



Jefferson Health Plans

Eligible Over-the-Counter (OTC) and Wellness Rewards Items





Getting Started

1. Activate your card

Jefferson Health Plans will send you a separate packet in the mail with your Jefferson Health Plans Flex Card. **You need to activate your card before you can use it.**

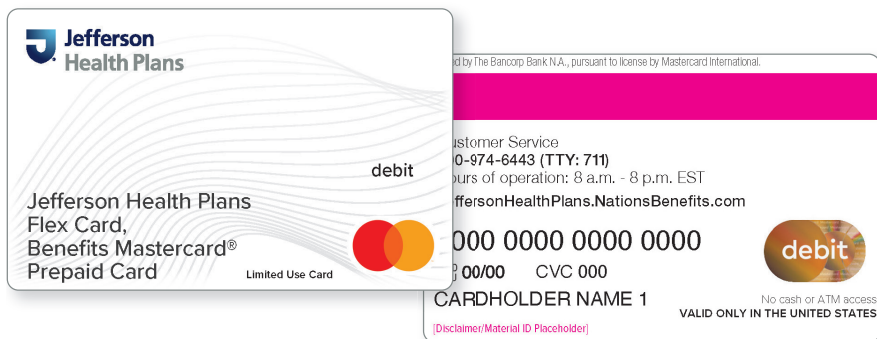
Please go to JeffersonHealthPlans.NationsBenefits.com or call **1-800-974-6443 (TTY 711)** to activate your card.

2. Use your card at a participating store

You can shop for approved health items at a variety of stores, including large retailers and independent pharmacies. Open to **page 4** to see the listing of approved health items you can purchase with your OTC benefit. You can use your OTC benefit and Wellness Rewards card at participating stores, including:



When you check out, just swipe your OTC and Wellness Rewards card as credit for payment. All eligible purchases will be automatically deducted from your over-the-counter benefit and/or Wellness Rewards balance. You do not need a prescription for OTC items.



Flex benefits for Special and Dual Pearl members

If you're enrolled in the Special or Dual Pearl plans, you can spend your Jefferson Health Plans Flex Card benefit on food and groceries, or on utilities. Simply swipe your card for payment at any store that accepts Mastercard®.



3. Order online or by phone

You can also shop for select eligible items online or by phone.



Online: JeffersonHealthPlans.NationsBenefits.com



Phone: 1-800-974-6443 (TTY 711)

Member Experience Advisors are available 8 a.m. – 8 p.m. EST.

Need Help?

If you have questions, call Member Relations at 1-866-901-8000 (TTY 1-877-454-8477).

Additional Details

- **Please keep your card.** We will load your OTC benefit and Wellness Rewards dollars to the same card.
- Pricing and availability of items may vary by retailer. Jefferson Health Plans cannot guarantee the availability of items at a specific retailer.
- Your Wellness Rewards dollars will be automatically loaded to your card after you complete an eligible health activity. All Wellness Rewards dollars must be used by December 31, 2024.
- Your OTC benefit will be automatically loaded onto your card on the first day of the quarter (January 1, April 1, July 1 and October 1).
- The OTC benefit does not carry over into the next quarter. Any unused dollars will expire at the end of each calendar quarter. The card cannot be redeemed for cash nor can it be used to purchase alcohol, cigarettes, or firearms.
- **To check your card balance, call 1-800-974-6443 (TTY 711).**
- **Any unused balances on the card will expire on December 31, 2024.**

2024 OTC & Wellness Rewards Eligible Categories

For items marked "Dual Purpose," please talk with your doctor about if they are right for you before ordering.

Some items may be covered by other plan benefits. These items are marked with a note that says "Possibly covered under Part B." Other items may be covered under another benefit. To avoid using your OTC coverage unnecessarily, check with Jefferson Health Plans before ordering.

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
BABY CARE	Cotton Swabs	✓	
	Baby Bath & Hair Care		✓
	Baby Grooming & Bathing		✓
	Baby Health, Beauty & Wellness		✓
	Baby Layette, Clothing & Footwear		✓
	Baby Medicines		✓
	Baby Mobility & Gear (Strollers, Carriers, Car Seats & Accessories)		✓
	Baby Oral & Teething Pain		✓
	Baby Powder, Oils, Lotions, Creams & Therapeutic Skin Care (Excluding Diaper Rash)		✓
	Baby Safety Devices		✓
	Baby Towels, Washcloths & Bedding		✓
	Baby Toys, Gyms, Play Stations & Activities		✓
	Bottles, Nipples, Breast Pumps & Feeding/Nursing Accessories (Includes Nursing Pads & Creams)		✓
	Disposable Diapers & Wipes		✓
	Formula, Nutritionals, Electrolytes & Baby Food		✓
	Reusable Diapering & Potty Training (Bags, Pins & Pails)		✓
	Teethers, Pacifiers & Accessories		✓
	Training Pants, Overnight Pants, Juvenile Incontinence & Swimmers		✓
	Utensils, Cups, & Bibs		✓
	Walkers, Jumpers & Swings		✓

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
BEVERAGES	Bottled Waters		✓
	Cocoa, Coffee & Tea (Dry or Liquid)		✓
	Juice, Juice Blends, Drinks & Punches (Including Sparkling)		✓
	Milk		✓
	Soy & Nut Milks		✓
	Sport Drinks		✓
COLD & ALLERGY	Allergy & Decongestant Nasal Sprays, Drops & Inhalers	✓	
	Allergy Liquids, Tabs & Caps	✓	
	Asthma Preparations, Vapor Products, Vaporizers, Humidifiers & Accessories (Includes Waterless Vaporizers)	✓	
	Cold & Flu Preventatives/Symptom Reducers	✓	
	Cough, Cold, Flu & Sinus Liquids, Tabs & Caps	✓	
	Medicated Lip Treatments	✓	
	Nasal Moisturizers & Washes	✓	
	Nasal Strips, Dilators & Snore Relief	✓	
	Respiratory Treatments	✓	
	Sore Throat Pain Relief	✓	
	Throat & Cough Drops	✓	
	Children's Cough, Cold, Flu & Sinus		✓
	Children's Throat, Cough, Children's Allergy & Nasal Relief		✓
Lip Moisturizers		✓	
DIABETES CARE	Diabetes Cough, Cold & Allergy	✓	
	Diabetes Hosiery	✓	
	Diabetes Neuropathy & Skin Care	✓	
	Diabetes Supplements	✓	
	Glucose Tablets & Gels	✓	
	Sharps Containers & Diabetes Care Supplies	✓	
	Urine Test Strips & Tabs (Dual Purpose)	✓	
	Blood Glucose Testing Devices (Possibly covered under Part B)		✓

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
DIABETES CARE	Control Solutions		✓
	Devices, Sensors, Transmitters & Continuous Glucose Monitoring Accessories		✓
	Diabetes Nutritional Bars, Liquids & Candy		✓
	Diabetes Shoes		✓
	Insulin Pump		✓
	Syringes, Auto Injectors, Pens, Kits & Needles		✓
	Test Strips, Lancing Devices & Lancets		✓
DIGESTIVE HEALTH	Acid Controllers	✓	
	Antacid Liquids, Tabs & Caps	✓	
	Anti-Diarrheal Liquids, Tabs & Caps	✓	
	Anti-Gas	✓	
	Diarrhea-Related Oral Rehydration Therapy	✓	
	Digestive Health Enzymes, Prebiotics	✓	
	Fiber Products, Enemas, Laxative Suppositories & Kits	✓	
	Hemorrhoid Preparations, Treatments, Wipes & Washes	✓	
	Lactose Intolerance	✓	
	Laxatives & Stool Softeners	✓	
	Multi-Symptom Products	✓	
	Nausea & Motion Sickness	✓	
	Children's Anti-Diarrheals & Anti-Gas		✓
	Children's Prebiotics & Probiotics		✓
	Children's Stomach Remedies		✓
Children's Stool Softeners, Fiber Laxatives, Enemas & Suppositories		✓	
EYE & EAR CARE	Ear Drops & Syringes	✓	
	Eye Wash	✓	
	Gas Permeable & Hard Lens Care	✓	
	General & Dry Eye Relief	✓	
	Hearing Aids, Personal Amplification Devices & Accessories	✓	

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
EYE & EAR CARE	Lipoflavonoids (Dual Purpose)	✓	
	Reading Glasses	✓	
	Sleep Masks	✓	
	Soft Lens Saline Solutions, Cleaners & Rewetting Drops	✓	
	Ear Plugs & Protection		✓
FAMILY PLANNING	Male Condoms	✓	
	Emergency Contraceptives		✓
	Female Condoms & Spermicides		✓
	Pregnancy Tests, Ovulation/Fertility Tests & Support (Dual Purpose)		✓
FEMININE CARE	Feminine Antifungal	✓	
	Feminine Anti-Itch & Moisturizers		✓
	Feminine Deodorants, Powders, Wipes, External Washes & Douches		✓
	Feminine Pads, Tampons, Pantliners, & Menstrual Cups		✓
FIRST AID	Adhesive & Liquid Bandages	✓	
	Alginate & Collagen Dressings	✓	
	Children's First Aid Dressings	✓	
	Finger Cots & Splints	✓	
	First Aid Dressing	✓	
	First Aid Kits	✓	
	First Aid Tapes & Adhesive Wraps	✓	
	Itch Treatments	✓	
	Lice, Pinworm, Ringworm, & Antiparasitic Treatments & Accessories	✓	
	Masks (Respiratory, Barrier etc.)	✓	
	Protective Gloves	✓	
	Rubbing Alcohol, Alcohol Swabs, Alcohol Wipes, Hydrogen Peroxide & Povidone Iodine	✓	
	Saline Solutions & Sprays	✓	
Scar Treatments	✓		

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
FIRST AID	Skin Protectants (Includes Petroleum Jelly)	✓	
	Topical Antibiotics & Antimicrobials	✓	
	Wound Washes & Cleansers	✓	
	Wound, Burn & Skin Treatments (Includes Epsom Salt & Witch Hazel)	✓	
	Children's First Aid Treatments		✓
FOOD	Baking/Cooking Supplies (Baking Powder, Yeast etc.)		✓
	Bread, Rolls & Tortillas		✓
	Canned Soup		✓
	Cereal (Hot & Cold), Pancakes & Waffles		✓
	Cheese, Butter, Margarine, Sour Cream, Yogurt & Whipping Cream		✓
	Condiments, Sauces, Dips, Mayonnaise & Salad Dressing		✓
	Crackers, Nuts, Seeds & Trail Mix		✓
	Dried Fruit, Fruit Snacks		✓
	Dry and Liquid/Concentrated Drink Mixes		✓
	Dry Beans, Rice, Pasta & Whole Grains		✓
	Dry Mixes - Side Dish Mixes, Dinner Mixes		✓
	Enhanced & Sparkling Waters		✓
	Flours, Cornmeal, Nut & Seed Flours, Bread/Biscuit Mixes		✓
	Fresh/Canned/Frozen Fruits & Vegetables		✓
	Fresh/Canned/Frozen Meats & Seafood		✓
	Frozen Potatoes (Perogies, French Fries, Baked Potatoes etc.)		✓
	Herbs, Spices & Seasoning		✓
	Ice		✓
	Jams, Jellies, Sweet Spreads, Syrup		✓
	Oils & Shortening		✓
Peanut Butter (and other nut butters)		✓	
Prepared & Ready-to-Eat Food (Soups, Sandwiches, Pizza, Heat & Eat, Soy Burgers)		✓	
Puddings & Gelatin		✓	

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
FOOD	Sausage, Jerky, & Deli Lunch Meat		✓
	Sugar - White, Brown & Powdered		✓
	Toaster Pastries, Cereal Bars, Granola & Granola Bars		✓
	Tomato, Spaghetti & Alfredo Sauces		✓
	Whole Eggs & Egg Substitutes		✓
HAIR CARE	Children's Shampoos, Conditioners & Combination Products		✓
	Children's Styling Aids		✓
	Hair Growth Shampoo, Conditioners & Treatments		✓
	Mousses, Hair Sprays, Pomades, Waxes & Gels		✓
	Permanent, Semi-permanent & Temporary Hair Color		✓
	Relaxers, Curl Kits & Perms		✓
	Shampoo, Conditioner, & Hair Treatments		✓
	Sheens, Activators & Moisturizers		✓
	Therapeutic Shampoo, Conditioner, & Hair Treatments		✓
HAND & FOOT CARE	Antifungal Powders, Sprays, Creams & Liquids	✓	
	Corn, Callus & Bunion Pads/Removers	✓	
	Foot Pain Relief	✓	
	Nail Fungus Treatments	✓	
	Plantar Fasciitis Products (Possibly covered under Part B)	✓	
	Wart Remover Pads & Liquids	✓	
	Ball of Foot Inserts & Cushioning		✓
	Foot Moisturizers, Exfoliators & Cleansers		✓
	Heel & Arch		✓
	Insoles & Foot Cushioning		✓
	Odor & Wetness Powders, Sprays & Treatments		✓
	Toe Cushioning & Protection		✓
Nail Clippers, Files & Pumice		✓	

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
HEALTH SUPPORTS (Possibly covered under Part B)	Abdominal Supports	✓	
	Ankle, Foot, Hand, Wrist, Elbow & Arm Support	✓	
	Arm Slings & Cervical Collars	✓	
	Compression Sleeves, Garments & Lymphedema Treatments	✓	
HEALTH SUPPORT	Compression Socks	✓	
	Elastic Bandages	✓	
	Electric Heating Pads & Hot/Cold Therapy	✓	
	Hernia Supports & Suspensories	✓	
	Joint Warmers & Arthritis	✓	
	Kinesiology Tapes, Supports & Supplies	✓	
	Knee, Thigh, Calf & Shin Support	✓	
	Protective Guards	✓	
	Rib Belts	✓	
	Sacro, Back, Shoulder & Clavicle Braces	✓	
	Women's Waist High Compression & Pantyhose	✓	
	Athletic Compression Socks, Sleeves & Clothing		✓
	Athletic Supports & Cups		✓
	Athletic Tape/Wraps		✓
Maternity Supports		✓	
HOME DIAGNOSTIC & PATIENT AIDS FOR DAILY LIVING	Bathing & Oral Hygiene Aids	✓	
	Blood Pressure Kits & Accessories (Dual Purpose)	✓	
	Cholesterol Meters & Testing Kits (Dual Purpose)	✓	
	Drug & Alcohol Tests (Dual Purpose)	✓	
	Eating & Drinking Aids	✓	
	Dressing Aids	✓	
	Medical Alert IDs & Devices	✓	
	Medicine Dosers, Pillboxes, Organizers & Reminders	✓	
	Mobility Safety: Stair Rails, Stair Treads, Temporary Mobility Ramps	✓	
	Night Lights	✓	

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
HOME DIAGNOSTIC & PATIENT AIDS FOR DAILY LIVING	Pulse Oximeters & Heart Rate Monitors (Dual Purpose)	✓	
	Reachers, Grippers & Lifts (Possibly covered under Part B)	✓	
	Reading, Writing & Telephone Aids	✓	
	Stethoscopes & Accessories (Dual Purpose)	✓	
	Thermometers, Fever Strips & Accessories	✓	
HOME HEALTH CARE (POSSIBLY COVERED UNDER PART B)	Bathtub & Toilet Rails & Frames	✓	
	Bathtub Safety & Accessories	✓	
	Canes for the Visually Impaired	✓	
	Elevated Toilet Seats, Grab Bars & Handles	✓	
	Hand Cleaners & Sanitizers	✓	
	Sitz Baths, Bidets & Hand Held Showers	✓	
	Specialized & Orthopedic Braces/Supports/Splints	✓	
	Wedges & Pillows	✓	
	Adhesive & Adhesive Removers		✓
	Air Purifiers & Filters		✓
	Alternating Pressure Pads/Mattresses, Pumps & Accessories		✓
	Apnea Monitors		✓
	Aspirators & Suction Machines		✓
	Bags, Tubes, Sets & Feeding Accessories		✓
	Bedding (Waterproof & Regular), Restraints, Gowns, Etc.		✓
	Canes & Crutches		✓
	Cast Boots/Accessories & Post-Op Shoes		✓
	Catheter Care Trays		✓
	Cognitive Therapy (Activities, Games, Books etc.)		✓
	Collection Bags, Drain Bags & Leg Bags		✓
Continuous Passive Motion Machines		✓	

Eligible Category	OTC Eligible	Wellness Rewards Eligible
Deodorants & Odor Eliminators		✓
Drainage Products		✓
External Catheters & Lubricants		✓
Foley Catheters - Latex, Red Rubber, Silicone & Teflon		✓
Heel, Elbow, Foot & Ear Protectors		✓
Home & Portable Oxygen Supplies		✓
Hospital Bed Accessories		✓
Hydrotherapy (Whirlpools, Foot Baths, Etc.)		✓
IPPB, CPAP & BiPAP Machines & Accessories		✓
Irrigation Products		✓
Irrigation Trays, Supplies & Solutions		✓
IV Catheters, Syringes, Needles & Supplies		✓
IV Equipment, Stands & Accessories		✓
Joint Warmers		✓
Karaya Products, Wafers & Barrier Rings		✓
Light Therapy (Infrared, S.A.D. etc.)		✓
Manual & Electric Beds		✓
Massagers & Treatment Tables		✓
Mastectomy Bras, Clothing & Prothesis		✓
Medical Nutritionals, Pumps & Accessories		✓
Nebulizers		✓
Orthopedic Footwear		✓
Ostomy Skin Care		✓
Patient Lifting & Moving Aids (includes Lift Chairs, Trapeze Bars, Etc.)		✓
Standard, Narrow, Hemi, Recliner, Transport, Extra Wide & Children's Wheelchairs		✓
Steam Packs, Hydrocollators & Cold Therapy Systems		✓
Tracheostomy Supplies		✓
Traction Equipment		✓
Urinals, Bedpans, Commodes & Commode Parts		✓

HOME HEALTH CARE (POSSIBLY COVERED UNDER PART B)

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
HOME HEALTH CARE (POSSIBLY COVERED UNDER PART B)	Urostomy/ Ostomy Pouches		✓
	Vacuum Devices, Tubing & Connectors		✓
	Walkers, Rollators, Knee Walkers & Scooters		✓
	Wheelchair Cushions/Seats, Belts & Straps		✓
	Wheelchair Foot & Leg Rests		✓
	Wheelchair Ramps & Lifts		✓
HOUSEHOLD PRODUCTS	Bath Tissue Wipes	✓	
	Abrasive Cleaners		✓
	Air Freshener Sprays, Solids & Gels		✓
	Bathroom Cleaners		✓
	Brooms, Mops & Accessories		✓
	Dishwashing & Laundry Detergents		✓
	Disposable Napkins, Plates & Cups		✓
	Fabric & Carpet Fresheners		✓
	Facial & Bath Tissue		✓
	Floor, Furniture Waxes/Polishes & Rug Cleaners		✓
	Garbage Bags		✓
	Household Gloves		✓
	Insecticides, Rodenticides & Pesticides		✓
	Multi-Purpose Cleaners/Disinfectants		✓
	Oven & Drain Cleaners		✓
	Paper Towels		✓
	Plastic/Foil Wraps, Bags & Disposable Storage Containers		✓
Sponges, Scrubbers, Brushes & Dusters		✓	
Window Cleaners		✓	

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
INCONTINENCE	Deodorizers	✓	
	Disposable Underpads, Pads, Shields, Guards & Drip Collectors	✓	
	Disposable Underwear, Briefs & Undergarments	✓	
	Perineal Cleansers, Washes, Wipes & Towelettes	✓	
	Perineal Moisturizers, Barriers, Antifungals & Protectants	✓	
	Reusable Garments & Underpads	✓	
LIFESTYLE MANAGEMENT	Diuretics (Dual Purpose)	✓	
	Food Scales (Dual Purpose)	✓	
	Nicotine Patches, Gum & Lozenges	✓	
	Weight Loss Cleansing & Detox (Dual Purpose)	✓	
	Weight Management Tabs & Caps (Dual Purpose)	✓	
	General Health Oral Rehydration Therapy		✓
	Nutritional Liquids, Powders & Bars		✓
	Sport/Energy Liquids, Powders, Bars, Tabs & Caps		✓
	Sugar & Salt Substitutes		✓
	Thickeners & Pre-Thickened Beverages/Foods		✓
Weight Management Foods, Bars, Liquids, Powders, Tabs & Caps		✓	
ORAL CARE	Denture Adhesives, Cleaners & Accessories	✓	
	Denture Repair & Pain Relief	✓	
	Floss, Flossers & Gum Care	✓	
	Fluoride Treatments	✓	
	Night & Grind Guards	✓	
	Oral Pain, Dry Mouth & Mouth Sores Relief	✓	
	Regular/Sensitive/Whitening Toothpaste	✓	
	Toothbrushes	✓	
Breath Fresheners (Includes Strips)		✓	

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
ORAL CARE	Children's Toothpaste, Toothbrushes, Mouthwash & Oral Rinses		✓
	Mouthwash		✓
	Therapeutic Breath Treatments		✓
	Whitening Strips & Treatments		✓
PAIN RELIEF	Adult Acetaminophen, Aspirin, Ibuprofen & Other Anti-Inflammatories	✓	
	Adult Nighttime/Specialty Pain Relief	✓	
	Feminine Pain Relief	✓	
	Muscle/Joint Pain Relief	✓	
	Sleep Aids & Sedatives	✓	
	Stimulants	✓	
	TENS Units & Replacement Pads (Possibly covered under Part B)	✓	
	Children's Pain Relief		✓
	Children's Sleeping & Calming Aids		✓
PATIENT SKIN CARE	Antifungals	✓	
	Moisturizers, Barriers & Protectants	✓	
	Cleansers, Washes, Wipes & Towelettes		✓
PHYSICAL FITNESS & EXERCISE EQUIPMENT	Balls/Stability Devices (Balls, Boards, Etc.)	✓	
	Cardio (Aerobic Steps, Jump Ropes)	✓	
	Foam Rollers/Massage Devices	✓	
	Pedometers & Fitness Trackers	✓	
	Strength/Range of Motion (Bands, Hand Exercisers, Etc.)	✓	
	Weights	✓	
	Yoga/Exercise Mats	✓	
	Scales (Includes Body Fat Analyzers)		✓

	Eligible Category	OTC Eligible	Wellness Rewards Eligible
SHAVING & GROOMING	Aftershave & Skin Care		✓
	Body & Facial Waxes & Bleaches		✓
	Disposable Razors		✓
	Razor Refills		✓
	Reusable System Razors		✓
	Shaving & Hair Removal Accessories		✓
SKIN CARE	Acne Cleansers	✓	
	Hand Sanitizers	✓	
	Insect Repellents	✓	
	Astringents, Toners, Pore Strips & Masks		✓
	Bath Additives (Bubble Bath, Bath Foam, Bath Beads & Bath Salts)		✓
	Bath Sponges & Loofahs		✓
	Body Washes, Gels & Moisturizers		✓
	Cosmetic Puffs & Pads		✓
	Exfoliating Body Scrubs (Salt, Sugar, Etc.)		✓
	Facial Cleansers & Scrubs		✓
	Facial Moisturizers & Eye Treatments		✓
	Facial Sponges & Make-up Removers		✓
	Firming & Resurfacing Products		✓
	Hand Soap		✓
	Medicated & Specialty Soaps		✓
Deodorant (Roll-Ons, Solids, Sprays & Gels)		✓	
SUN CARE	Adult Sun Protection	✓	
	Sport Sun Protection	✓	
	After Sun Care		✓
	Children's Sun Protection		✓
	Sun Care Lip Protection		✓
	Sun Tanning Lotions & Oils		✓

VITAMINS & DIETARY SUPPLEMENTS
(Some items may be dual purpose)

Eligible Category	OTC Eligible	Wellness Rewards Eligible
Calcium & Iron	✓	
Eye Health Vitamins	✓	
Multivitamins & Multiminerals	✓	
Vitamin B, C, D & E	✓	
Children's Vitamins, Minerals & Herbals		✓
Colon Cleanse & Detox (non-weight loss)		✓
Echinacea, Garlic, Ginkgo Biloba, Ginseng & St. John's Wort		✓
Prenatal Vitamins		✓





JeffersonHealthPlans.com/Medicare

1-866-901-8000 (TTY 1-877-454-8477)