



2015 OVER-THE-COUNTER (OTC) LIST

Eligible Over-the-Counter (OTC) Expenses include medicines or products that help treat injuries or illness for you. You do not need to provide a statement from a medical provider or indicate a diagnosis in order to receive reimbursement. The products listed here are examples, and this list does not include every OTC item.

OTC items may only be purchased by you and are for your use only. By regulation, you cannot buy OTC items for family members or friends. If it is discovered that you bought OTC items for family or friends, you could be required to pay back for the items you purchased, and you could face additional penalties, such as loss of your Fidelis Medicare Advantage or Dual Advantage coverage and/or criminal prosecution.

Dual purpose items listed below may be purchased, but (1) the enrollee must speak with his or her primary care provider, and (2) the provider recommends the OTC item for a specific condition.

Members enrolled in Fidelis Dual Advantage and Fidelis Dual Advantage Flex receive the OTC benefit through a debit card that is redeemable at most chain pharmacies (e.g., CVS, RiteAid, Duane Reade, Walgreens, etc.)

The 2015 OTC benefit amount is:

Fidelis Medicare Advantage without Prescription Drugs	Not available
Fidelis Medicare Advantage Flex	Available under the \$550 Flex Benefit
Fidelis Dual Advantage	\$25 per month
Fidelis Dual Advantage Flex	\$110 per month*
Fidelis Medicare \$0 Premium	Not Available
Medicaid Advantage Plus	Not Available
Fidelis Long Term Care Advantage	Not Available

*Additional OTC purchases can be made up to the amount of your Flex Benefit limit.

We have supplied a list of covered and non-covered items below. **If you are unsure as to whether an OTC item is covered, before you buy the item, please call Member Services 1-800-247-1447.** From October 1 to February 14th our office hours are 8:00 a.m. to 8:00 p.m. seven days a week and from February 15th through September 30th, our office hours are Monday through Friday, 8:00 a.m. to 8:00 p.m. TTY users should call 1-800-695-8544.558-1125

Please note that in 2015, you must submit receipt(s) for Flex benefit reimbursement within 90 days from the date you received the item or service.



EXAMPLES OF COVERED ITEMS
Acetaminophen (TYLENOL)
Acne Medication
ALIGN
Allergy Relief Medicine (Antihistamines, SUDAFED, BENADRYL, CLARITIN)
Analgesic Ointment (Deep-Heat Rub, Pain Patches)
Antacids (GAS-X, MYLANTA, PRILOSEC OTC)
Antibiotics - Topical (NEOSPORIN, BACITRACIN)
Aspirin
Bandages
Blood pressure monitor/cuff
Bowel prep kit
Chap Stick - Medicated
Cold Sore/Blister Medications (ABREVA)
Colon Cleanse
Compression Stockings
Cough/Cold/Flu Medicine/Cough Drops (TYLENOL COLD & FLU, ADVIL COLD & SINUS)
Dental Care (Toothbrushes, Toothpaste, Mouthwash, POLYGRIP, ORAJEL)
Diabetic Supplies (Test Strips, Insulin)
Epsom Salt (Anti-Itch, Muscle Soothing Salt)
Eye Drops (Allergy, Lubricants)
Eye Lid Wipes
Foot Care (Callous Removers, Bunion, Blister, and Corn Treatments)
Hemorrhoid Medications (PREPARATION H)
Ibuprofen (MOTRIN, ADVIL)
Incontinence Supplies - Adult Diapers (DEPENDS, POISE)
Lactose Intolerant Medications (LACTAID, LACTRASE)
Laxatives (DIOCTO, DULCOLAX, COLACE)
OYSTER CALCIUM
Rash Ointments (A&D ointment, DESITIN, BALMEX)
Rubbing Alcohol (Peroxide, Witch Hazel)
Smoking Cessation Aids (NICORETTE Gum)
Sunscreen
Vitamins (A, B, B5, C, D, E, BIOTIN, Niacin)



EXAMPLES OF NON-COVERED ITEMS	
<i>HERBAL REMEDIES</i>	<i>NUTRACEUTICALS</i>
5HTP	Alpha Lipoic Acid
Acidophilus	Altern - No Calorie Sweetener
Agracejo (Liver Tonic)	Amino Acids
Aloe Vera	Amlactin Cream
Astrogalus	Anti Aging Cream
Bacopa Monnieri	Arginine
Borage Oil/Starflower Oil	CLEANER Women's Formula
Brewers Yeast	Cod Liver Oil
Butcher's Broom	Colostrum Plus
Cholest-Off	Fish Oil
DHEA	Gluc+MSM
Echinacea	Glucosamine Chondroitin
Flax Seed	Glucosamine Sulfate
Goldenseal	Hyaluronic Acid
Grape Leaves/Seed	Ionic Tonic/Gatorade
Graviola	Krill Oil
Horny Goat Weed	Lysine
I-Flex Joint	L-Tyrosine
Isotonix-OPC 3	Lutein
Kavinace	MAG-G; magnesium, gluconate
L-Theanin	Melatonin
Mega-T	MSM alternative medicine
Milk Thistle	Nioxin - Scalp Treatment
Move Free	Polyglycol
Osteo Bi-Flex	Proline- Non-essential synthetic compound
Pimpinela Herbal Plant	Recreate Fat Burner
Policosanol	Red Yeast Rice
Pycnogenol - Pine Bark Extract	Rogaine
Resveratrol	SC4: Secretagogue HGH human growth hormone
RNA/DNA Supplements	Selenium
Sambucol Syrup - Black Elderberry	Shark Cartilage
Spirulina	Super DHA Fish Oil
TravaCor	Thyroid Complex
Una de Gato - Cat's Claw	Ultra Sytrinol
Unda 1, 18, 243	Ultra Nattokinase
Valerian	
Vibrant Health Green Vibrance Powder	



FIDELIS CARE™

EXAMPLES OF NON-COVERED ITEMS	
White Chia Seed	
<i>OTHER/MISC</i>	<i>PROBIOTICS</i>
Amlactin - Foot Cream	Acidophilus
Chap Stick - Non-Medicated	L. acidophilus
Contact lens case/Solution	Bifidobacteria (Bifidus)
Cotton Balls	L salivarius
Deodorants	L.rhamnosus
Ensure	L.platarum
Exercising Enhancements	Lactobacillus
Glucerna	Primadophilus
Hearing Aid Batteries	
Liquid Energy	
Lotion	
Pedialyte	
Protein Bars/Drinks	
Q-Tips	
Reading Glasses OTC	
Shampoo	
Soap	
Travel First Aid Kits	



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Eligibility Type	Category	Sub-categories	Exceptions
Dual Purpose	Minerals	Includes both multi-vitamins, individual vitamins and minerals	
Dual Purpose	Vitamins	Includes both multi-vitamins, individual vitamins and minerals	
Dual Purpose	Diagnostic Equipment	Equipment diagnosing; blood pressure, cholesterol, diabetes, colorectal screenings, HIV, etc.	Thermometers are eligible items; scales are non-eligible. Pregnancy diagnosis items are not eligible.
Dual Purpose	Hormone replacement	Phytohormone, natural progesterone	
Dual Purpose	Weight loss items	Phenermine, FucoThin, Alli, Hoodia	Any OTC foods, such as protein shakes, even if heavily supplemented by nutrients, are not offered as an OTC benefit
Eligible	Fiber Supplements		Fiber supplements which are primarily food with fiber added are excluded.
Eligible	First Aid supplies	Includes: Bandages, dressings, non-sport tapes.	Flashlights are non-eligible.
Eligible	Incontinence supplies		



FIDELIS CARE™

Eligibility Type	Category	Sub-categories	Exceptions
Eligible	Medicines, ointments and sprays with active medical ingredients that cure, diminish or remove symptoms	For examples see footnote #1	Homeopathic and alternative medicines including botanicals, herbals, probiotics, dry skin lotions, and neutraceuticals are non-eligible. For further exceptions see footnote #2.
Eligible	Sunscreen lotion		
Eligible	Support items	Compression hosiery, rib belts, braces, orthopedic supports.	Arch and insoles are non-eligible.
Eligible	Teeth related items/Dentures/Mouth care	Toothbrushes, toothpaste, floss, denture adhesives, OTC items that treat gum problems, thrush, mouth sores	Mouthwashes, bad breath items, and teeth-whiteners are non-eligible
Non-eligible	Alternative medicines	Includes botanicals, herbals, probiotics, and neutraceuticals.	Vitamins and minerals are dual eligible.
Non-eligible	Baby items		Diapers, diaper bags, baby oil, shampoos, lotions, soaps, body wash, bottles, nipples, sterilizers, toys, monitors, strollers, crib, bedding, clothing and other bay items are non-eligible.
Non-eligible	Contraceptives		Pregnancy kits and all forms of contraceptives are non-eligible
Non-eligible	Convenience (non-medical) items	Scales, fans, magnifying glasses, ear plugs, foot insoles, gloves	
Non-eligible	Cosmetics	For examples see footnote #3.	Sun-tan lotions are eligible. Medicated soaps, hand sanitizers, therapeutic shampoos, shampoos to fight dandruff are non-eligible.



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Eligibility Type	Category	Sub-categories	Exceptions
Non-eligible	Food supplements	Sugar/salt supplements, energy bars, liquid energizers, protein bars, power drinks, Ensure, glucema.	Vitamins and minerals are dual eligible. Probiotics are non-eligible. Fiber products are eligible unless they are primarily foods with fiber added.
Non-eligible	Replacement items, attachments, peripherals.	Includes: hearing aids batteries, contact-lens containers, etc. when not factory packaged with original item	

Notes:

1. Each item in the following alphabetized list is either a medicine, ointment or spray, or a condition which is addressed by a medicine, ointment or spray, which has active medical ingredients: acne, allergy, analgesics (which reduce pain, inflammation), anti-acid, anti-arthritics, antibiotics, antiradicals, anti-diarrheas, anti-fungals, anti-gas, anti-histamines, anti-inflammatory, anti-insect, anti-itch, anti-parasitic, antiseptics, antipyretics (fever reducing), arthritis, asthma, blood clotting, bruises, burns, calluses, corns, colds, cold sores, cough, diabetes, flu, decongestants, dermatitis, eczema, digestive aids, ear drops, expectorants (mucus), eye drops, gastro-intestinal, hay fever, headaches, hemorrhoidal, incontinence, influenza, laxatives, (medicated) lactose intolerance products, lice, (medicated) lip products, menopausal, menstrual, sinus, motion sickness, nasal, osteoporosis, pain, psoriasis, pediculicide, rash, respiratory, scars, sleep, smoking, snoring, sore throat, stomach problems, travel sickness, steroids, sunscreen, thrush, wart, worms, wounds.

2. The following are not eligible: Baby medicines are non-eligible. Dehydration drinks are non-eligible. Dry skin lotions (e.g. Eucerin, Aquaphor) are non-eligible. For Food supplements see below. Contraceptives are non-eligible. Dairy Care is non-eligible (it is non-medicated). Lactaid milk is a food (not a medicine) and non-eligible. Certain smoking cessation aides may be covered under Part B. Certain diabetic supplies may be covered under either Part B or Part D. Shampoos to fight dandruff are non-eligible. Hair-loss products are non-eligible.

3. Lip balm, deodorants, facial cleansers, feminine products, grooming devices, hair conditioners, hair removal, hair bleaches, moisturizers, perfumes, anti-perspirants, shampoos, shaving and men's grooming, and soaps.