy® enough time to finish your order for that month.

You can order:

- **By phone:** Choose the OTC items you would like to purchase and call CenterWell Pharmacy at **1-855-211-8370 (TTY: 711).**

- **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: 800-379-7617.

Humana®

CardinalCare
Virginia's Medicaid Program

2026 Virginia Cardinal Care Health and Wellness Order Form

26VAE1

MEMBER INFORMATION

Member ID (found on Humana ID card)

Date of Birth (M M / D D / Y Y Y Y)

Gender
- Male
- Female

First Name

Last Name

MI

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 **1-855-211-8370** (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 U.S. Postal Service at no charge. Please allow 5 to 7 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 OTC 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 neutraceuticals including garlic, Echinacea, saw palmetto, ginkgo biloba, etc), Convenience (non-medical items), Cosmetics, Food Supplements, Replacement items, Attachments, and Peripherals (including contact lens containers, etc when not factory packaged with original item).

26VAE2

Member ID (found on Humana ID card) ☐☐☐☐☐☐☐☐☐ - ☐☐

Date of Birth M M / D D / Y Y Y Y

First name ☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Last name ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

MI ☐

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
Example:	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 $ **65**

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

Baby & Kids

Product code	Product name	Compare to	Package count	Price
Diapers & Wipes				
680	Baby Wipes, Fragrance Free	Baby Wipes, Fragrance Free	80	$5
682	Diapers, Size 1	Pampers Size 1 Diapers	25	$10
683	Diapers, Size 2	Pampers Size 2 Diapers	25	$10
684	Diapers, Size 3	Pampers Size 3 Diapers	25	$10
Oral Care				
681	Children's Battery-Powered Toothbrushes	Children's Battery-Powered Toothbrushes	2	$8

Bathroom Safety

Product code	Product name	Compare to	Package count	Price
Bathtub & Shower				
418	Bath Bench with No Arms, No Back (19.25" length, 11.75" width, 13.5" ~ 20.5" adjustable seat height)**	Essential Medical Supply Shower Bench	1	$35
371	Bath Mat**	Bath Mat	1	$12
494	Handheld Shower	Handheld Shower	1	$21
373	Tub and Stair Safety Treads	Tub and Stair Safety Treads	8	$10.50
421	Tub Safety Bar**	Drive Medical Tub Safety Bar	1	$40
Grab Bars				
491	Grab Bar, Knurled Chrome, 12"	Grab Bar, Knurled Chrome, 12"	1	$18
492	Grab Bar, Knurled Chrome, 24"	Grab Bar, Knurled Chrome, 24"	1	$19
Toilet				
372	Raised Toilet Seat, 250 lbs. capacity**	Raised Toilet Seat, 250 lbs. capacity	1	$39
420	Toilet Safety Rails**	Nova® Toilet Safety Rails	1	$40
Urinal				
685	Portable Urinal for Men	Portable Urinal for Men	1	$7
686	Portable Urinal for Women	Portable Urinal for Women	1	$12

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.

Diabetes Management

Product code	Product name	Compare to	Package count	Price
Compression Dress Socks				
501	Compression Dress Socks, 8 - 15mmHg, Black, S	Curad® Compression Dress Socks	1 pair	$12.50
500	Compression Dress Socks, 8 - 15mmHg, Black, M	Curad® Compression Dress Socks	1 pair	$12.50
499	Compression Dress Socks 8 - 15mmHg, Black, L	Curad® Compression Dress Socks	1 pair	$12.50
Compression Stockings				
265	Compression Stockings 15-20mmHg, Beige, Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	JOBST® Compression Stockings	1 pair	$13
266	Compression Stockings 15-20mmHg, Beige, Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	JOBST® Compression Stockings	1 pair	$13
267	Compression stockings 15-20mmHg, Beige, Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	JOBST® Compression Stockings	1 pair	$13
268	Compression Stockings 15-20mmHg, Beige, Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	JOBST® Compression Stockings	1 pair	$13
269	Compression Stockings 15-20mmHg, Beige, Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	JOBST® Compression Stockings	1 pair	$13
270	Compression Stockings 15-20mmHg, Beige, Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	JOBST® Compression Stockings	1 pair	$13
271	Compression Stockings 15-20mmHg, Beige, Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	JOBST® Compression Stockings	1 pair	$13
329	Compression Stockings 15-20mmHg, Black, Size A (Ankle: 7" - 7 7/8"; Calf: 10" - 13")	JOBST® Compression Stockings	1 pair	$13
330	Compression Stockings 15-20mmHg, Black, Size B (Ankle: 8" - 8 7/8"; Calf: 12" - 15")	JOBST® Compression Stockings	1 pair	$13

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331	Compression Stockings 15-20mmHg, Black, Size C (Ankle: 9" - 9 7/8"; Calf: 14" - 17")	JOBST® Compression Stockings	1 pair	$13
332	Compression Stockings 15-20mmHg, Black, Size D (Ankle: 10" - 10 7/8"; Calf: 16" - 19")	JOBST® Compression Stockings	1 pair	$13
333	Compression Stockings 15-20mmHg, Black, Size E (Ankle: 11" - 11 7/8"; Calf: 18" - 21")	JOBST® Compression Stockings	1 pair	$13
334	Compression Stockings 15-20mmHg, Black, Size F (Ankle: 12" - 12 7/8"; Calf: 20" - 23")	JOBST® Compression Stockings	1 pair	$13
335	Compression Stockings 15-20mmHg, Black, Size G (Ankle: 13" - 13 7/8"; Calf: 22" - 26")	JOBST® Compression Stockings	1 pair	$13
Crew Socks				
376	Diabetes Circulatory Crew Socks 8-15mmHg, Black, S	Diabetes Circulatory Crew Socks	1 pair	$10
375	Diabetes Circulatory Crew Socks 8-15mmHg, Black, M	Diabetes Circulatory Crew Socks	1 pair	$10
374	Diabetes Circulatory Crew Socks 8-15mmHg, Black, L	Diabetes Circulatory Crew Socks	1 pair	$10
377	Diabetes Circulatory Crew Socks 8-15mmHg, Black, XL	Diabetes Circulatory Crew Socks	1 pair	$10
381	Diabetes Circulatory Crew Socks 8-15mmHg, White, S	Diabetes Circulatory Crew Socks	1 pair	$10
380	Diabetes Circulatory Crew Socks 8-15mmHg, White, M	Diabetes Circulatory Crew Socks	1 pair	$10
379	Diabetes Circulatory Crew Socks 8-15mmHg, White, L	Diabetes Circulatory Crew Socks	1 pair	$10
382	Diabetes Circulatory Crew Socks 8-15mmHg, White, XL	Diabetes Circulatory Crew Socks	1 pair	$10
Diabetes Management Items				
408	Diabetic Skin Relief Body Lotion	Gold Bond® Ultimate Diabetics' Dry Skin Relief Hydrating Lotion	5.5 oz.	$9
272	Diabetic Skin Relief Foot Cream	Gold Bond® Diabetic Skin Relief Foot Cream	3.4 oz.	$9.50
634	Glucose Gummies	Glucose Gummies	60	$10
305	Glucose Tablets	DEX4® Glucose Tablets	60	$14
274	Sharps Container	BD™ Home Sharps Container	1	$10

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

Fall Prevention

Product code	Product name	Compare to	Package count	Price
Canes				
527	Cane with Offset Handle**	Cane with Offset Handle	1	$21.50
529	Folding Cane**	Folding Cane	1	$20
386	Quad Cane, Large Base, 300 lbs. capacity**	Quad Cane, Large Base	1	$27
387	Quad Cane, Small Base, 300 lbs. capacity**	Quad Cane, Small Base	1	$30
Dressing Aids				
619	Extra-Long Shoe Horn with Sock Remover	Extra-Long Shoe Horn with Sock Remover	1	$10
594	Sock Assistance Device	Sock Assistance Device	1	$10
Fall Safety				
532	Non-Skid Slipper Socks	Non-Skid Slipper Socks	1 pair	$6
419	Plug-in LED Night Lights	Plug-In LED Night Lights	2	$7
625	Transfer Belt with Handles, Wide	Transfer Belt with Handles, Wide	1	$21.50
Mobility Assistance				
531	Grabber Reacher Tool	Grabber Reacher Tool	1	$16
Replacement Cane Tips				
628	Replacement Cane Tips, 1/2" (compatible with 387)	Replacement Cane Tips, 1/2"	4	$8
626	Replacement Cane Tips, 3/4" (compatible with 527 & 529)	Replacement Cane Tips, 3/4"	2	$8
627	Replacement Cane tips, 5/8" (compatible with 386)	Replacement Cane Tips, 5/8"	4	$8

First Aid

Product code	Product name	Compare to	Package count	Price
Bandages & Supplies				
508	Butterfly Closures	Butterfly Closures	12	$5.50
509	Cloth Tape, 1" x 10 yards	Cloth Tape, 1" x 10 yards	1	$5
510	Curad® Adhesive Bandages, Fingertip	Curad® Adhesive Bandages, Fingertip	100	$9
511	Curad® Adhesive Bandages, Knuckles	Curad® Adhesive Bandages, Knuckles	100	$8.50
512	Curad® Bandage Variety Pack	Curad® Bandage Variety Pack	200	$9
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

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First Aid

517	Curad® Spray Bandage†	Curad® Spray Bandage	1.35 oz.	$10.50
226	Elastic Bandage, 4"	Ace® Bandage	1	$8
425	Elastic Bandage, 6"	Ace® Bandage	1	$9.50
648	First Aid Tough Wrap	Band-Aid® Tough Wrap	1	$6.50
520	Gauze Sponges, 4" x 4"	Gauze Sponges 4" x 4"	50	$8.50
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	$17
701	Skin Protectant Wipes	Skin Protectant Wipes	50	$10
635	Skin Tone Bandages, Dark Brown, (10 medium & 10 large)	Tru-Colour Skin Tone bandages	20	$7.50
636	Skin Tone Bandages, Brown, (10 medium & 10 large)	Tru-Colour Skin Tone bandages	20	$7.50
637	Skin Tone Bandages, Olive, (10 medium & 10 large)	Tru-Colour Skin Tone bandages	20	$7.50
702	Sterile Pads, 5x9	Sterile Pads, 5x9	20	$10
384	Waterproof Adhesive Bandages	Waterproof Adhesive Bandages	100	$8.50
Burn Relief				
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	$8.50
Hot & Cold Therapies				
428	Hot Water Bottle	Hot Water Bottle	1	$11
430	Ice Bag	Ice Bag	1	$9
310	Reusable Cold Compress	ACE™ Cold Compress	1	$9
Kits				
385	First Aid Kit, 175 Pieces	Curad® First Aid Kit, 175 Pieces	1 kit	$12
Ointments & Gels				
513	Curad® Germ Shield Gel	Curad® Germ Shield Gel	0.5 oz.	$8
432	Petroleum Jelly	Vaseline®	4 oz.	$4

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† Product cannot be shipped to P.O. Boxes, Alaska, Hawaii, Puerto Rico, or U.S. Virgin Islands.

Sanitizers				
506	Antiseptic Spray†	Antiseptic Spray	2 oz.	$7
757	CPAP Mask Wipes	CPAP Mask Wipes	72	$12
427	Hand Sanitizer†	Purell®	8 oz.	$4.50
700	Hand Sanitzer Wipes, 20ct	Alcohol Wipes	20	$7
521	Hand Sanitizer Wipes, 160ct†	Purell®	160	$12
703	Sterile Wound Wash	Medicleanse First Aid Sterile Wound Wash	1	$10.50

Fitness Devices

Product code	Product name	Compare to	Package count	Price
Exercise Equipment				
528	Foam Roller	Foam Roller	1	$18
758	Resistance Band, 5 pack	Resistance Band, 5 pack	5	$10
Exercise Trackers				
441	Pedometer	Pedometer	1	$14.50

Home Medical

Product code	Product name	Compare to	Package count	Price
Blood Pressure Devices & Cuff				
460	Bilingual Talking Blood Pressure Monitor**	Omron®	1	$55
242	Blood Pressure Home Kit (Manual pump w/stethoscope)**	Blood Pressure Home Kit	1	$20
245	Digital Blood Pressure Monitor**	Digital Blood Pressure Monitor	1	$25
591	Extra-Large Blood Pressure Cuff (42cm-48cm)	Extra-Large Blood Pressure Cuff	1	$18
Breathing Aids				
455	Peak Flow Meter	Peak Flow Meter	1	$22
Cushions & Pillows				
443	CPAP Memory Foam Pillow**	CPAP Memory Foam Pillow	1	$50
444	CPAP Pillow Fiber Filled**	CPAP Pillow Fiber Filled	1	$45
447	Foam Ring Cushion	Carex®	1	$20
709	Gel Seat Cushion	Aduken	1	$20
450	Hypoallergenic Pillow**	Hypoallergenic Pillow	1	$20
710	Hypoallergenic Pillow Protector, Standard	Aller-Ease	2	$9
451	Lumbar Cushion	Carex®	1	$22
711	Wheelchair Cushion	Wheelchair Cushion	1	$32

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Hearing				
771	Hearing Aid Batteries, size 10	Duracell or Energizer Hearing Aid Batteries, size 10	8	$14
772	Hearing Aid Batteries, size 312	Duracell or Energizer Hearing Aid Batteries, size 312	8	$14
773	Hearing Aid Batteries, size 13	Duracell or Energizer Hearing Aid Batteries, size 13	8	$14
Heating Pad & Wrap				
244	Electric Heating Pad, Standard**	Sunbeam® Electric Heating Pad	1	$24
448	Heating Pad for Shoulder and Neck**	Sunbeam® Electric	1	$35
Humidifiers and Accessories				
449	Humidifier Ultrasonic Cool Mist**	Honeywell Humidifier - Ultrasonic	1	$43
Medical Bracelets				
452	Medical Bracelet, Diabetes	Medical Bracelet	1	$13
453	Medical Bracelet, Heart Patient	Medical Bracelet	1	$13
Medication Aids & Disposal				
257	7-Day Pill Box	7-Day Pill Box	1	$10
370	Medication Disposal Powder	DisposeRx™	3	$11
458	Medication Lock	Pillpod	1	$19.50
456	Pill Bottle Opener with Magnifying Glass	Pill Bottle Opener	1	$11
457	Pill Splitter & Crusher	Pill Splitter & Crusher	1	$7.50
Personal Protective Aids				
485	Disposable Face Masks	Disposable Face Masks	10 masks	$8
345	Disposable Gloves, Non-Latex	Curad®	100	$11
Pulse Oximeters				
309	Pulse Oximeter**	Pulse Oximeter	1	$40
593	Talking Pulse Oximeter	Talking Pulse Oximeter	1	$50
Scales				
707	Bilingual Talking Digital Bathroom Scale**	Bilingual Talking Digital Bathroom Scale	1	$29
247	Digital Bathroom Scale**	Digital Bathroom Scale	1	$21
530	Food Scale	Food Scale	1	$19
Sensory Aids				
445	Digital Hearing Amplifier**	Clearon Hearing Amplifier	1	$45
446	Magnifying Glass	Magnifying Glass	1	$9.50
Thermometers				
708	Bilingual Talking Ear and Forehead Thermometer**	Bilingual Talking Ear and Forehead Thermometer	1	$20
048	Oral Thermometer	B-D® Oral Thermometer	1	$8

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

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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.

Absorbency level

Usage	Tab-style or Briefs	Underwear or Pull-on	Pads
Day	Unisex: • Extra absorbency tab-style disposable briefs ◦ Small, Medium, Large, XL, XXL • Ultra Absorbency tab-style disposable briefs ◦ Small, Medium, Large, XL, XXL	For women: • Incontinence Underwear ◦ Small/Medium, Large/XL For men: • Incontinence Underwear ◦ Small/Medium, Large/XL Unisex: • Incontinence Underwear, ◦ Heavy absorbency - XXL	For women: • Panty liner • Bladder control pad ◦ Light ◦ Moderate ◦ Maximum For men: • Bladder control guards
Extended or Overnight	Unisex: • Extended-wear, high-capacity, tab-style briefs ◦ Small, Medium, Large, XL		For women: • Bladder control pad, Ultimate

Product code	Product name	Compare to	Package count	Price
Clean & Protect				
712	Aloe Personal Cleansing Non-Flushable Wipes	Aloe Personal Cleansing Non-Flushable Wipes	48	$7.50
713	Aloe Personal Cleansing Non-Flushable Wipes, Quilted	Aloe Personal Cleansing Non-Flushable Wipes, Quilted	48	$7
715	Commode Liners	Commode Liners	60	$24
369	Flushable Cleansing Cloths	Cottonelle®	40	$5
714	Perineal Skin Cleanser	Perineal Skin Cleanser	8 oz.	$5
666	Zinc Oxide 20% Cream	Zinc Oxide 20% Cream	2 oz.	$7
Pads & Guards				
366	Bladder Control Guards for Men	FitRight® Active Bladder Guards for Men	52	$14
595	Bladder Control Pad for Women, Light	FitRight®	20	$8
597	Bladder Control Pad for Women, Maximum	FitRight®	10	$8
596	Bladder Control Pad for Women, Moderate	FitRight®	16	$7.50
598	Bladder Control Pad for Women, Ultimate	FitRight®	10	$9
599	Panty Liner, Long	Panty Liner, Long	40	$7

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

Tab-Style Briefs				
396	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, Small (Waist size 20"-32")	FitRight® Disposable Briefs, Extra Absorbency	20	$16
395	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, Medium (Waist Size 32"-44")	FitRight® Disposable Briefs, Extra Absorbency	20	$16
394	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, Large (Waist size 44"-56")	FitRight® Disposable Briefs, Extra Absorbency	20	$16
397	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, XL (Waist size 56"-64")	FitRight® Disposable Briefs, Extra Absorbency	20	$16
398	Adult Incontinence Tab-Style Disposable Briefs, Extra Absorbency, XXL (Waist size 60"-70")	FitRight® Disposable Briefs, Extra Absorbency	20	$16
401	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, Small (Waist size 20"-32")	FitRight® Disposable Briefs, Ultra Absorbency	20	$16
400	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, Medium (Waist size 32"-44")	FitRight® Disposable Briefs, Ultra Absorbency	20	$16
399	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, Large (Waist size 44"-56")	FitRight® Disposable Briefs, Ultra Absorbency	20	$16
402	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, XL (Waist size 56"-64")	FitRight® Disposable Briefs, Ultra Absorbency	20	$16
403	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, XXL (Waist size 60"-70")	FitRight® Disposable Briefs, Ultra Absorbency	20	$16
696	Adult Incontinence Tab-Style Disposable Briefs, Ultra Absorbency, 3XL (Waist Size 71"-84")	Adult Incontinence Tab-Style Disposable Breifs, Ultra Absorbency	12	$20
539	Extended-Wear Stretch Brief, Size 1 (Waist 31-52 inch)	Extended-Wear High-Capacity Tab-Style Briefs	20	$25
538	Extended-Wear Stretch Brief, Size 2 (Waist 40-70 inch)	Extended-Wear High Capacity Tab-Style Briefs	20	$25
Underpads & Chair Pads				
256	Absorbent Underpads (Disposable Chux Pads), 23" x 36"	Protection Plus® Disposable Underpads 23" x 36"	15	$12
617	Chair Pad, Washable Waterproof, 21" x 22"	Chair Pad, Washable Waterproof	1	$12
537	Disposable Underpads, 36" x 36"	Disposable Underpads 36" x 36"	50	$35
542	Washable Underpad 34" x 36"	Washable Underpad	1	$14

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

Underwear				
602	Incontinence Underwear for Men, Heavy Absorbency, Small/Medium (Waist Sizes 28" - 40")	FitRight®	20	$16.50
603	Incontinence Underwear for Men, Heavy Absorbency, Large/XL, (Waist Sizes 40" - 56")	FitRight®	20	$16.50
600	Incontinence Underwear for Women, Heavy Absorbency, Small/Medium (Waist Sizes 28" - 40")	FitRight®	20	$16
601	Incontinence Underwear for Women, Heavy Absorbency, Large/XL (Waist Sizes 40" - 56")	FitRight®	20	$16
604	Incontinence Underwear Unisex, Heavy Absorbency, 2XL (Waist Sizes 68" - 80")	FitRight®	20	$21

Men's Health

Product code	Product name	Compare to	Package count	Price
Condoms				
202	Condom, Lubricated	Trojan Lubricated Condoms	12	$10

Pain Relievers

Product code	Product name	Compare to	Package count	
Patches				
213	Cold and Hot Patches	Icy Hot® Patch	5	$8.50
365	Lidocaine Patches	Salonpas® Lidocaine Patches	6	$10

Personal Care

Product code	Product name	Compare to	Package count	Price
Dental Floss, Flossers, Picks				
224	Dental Floss, Waxed	Dental Floss, Waxed	100 yards	$5
555	Interdental Gum Brushes	GUM®	10	$7.50

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

Denture Care				
225	Denture Adhesive	Fixodent®	1.5 oz.	$7
392	Denture Brush	GUM® Denture Brush	1	$5.50
319	Effervescent Denture Tabs	Efferdent®	90	$7
553	Fixodent® Denture Adhesive	Fixodent® Denture Adhesive	2.4 oz.	$7
652	Overnight Dental Guard with Case	Dental Clean	2	$10
Ear Care				
118	Earwax Removal Drops	Debrox® Earwax Removal Drops	0.5 fl oz.	$6.50
728	Noise Reducing Ear Plugs	Noise Reducing Ear Plugs	50	$14
729	Noise Reducing Slim Fit Ear Plugs	Noise Reducing Slim Fit Ear Plugs	50	$12
Eye Care				
615	Bausch + Lomb Soothe® XP Emollient Eye Drops	Bausch + Lomb Soothe® XP Emollient Eye Drops	15 ml	$17
725	Blink GelTears® Lubricating Eye Drops	Blink®	10 ml	$16
726	Blink® Tears Lubricating Eye Drops	Blink®	30 ml	$22
727	Blink® Triple Care Lubricating Eye Drops	Blink®	10 ml	$16.50
551	Contact Lens Solution	Opti-Free® Replenish®	12 oz.	$7
730	Eye Care AREDS 2 & CoQ10	PreserVision AREDS 2	100	$30
219	Eye Drops, Redness Reliever	Visine® Original	0.5 oz.	$6.50
114	Lubricant Eye Drops (Sterile)	Lubricant Eye Drops (Sterile)	0.5 oz.	$8
405	Preservative-Free Lubricant Eye Drops	Refresh Optive®	30 vials	$15
Foot Care				
465	Bunion Guard	Bunion Guard	1	$10
473	Moleskin	Moleskin	3 strips	$6

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

Oral Care				
548	Biotene® Spray	Biotene® Spray	1.5 oz.	$11
393	Dry Mouth Oral Rinse	Biotene® Dry Mouth Oral Rinse	16 fl. oz.	$8
295	Oral Pain Relief, Benzocaine 20%	Orajel™ Maximum	0.5 oz.	$7
Power Dental Flossers & Tips				
471	Battery-Operated Water Jet**	Interplak® Battery-Operated Water Jet	1	$35
472	Battery-Operated Water Jet Tips	Interplak® Battery-Opearted Water Jet Tips	5	$13.50
Toothbrushes				
284	Toothbrush	Toothbrush	3	$5
Toothpaste				
545	Aim® Toothpaste	Aim® Toothpaste	5.5 oz.	$4
550	Colgate® Toothpaste	Colgate® Toothpaste	4.6 oz.	$5
552	Crest® Toothpaste	Crest® Toothpaste	5.4 oz.	$7
558	Pepsodent® Toothpaste	Pepsodent® Toothpaste	5.5 oz.	$5

Skin Care

Product code	Product name	Compare to	Package count	Price
Skin Creams, Lotions & Gels				
560	Aloe Vera with Lidocaine	Aloe Vera with Lidocaine	20 oz.	$9
037	Calamine Lotion	Calamine Lotion	6 oz.	$7
409	Eczema Moisturizing Cream	Aveeno® Active Naturals® Eczema Therapy Moisturizing Cream	5 oz.	$10
561	Phytoplex Calazime Skin Protectant	Phytoplex Calazime Skin Protectant	4 oz.	$10
410	Psoriasis Medicated Ointment	Psoriasis Medicated Ointment	3.8 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.	$8.50
308	Vitamin A&D Ointment	A&D® Original Ointment	4 oz.	$7

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.

Sun Care				
306	Sunscreen SPF 30	Coppertone® SPF 30	8 oz.	$10
564	Sunscreen SPF 50	Sunscreen SPF 50	8 oz.	$10
Wart & Callus				
241	Medicated Corn/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
Arm & Shoulder				
734	Neo-G Easy-Fit Arm Sling	Neo-G	1	$18
735	Neo-G Easy-Fit Shoulder Support	Neo-G	1	$29
737	Nufabrx Arm Pain Relief Sleeve	Nufabrx	1	$20
Hand, Wrist & Elbow				
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	$14
761	Easy-Fit Thumb Brace	Easy-Fit Thumb Brace	1	$10.50
339	Elbow Support	Futuro® Elbow Support	1	$13
743	Nufabrx Wrist Pain Relief Sleeve	Nufabrx	1	$20
760	Tennis & Golf Elbow Strap	Tennis & Golf Elbow Strap	1	$11.50
343	Wrist Support	Futuro®	1	$12
Knee, Ankle & Foot				
336	Ankle Support	Futuro®	1	$13
342	Knee Support with Stays, Small	Futuro® Knee Support with Stays	1	$20
341	Knee Support with Stays, Medium	Futuro® Knee Support with Stays	1	$20
340	Knee Support with Stays, Large	Futuro® Knee Support with Stays	1	$20
357	Knee Support with Stays XL	Futuro® Knee Support with Stays	1	$20
736	Nufabrx Ankle Pain Relief Sleeve	Nufabrx	1	$20
739	Nufabrx Calf Pain Relief Sleeve	Nufabrx	1	$20
740	Nufabrx Knee Pain Relief Sleeve	Nufabrx	1	$20.50
741	Nufabrx Lower Leg Pain Relief Sleeve	Nufabrx	1	$20
459	Plantar Fasciitis Relief Sleeve	Plantar Fasciitis Relief Sleeve	1 pair	$17

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

Neck & Back				
337	Back Support Elastic, OSFM	Futuro®	1	$20
567	Back Support with Pulley System, Small/Medium	Back Support with Pulley System	1	$19
566	Back Support with Pulley System, Large/XL	Back Support with Pulley System	1	$19
568	Back Support with Pulley System, 2XL	Back Support with Pulley System	1	$20

Vitamins, Minerals and Supplements

Product code	Product name	Compare to	Package count	Price
Brain & Eye/Vision				
569	Bausch + Lomb PreserVision® AREDS 2 chewables	Bausch + Lomb PreserVision® AREDS 2 chewables	60	$27
616	Brain Health Supplement	Neuriva, Coffee Fruit Extract 100 mg, Phosphatidylserine 100 mg	30	$21
750	Eye Care Vitamin Gummies	Ocutive® Eye Health Gummies	36	$12
907	Eye Care Vitamins	Ocuvite® Extra	36	$6
Immune Support & Antioxidants				
745	Airborne® Chewable Tablets, Citrus	Airborne®	32	$11
746	Airborne® Effervescent Tablets, Zesty Orange	Airborne®	10	$10.50
747	Airborne® Elderberry Gummies	Airborne®	50	$19
748	Airborne® Gummies, Assorted Fruit	Airborne®	42	$18
297	Antioxidant Tablets	Antioxidant Tablets	60	$11
474	Immune Support Chewable Tablets	Airborne®	32	$6
Nutritional Beverages				
768	Diabetes Nutrition Shake, Chocolate, 8oz limit 1 per month	Glucerna® Diabetes Nutrition Shake	24	$45
767	Diabetes Nutrition Shake, Vanilla, 8oz limit 1 per month	Glucerna® Diabetes Nutrition Shake	24	$45
764	Meal Replacement Shake, Chocolate, 8oz limit 1 per month	Ensure® Nutrition Shake	24	$45
763	Meal Replacement Shake, Vanilla, 8oz limit 1 per month	Ensure® Nutrition Shake	24	$45

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

Women's Health

Product code	Product name	Compare to	Package count	Price
Feminine Care				
678	Feminine Cleansing Wipes	Feminine Cleansing Wipes	100	$8
675	Tampax Cardboard Tampons, Unscented, Regular	Tampax	20	$8
676	Tampax Cardboard Tampons, Unscented, Super Plus	Tampax	40	$10
774	U by Kotex Clean & Secure Ultra Thin Pads, Regular	U by Kotex	22	$8.50
Menopause				
670	ClearBlue Menopause Stage Indicator Test	ClearBlue	5	$29
658	Estroven® Weight Management for Menopause Relief	Estroven® Weight Management for Menopause Relief	30	$23
Pregnancy & Postpartum				
769	Perineal Cold Pack	Perineal Cold Pack	2	$20
612	Pregnancy Test	ClearBlue	2	$9
770	Witch Hazel Pads	Witch Hazel Pads	40	$8

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

Notice of Non-Discrimination

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate or exclude people because of their race, color, religion, gender, gender identity, sex, sexual orientation, age, disability, national origin, military status, veteran status, genetic information, ancestry, ethnicity, marital status, language, health status, or need for health services. Humana Inc.:

- Provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free language assistance services to people whose primary language is not English, which may include:
  - Qualified interpreters
  - Information written in other languages.

If you need reasonable modifications, appropriate auxiliary aids, or language assistance services contact **844-881-4482 (TTY: 711)**, 8 a.m. to 8 p.m., Eastern time, 7 days a week. If you believe that Humana, Inc. has not provided these services or discriminated on the basis of race, color, religion, gender, gender identity, sex, sexual orientation, age, disability, national origin, military status, veteran status, genetic information, ancestry, ethnicity, marital status, language, health status, or need for health services, you can file a grievance in person or by mail, fax, or email with Humana Inc.'s Non-Discrimination Coordinator at P.O. Box 14618, Lexington, KY 40512-4618, **844-881-4482 (TTY: 711)**, or **accessibility@humana.com**. If you need help filing a grievance, Humana Inc.'s Non-Discrimination Coordinator can help you.

You can also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **https://ocrportal.hhs.gov/ocr/portal/lobby.jsf**, or by mail or phone at:

- U.S. Department of Health and Human Services, 200 Independence Avenue, S.W., Room 509F, HHH Building Washington, D.C. 20201. **800-368-1019**, **800-537-7697 (TDD)**.

This notice is available at **Humana.com/VirginiaDocuments**.

Notice of Availability - Auxiliary Aids and Services Notice

English: Free language, auxiliary aid, and alternate format services are available. Call **844-881-4482 (TTY: 711)**.

العربية [Arabic]: تتوفر خدمات اللغة والمساعدة الإضافية والتنسيق البديل مجانًا. اتصل على الرقم **844-881-4482 (الهاتف النصي: 711)**.

Հայերեն [Armenian]: Հասանելի են անվճար լեզվական, աջակցման և այլընտրանքային ձևաչափի ծառայություններ: Զանգահարե՛ք՝ **844-881-4482 (TTY: 711)**:

বাংলা [Bengali]: বিনামূল্যে ভাষা, আনুষঙ্গিক সহায়তা, এবং বিকল্প বিন্যাসে পরিষেবা উপলব্ধ। ফোন করুন **844-881-4482 (TTY: 711)** নম্বরে।

简体中文 [Simplified Chinese]：我们可提供免费的语言、辅助设备以及其他格式版本服务。请致电 **844-881-4482（听障专线：711）**。

繁體中文 [Traditional Chinese]：我們可提供免費的語言、輔助設備以及其他格式版本服務。請致電 **844-881-4482（聽障專線：711）**。

Kreyòl Ayisyen [Haitian Creole]: Lang gratis, èd oksilyè, ak lòt fòma sèvis disponib. Rele **844-881-4482 (TTY: 711)**.

Hrvatski [Croatian]: Dostupni su besplatni jezik, dodatna pomoć i usluge alternativnog formata. Nazovite **844-881-4482 (TTY: 711)**.

فارسی [Farsi]: خدمات زبان رایگان، کمک های اضافی و فرمت های جایگزین در دسترس است. با **844-881-4482 (TTY: 711)** تماس بگیرید.

Français [French] : Des services gratuits linguistiques, d'aide auxiliaire et de mise au format sont disponibles. Appeler le **844-881-4482 (TTY: 711)**.

Deutsch [German]: Es stehen kostenlose unterstützende Hilfs- und Sprachdienste sowie alternative Dokumentformate zur Verfügung. Telefon: **844-881-4482 (TTY: 711)**.

Ελληνικά [Greek]: Διατίθενται δωρεάν γλωσσικές υπηρεσίες, βοηθήματα και υπηρεσίες σε εναλλακτικές προσβάσιμες μορφές. Καλέστε στο **844-881-4482 (TTY: 711)**.

ગુજરાતી [Gujarati]: નિઃશુલ્ક ભાષા, સહાયક સહાય અને વૈકલ્પિક ફોર્મેટ સેવાઓ ઉપલબ્ધ છે. **844-881-4482 (TTY: 711)** પર કૉલ કરો.

עברית [Hebrew]: שירותים אלה זמינים בחינם: שירותי תרגום, אביזרי עזר וטקסטים בפורמטים חלופיים. נא התקשר למספר **844-881-4482 (TTY: 711)**

हिन्दी [Hindi]: निःशुल्क भाषा, सहायक मदद और वैकल्पिक प्रारूप सेवाएं उपलब्ध हैं। **844-881-4482 (TTY: 711)** पर कॉल करें।

Hmoob [Hmong]: Muaj kev pab txhais lus, pab kom hnov suab, thiab lwm tus qauv pab cuam. Hu **844-881-4482 (TTY: 711)**.

Italiano [Italian]: Sono disponibili servizi gratuiti di supporto linguistico, assistenza ausiliaria e formati alternativi. Chiama il numero **844-881-4482 (TTY: 711)**.

This notice is available at **Humana.com/VirginiaDocuments**.

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日本語 [Japanese]:言語支援サービス、補助支援サービス、代替形式サービスを無料でご利用いただけます。**844-881-4482 (TTY: 711)** までお電話ください。

ភាសាខ្មែរ [Khmer]៖ សេវាកម្មផ្នែកភាសា ជំនួយ និង សេវាកម្មជាទម្រង់ផ្សេងជំនួសអាចរកបាន។ ទូរសព្ទទៅលេខ **844-881-4482 (TTY: 711)**។

한국어 [Korean]: 무료 언어, 보조 지원 및 대체 형식 서비스를 이용하실 수 있습니다.
844-881-4482 (TTY: 711) 번으로 문의하십시오.

ພາສາລາວ [Lao] ມີການບໍລິການດ້ານພາສາ, ອຸປະກອນຊ່ວຍເຫຼືອ ແລະ ຮູບແບບທາງເລືອກອື່ນໃຫ້ໃຊ້ຟຣີ. ໂທ **844-881-4482 (TTY: 711)**.

Diné [Navajo]: Saad t’áá jiik’eh, t’áadoole’é binahjį’ bee adahodooníłígíí diné bich’į’ anídahazt’i’í, dóó łahgo át’éego bee hada’dilyaaígíí bee bika’aanída’awo’í dahólǫ. Kohjį’ hodíilnih **844-881-4482 (TTY: 711)**.

Polski [Polish]: Dostępne są bezpłatne usługi językowe, pomocnicze i alternatywne formaty. Zadzwoń pod numer **844-881-4482 (TTY: 711)**.

Português [Portuguese]: Estão disponíveis serviços gratuitos de ajuda linguística auxiliar e outros formatos alternativos. Ligue **844-881-4482 (TTY: 711)**.

ਪੰਜਾਬੀ [Punjabi]: ਮੁਫ਼ਤ ਭਾਸ਼ਾ, ਸਹਾਇਕ ਸਹਾਇਤਾ, ਅਤੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ। **844-881-4482 (TTY: 711)** ‘ਤੇ ਕਾਲ ਕਰੋ।

Русский [Russian]: Предоставляются бесплатные услуги языковой поддержки, вспомогательные средства и материалы в альтернативных форматах. Звоните по номеру **844-881-4482 (TTY: 711)**.

Español [Spanish]: Los servicios gratuitos de asistencia lingüística, ayuda auxiliar y servicios en otro formato están disponibles. Llame al **844-881-4482 (TTY: 711)**.

Tagalog [Tagalog]: Magagamit ang mga libreng serbisyong pangwika, serbisyo o device na pantulong, at kapalit na format. Tumawag sa **844-881-4482 (TTY: 711)**.

தமிழ் [Tamil]: இலவச மொழி, துணை உதவி மற்றும் மாற்று வடிவ சேவைகள் உள்ளன. **844-881-4482 (TTY: 711)** ஐ அழைக்கவும்.

తెలుగు [Telugu]: ఉచిత భాష, సహాయక మద్దతు, మరియు ప్రత్యామ్నాయ ఫార్మాట్ సేవలు అందుబాటులో గలవు. **844-881-4482 (TTY: 711)** కి కాల్ చేయండి.

اردو [Urdu]: مفت زبان، معاون امداد، اور متبادل فارمیٹ کی خدمات دستیاب ہیں۔ کال **844-881-4482 (TTY: 711)**۔

Tiếng Việt [Vietnamese]: Có sẵn các dịch vụ miễn phí về ngôn ngữ, hỗ trợ bổ sung và định dạng thay thế. Hãy gọi **844-881-4482 (TTY: 711)**.

አማርኛ [Amharic]፦ ቋንቋ፣ አጋዥ ማዳመጫ እና አማራጭ ቅርፀት ያላቸው አገልግሎቶችም ይገኛሉ። በ **844-881-4482 (TTY: 711)** ላይ ይደውሉ።

Bǎsɔ́ ̀[Bassa]: Wuɖu-xwíníín-mú-zà-zà kǔà, Hwòɖǒ-fɔńɔ-́nyɔ,́ kè nyɔ-bɔǔn-po-kà bě bɛ́ nyuɛɛ se wíɖí pɛ́ɛ̀-pɛ́ɛ̀ ɖò kɔ.̃ **844-881-4482 (TTY: 711)** ɖá.

Bekee [Igbo]: Asụsụ n’efu, enyemaka nkwarụ, na ọrụ usoro ndị ọzọ dị. Kpọọ **844-881-4482 (TTY: 711)**.

Òyìnbó [Yoruba]: Àwọn iṣẹ́ àtìlẹhìn ìrànlọ́wọ́ èdè, àti ọ̀nà kíkà míràn wà láṛọwọ́tó. Pe **844-881-4482 (TTY: 711)**.

नेपाली [Nepali]: भाषासम्बन्धी नि:शुल्क, सहायक साधन र वैकल्पिक फार्मेट (ढाँचा/व्यवस्था) सेवाहरू उपलब्ध छन् । **844-881-4482 (TTY: 711)** मा कल गर्नुहोस् ।