

# Over-the-counter health and wellness products

2022 CATALOG AND ORDER FORM

# Humana

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#### Note

# Over-the-counter health products, available through your Humana plan

#### Order from Humana Pharmacy, have it shipped to you

You may need over-the-counter health and wellness products, but they may be hard to budget for. To help, your Humana plan offers an over-the-counter benefit that allows you to purchase some of these products from Humana Pharmacy<sup>®</sup> and have them shipped to your home.

#### How to place your order

#### For all members: mail and fax

Due to added time to receive your request by mail, we encourage you to allow extra time when placing your order. If you have a monthly allowance, submit your order by the 20th of each month. If you have a quarterly allowance, submit your order by the 20th of your allowance period. Last month of quarters are March, June, September, and December. Fill out the Health and Wellness Products Order Form and mail only the order form pages to:

#### Humana Pharmacy

P.O. Box 1197 Cincinnati, OH 45201-1197 or fax the order form pages to **800-379-7617** 

#### A few things to note before you order



#### For MAPD members: online Sign in to HumanaPharmacy.com and select "Over the Counter (OTC) items" from the "Shop OTC" drop-down menu at the top of the page.



#### Mobile

Order your OTC products whenever and wherever you'd like with the Humana Pharmacy mobile app, directly from your mobile device.

- Know your plan's allowance. You can find this information in your Summary of Benefits, or by contacting your sales agent. If you have a plan that includes rollover allowance, your unused balance will carry over to your next month or quarter and expire on Dec. 31, 2022. If you have a plan that does not include a rollover allowance, your allowance will need to be used within each month or quarter, depending on your plan.
- If your order exceeds your plan's allowance, please include a check, money order or enter your credit card information to pay the remaining amount due. Balances higher than the allowance amount will have sales tax applied. If your order isn't paid in full, items will be cancelled to bring your total to or below your benefit allowance.
- If you order multiple products, you may receive them in multiple shipments.
- If you have an OTC card, you will need to activate your card before using. Eligible members can call 888-682-2400 (TTY: 711), 24 hours a day, 7 days a week, or visit https://www.otcnetwork.com/Member/ Account/LoginCardNo to activate your card and check your balance. Card activation requires you to enter your OTC card number and Humana member ID number.



#### OTC: a how-to helpline

If you have questions about how to use the OTC benefit, call Humana Pharmacy at **855-211-8370 (TTY: 711)**. Customer Care specialists are available Monday – Friday, 8 a.m. – 11 p.m., and Saturday, 8 a.m. – 6:30 p.m., Eastern time.

#### Keep this catalog handy.

You'll need this to look up the health and wellness products you want to order.

### 2022 Humana Health and Wellness Product Order Form



**MEMBER INFORMATION** 

Member ID (found on Humana ID card)	Date of Birth	Gender Male Female
First Name	Last Name	M
Street Number Street Name		Apt/Suite #
Urbanization Code (for Puerto Rico addresse	s only)	
City	State Zip Code	
Daytime Phone	Evening Phone	Please check box if this is a new address:
During which month would you like to rece	vive this order?	

If a month is not selected, your order will be processed the month your request is received.

#### **PAYMENT INFORMATION (if applicable)**

If your total order is less than your plan's allowance, you DO NOT need to include payment and you will receive the items you ordered. If your order exceeds your plan's allowance, please include your check, money order, or enter your credit card information below to pay the remaining amount due. Failure to submit payment in full will lead to items being cancelled to bring your order total at or below your benefit allowance. Please be sure to provide your payment information each time you order over your allowance amount.

Please make checks payable to "Humana Pharmacy". Please do not send cash.

To pay by credit card, please complete the following:

Credit/Debit Card #	Exp. Date
Cardholder First Name	Cardholder Last Name
Cardholder Signature:	

Orders will be shipped to your home by UPS or the US Postal Service at no extra charge to you. Please allow 10 to 14 business days for processing from the time Humana Pharmacy receives your order. **Orders may be split into multiple shipments.** You'll receive a generic comparable to the name-brand product. This product list is subject to change - the most up to date product list is available on **HumanaPharmacy.com**. 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. **Humana 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. Y0040 GHHL8FJEN C

Member ID (found on Humana ID card)	Date of Birth	990A	
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
Exai	<i>mple:</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	отс				
15	OTC				
	To order by mail,	send the completed Humana Health	Your total order am	ount \$_	

and Wellness Product Order Form page along with payment (if applicable) to: Humana Pharmacy P.O. Box 1197 Cincinnati, OH 45201-1197

Humana allowance

\$\_\_\_\_\_ Total remaining amount due \$\_\_\_\_\_

Balances higher than the allowance amount will have sales tax applied

# Antacid, anti-diarrheal and laxatives

#### Antacid/anti-gas liquid

Compare to: Mylanta®



**\$8** | 12 oz Product code 032

#### Anti-diarrheal tablets – Loperamide 2 mg

Compare to: Imodium® A-D



**\$7** | 24 count Product code **318** 

#### Anti-hemorrhoidal ointment

Compare to: Preparation H®



**\$7** | 2 oz Product code **031** 

### Biscodyl 5 mg

Compare to: Dulcolax®



**\$7** | 25 count Product code 093

#### Calcium carbonate antacid – Regular strength

Compare to: Tums® Regular Strength



**\$7** | 150 count Product code 203

#### Dairy digestive supplement – Lactase enzyme

Compare to: Lactaid® Tabs



**\$10** | 60 count Product code **116** 

#### Effervescent antacid and pain relief

Compare to: Alka-Seltzer®



\$8 | 36 count Product code 215

### Esomeprazole 20 mg

Compare to: Nexium® 24 HR



**\$17** | 28 count Product code **323** 

#### Extra strength gas relief softgels

Compare to: Gas-X® Extra Strength



\$8 | 48 count Product code 320

#### Famotidine 20 mg

Compare to: Pepcid® 20 mg



\$8 | 25 count Product code 261

### Fiber gummies

Compare to: Vitafusion™ Fiber Well Gummies



**\$16** | 90 count Product code **415** 

#### Fiber laxative tablets

Compare to: FiberCon®



**\$9** | 90 count Product code **208** 

#### **Glycerin suppositories**

Compare to: Fleet®



\$7 | 25 count Product code 503

#### Hemorrhoidal suppositories

Compare to: Preparation H<sup>®</sup> Suppositories



**\$7** | 12 count Product code **216** 

#### Laxative (Bisacodyl) 10 mg suppositories



**\$7** | 12 count Product code **504** 

#### Meclizine 25 mg Compare to: Bonine®



**\$8** | 100 count Product code **505** 

#### Medicated hemorrhoidal pads

Compare to: Tucks® Pads



**\$8** | 100 count Product code **358** 

#### Milk of magnesia – Laxative/antacid

Compare to: Phillips® Milk of Magnesia



**\$7** | 12 oz Product code 033

#### Motion sickness tablets – Dimenhydrinate 50 mg

Compare to: Dramamine®



\$6 | 12 count Product code 120

#### Nausea relief liquid

Compare to: Emetrol®



**\$7** | 4 oz Product code **351** 

#### Omeprazole 20 mg

Compare to: Prilosec OTC<sup>®</sup> 20 mg



**\$10** | 14 count Product code **112** 

#### Pink bismuth – chewable tablets

Compare to: Pepto-Bismol® Chewable Tablets



**\$7** | 30 count Product code **115** 

#### Polyethylene glycol 3350

Compare to: MiraLAX®



**\$10** | 8.3 oz Product code **264** 

#### Psyllium fiber supplement, orange, smooth texture powder

Compare to: Metamucil®

Senna laxative tablets

Compare to: Senokot®



GERI-KOT

**\$10** | 13 oz Product code **359** 

**\$10** | 100 count

Product code

233

#### **Psyllium fiber laxative capsules** Compare to: Metamucil® Capsules



\$11 | 160 count Product code 258

## Psyllium fiber supplement, orange, sugar-free, smooth texture powder

Compare to: Metamucil® Sugar Free



**\$9** | 10 oz Product code **360** 

Stool softener capsules

Compare to: Colace®



\$7 | 100 count Product code 101

### **Bath safety**

#### Adjustable transfer bench\*\*

Compare to: Drive Medical



\$80 | 1 count Product code 416

#### Bath bench with arms and back\*\*

Compare to: Essential Medical Supply Shower Bench with Back



\$60 | 1 count Product code 417

#### Bath bench with arms, no back\*\*

Compare to: Essential Medical Supply Shower Bench



\$50 | 1 count Product code 418





\$12 | 1 count Product code 371

#### Grab bar, knurled chrome, 12"



**\$15** | 1 count Product code **491** 

#### Grab bar, knurled chrome, 24"



**\$18** | 1 count Product code **492** 

#### Handheld shower



\$22 | 1 count Product code 494

Note: The products you receive may look different from the images shown in this catalog. The packaging may change, but the active ingredients in the products will remain the same.

#### Grab bar, knurled chrome, 32"



\$22 | 1 count Product code 493

#### Raised toilet seat – 250 lbs. capacity\*\*



\$25 | 1 count Product code 372

#### Toilet safety rails\*\*

Compare to: Nova® Toilet Safety Rails



\$40 | 1 count Product code 420

#### Tub and stair safety treads



\$8 | 8 count Product code 373

#### Tub safety bar\*\*

Compare to: Drive Medical Tub Safety Bar



\$40 | 1 count Product code 421

## Cough, cold and allergy

#### **Cetirizine HCL 10 mg**

Compare to: Zyrtec<sup>®</sup> 10 mg



\$12 | 30 count Product code 113

#### Claritin® RediTabs



**\$24** | 30 count Product code **495** 

#### Cough and cold high blood pressure tablets\*

Compare to: Coricidin® HBP Cough and Cold



\$7 | 16 count Product code 260

#### Cough drops, black cherry, sugar-free

Compare to: Halls® Cough Drops, Sugar Free



\$3 | 25 count Product code 422

#### Cough drops, honey lemon

Compare to: Halls® Cough Drops



\$3 | 30 count Product code 423

### **\$7** | 8 oz

Product code 321

#### Cough suppressant/expectorant, sugar-free\*

Compare to: Robitussin® Sugar Free DM



**\$7** | 4 oz Product code 210

### Cough suppressant/nasal decongestant/ expectorant\*

Compare to: Robitussin® CF

**Cough formula expectorant** 

Compare to: Robitussin®



**\$7** | 4 oz Product code **096** 

#### Daytime cold and flu softgels\*

Compare to: DayQuil™



**\$7** | 16 count Product code 237

#### Expectorant – Guaifenesin 400 mg

Compare to: Mucus Relief 400 mg



\$9 | 30 count
Product code
111

#### Eye itch relief 0.025% eye drops

Compare to: Zaditor®



**\$13** | .17 fl oz Product code **291** 

#### Fexofenadine 180 mg

Compare to: Allegra®

No Image Available **\$15** | 30 count

Product code 496

#### Guaifenesin, Extended Release, 600mg



**\$18** | 20 count Product code **589** 

#### Levocetirizine

Compare to: Xyzal®



\$10 | 35 count Product code 361

#### Loratadine 10 mg Compare to: Claritin®



**\$10** | 30 count Product code **110** 

#### Loratadine liquid 5 mg/5 ml

Compare to: Children's Claritin®

Compare to: Cepacol<sup>®</sup> Lozenges



**\$9** | 4 oz Product code **290** 

#### Medicated chest rub

Compare to: Vicks VapoRub®



**\$7** | 100 gm Product code 043



**\$7** | 18 count Product code **117** 

Menthol/Benzocaine sore throat lozenges

#### Nasal decongestant PE max strength

Compare to: Sudafed® PE Tablets

Compare to: NeilMed<sup>®</sup> Sinus Rinse™

497



Nasal rinse kit

**\$6** | 36 count Product code **228** 

**\$18** | 1 count

Product code

#### Nasal decongestant spray

Compare to: Afrin®



**\$6** | 1 oz Product code **095** 

#### Nasal strips medium

Compare to: Breathe Right® Nasal Strips



\$12 | 30 count Product code 362

#### Phenol/oral anesthetic sore throat spray

Compare to: Chloraseptic®



**\$7** | 6 oz Product code **220** 

Saline nasal spray Compare to: Ocean® Saline Nasal Spray



**\$7** | 3 oz Product code **325** 

#### Sinus – Acetaminophen/phenylephrine HCI

Compare to: Tylenol® Sinus



**\$7** | 24 count Product code

#### Steam inhaler\*\*

Compare to: Vicks® Steam Inhaler

No Image Available \$45 | 1 count Product code 424

#### Theraflu MultiSymptom Severe Cold\*

Compare to: Theraflu MultiSymptom Severe Cold with Green Tea & Honey Lemon Hot Liquid Powder for Cough & Cold Relief



**\$12** | 6 count Product code **498** 

#### Triamcinolone allergy nasal spray

Compare to: Nasacort® Allergy 24 hour



**\$18** | .57 fl oz Product code **293** 

## Diabetes management

#### Compression dress socks, 8–15 mmHg, black – L

Compare to: Curad®



\$17 | 1 pair Product code 499

#### Compression dress socks, 8–15 mmHg, black – M

Compare to: Curad®



\$17 | 1 pair Product code 500

#### Compression stockings, 15–20 mmHg, regular Compression dress socks, 8–15 mmHg, black – S beige size A (Ankle: 7" – 7 7/8"; Calf: 10" – 13")

Compare to: Jobst®



Compare to: Curad®

\$17 | 1 pair Product code 501



\$13 | 1 pair Product code 265

Compression stockings, 15–20 mmHg, regular beige size B (Ankle: 8" – 8 7/8"; Calf: 12" – 15") Compare to: Jobst®



\$13 | 1 pair Product code 266

#### Compression stockings, 15–20 mmHg, regular beige size C (Ankle: 9" – 9 7/8"; Calf: 14" – 17")

Compare to: Jobst®



\$13 | 1 pair Product code 267

Compression stockings, 15–20 mmHg, regular

beige size E (Ankle: 11" – 11 7/8"; Calf: 18" – 21")

Compression stockings, 15–20 mmHg, regular beige size D (Ankle: 10" – 10 7/8"; Calf: 16" – 19") Compare to: Jobst®



\$13 | 1 pair Product code 268



Compare to: Jobst®

\$13 | 1 pair Product code 269

#### Compression stockings, 15–20 mmHg, regular beige size F (Ankle: 12" – 12 7/8"; Calf: 20" – 23")

Compare to: Jobst®



**\$13** | 1 pair Product code 270

#### Compression stockings, 15–20 mmHg, regular beige size G (Ankle: 13" – 13 7/8"; Calf: 22" – 26")

Compare to: Jobst®



**\$13** | 1 pair Product code 271

#### Compression stockings, 15–20 mmHg, regular black size A (Ankle: 7" – 7 7/8"; Calf: 10" – 13")

Compare to: Jobst®



**\$13** | 1 pair Product code 329

#### Compression stockings, 15–20 mmHg, regular black size B (Ankle: 8" – 8 7/8"; Calf: 12" – 15")

Compare to: Jobst®



**\$13** | 1 pair Product code 330

#### Compression stockings, 15–20 mmHg, regular black size C (Ankle: 9" – 9 7/8"; Calf: 14" – 17")

Compare to: Jobst®



**\$13** | 1 pair Product code 331

#### Compression stockings, 15–20 mmHg, regular black size D (Ankle: 10" – 10 7/8"; Calf: 16" – 19")

Compare to: Jobst®



**\$13** | 1 pair Product code 332

Compression stockings, 15–20 mmHg, regular black size E (Ankle: 11" – 11 7/8"; Calf: 18" – 21") Compare to: Jobst®



**\$13** | 1 pair Product code 333

#### Compression stockings, 15–20 mmHg, regular black size F (Ankle: 12" – 12 7/8"; Calf: 20" – 23")



**\$13** | 1 pair Product code 334

Compression stockings, 15–20 mmHg, regular black size G (Ankle: 13" – 13 7/8"; Calf: 22" – 26") Compare to: Jobst®



**\$13** | 1 pair Product code 335

#### Diabetes circulatory crew socks, 8–15 mmHg, black L



**\$10** | 1 pair Product code 374

Note: The products you receive may look different from the images shown in this catalog. The packaging may change, but the active ingredients in the products will remain the same.

Compare to: Jobst®

#### Diabetes circulatory crew socks, 8–15 mmHg, black M

Diabetes circulatory crew socks, 8–15 mmHg, black S



**\$10** | 1 pair Product code 375



**\$10** | 1 pair Product code 376

Diabetes circulatory crew socks, 8–15 mmHq, black XL

Diabetes circulatory crew socks, 8–15 mmHq, white L



**\$10** | 1 pair Product code 377



**\$10** | 1 pair Product code 379

#### Diabetes circulatory crew socks, 8–15 mmHq, white M

Diabetes circulatory crew socks, 8–15 mmHg, white S



**\$10** | 1 pair Product code 380



**\$10** | 1 pair Product code 381

Diabetes circulatory crew socks, 8–15 mmHg, white XL

#### Diabetic blood sugar log book



**\$10** | 1 pair Product code 382



**\$11** | 1 count Product code 502

#### Diabetic foot care telescoping inspection mirror Diabetic skin relief foot cream

Compare to: Gold Bond® Diabetic Skin Relief Foot Cream



**\$12** | 1 count Product code 368



**\$11** | 3.4 oz Product code 272

#### Glucose tablets – Six pack of 10

Compare to: DEX4® Glucose Tablets



\$12 | 60 count Product code 305

#### Sharps container

Compare to: BD™ Home Sharps container



\$6 | 1 count Product code 274

### First aid

#### Alcohol prep pads

Compare to: Curad® Alcohol Swabs



**\$4** | 100 count Product code **035** 

#### Antiseptic spray



#### Burn relief spray



**\$4** | 2 oz Product code **507** 

#### **Butterfly closures**



\$4 | 12 count Product code 508

#### Cloth tape 1" X 10 yards



**\$5** | 1 count Product code **509** 

#### Curad<sup>®</sup> Adhesive Bandages – Fingertip

Curad<sup>®</sup> Bandage Variety Pack



**\$8** | 100 count Product code **510** 

#### Curad<sup>®</sup> Adhesive Bandages – Knuckles



**\$8** | 100 count Product code **511** 



**\$11** | 200 count Product code **512** 

#### Curad<sup>®</sup> Germ Shield Gel

#### Curad<sup>®</sup> Non-Stick Pads 3" X 4"



**\$6** | .5 oz Product code **513** 



**\$5** | 10 count Product code **519** 

#### Curad<sup>®</sup> Quick Stop Blood Controlling Bandages

#### **Curad® Silicone Bandages**



**\$6** | 30 count Product code **514** 



\$4 | 20 count Product code 515

#### Curad<sup>®</sup> Soothe & Cool Burn Bandages, Instant Cooling, Assorted Sizes



**\$9** | 8 count Product code **516** 

### Curad<sup>®</sup> Wound Care Kit (gauze pads, non-stick pad, paper tape)



**\$9** | 25 pcs. Product code **518** 

#### Elastic bandage, 6"

Compare to: Ace® Bandage



**\$9** | 1 count Product code **425** 

#### Curad<sup>®</sup> Spray Bandage<sup>†</sup>



**\$10** | 1.35 oz Product code **517** 

**Elastic bandage, 4"** Compare to: Ace® Bandage



\$5 | 1 count
Product code
226

#### First-aid kit, 175 pieces

Compare to: Curad<sup>®</sup> First Aid Kit 175 pcs



**\$12** | 1 count Product code **385** 

#### Gauze sponges 4" X 4"

Hand sanitizer wipes<sup>†</sup>

Compare to: Purell®



\$8 | 50 count Product code 520

**\$12** | 160 count

Product code

521

#### Hand sanitizer<sup>†</sup>

Compare to: Purell®



**\$4** | 8 oz Product code **427** 

#### Hot water bottle



**\$10** | 1 count Product code **428** 

#### Hydrogen peroxide



**\$2** | 16 oz Product code **429** 

#### Ice bag



**\$6** | 1 count Product code **430** 

#### Paper tape 2" X 10 yards Compare to: Curad® Paper Tape



**\$9** | 1 count Product code **431** 

**Plastic bandages** Compare to: Band-Aid®



**\$9** | 200 count Product code 324





**\$4** | 4 oz Product code **432** 

#### Rubbing alcohol<sup>†</sup>



**\$3** | 16 oz Product code **433** 

#### Triple antibiotic ointment plus

#### Waterproof adhesive bandages

Compare to: NEOSPORIN® + Pain Relief



**\$7** | 1 oz Product code **231** 



**\$9** | 100 count Product code **384** 

## **Fitness devices**

#### Fitbit<sup>®</sup> Charge\*\*



\$150 | 1 count Product code 434

#### Fitbit<sup>®</sup> Inspire\*\*



\$100 | 1 count Product code 523

#### Fitbit® Versa\*\*



\$230 | 1 count Product code 522

#### Pedometer



\$20 | 1 count Product code 441

### Home medical

#### 7-day pill box



**\$9** | 1 count Product code **257** 

#### Bed pan



**\$10** | 1 count Product code **524** 

#### Bedside stool with handle\*\*



\$57 | 1 count Product code 525

#### Blood pressure cuff – XL



\$27 | 1 count Product code 591

#### Blood pressure home kit (manual pump w/stethoscope)\*\*



**\$17** | 1 count Product code **242** 

#### Cane for people with vision impairments\*\*



\$20 | 1 count Product code 526

#### Cloth face mask

No Image Available **\$14** | 3 count Product code **486** 

Note: The products you receive may look different from the images shown in this catalog. The packaging may change, but the active ingredients in the products will remain the same.

#### Cane with offset handle\*\*



\$20 | 1 count Product code 527

#### CPAP memory foam pillow\*\*

#### CPAP pillow fiber filled\*\*

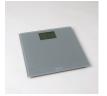


\$60 | 1 count Product code 443



\$45 | 1 count Product code 444

#### Digital bathroom scale\*\*



\$24 | 1 count Product code 247

#### Digital blood pressure monitor\*\*



\$50 | 1 count Product code 245

#### Disposable face mask

**Digital hearing amplifier** Compare to: Clearon Hearing Amplifier



\$50 | 1 count Product code 445 No Image Available **\$10** | 10 count Product code **485** 

#### Electric heating pad – Standard\*\*

Compare to: Sunbeam® Electric Heating Pad



\$30 | 1 count Product code 244

#### Foam ring cushion

Compare to: Carex®



\$21 | 1 count Product code 447

#### Folding cane\*\*



Foam roller

**\$17** | 1 count Product code **528** 



**\$18** | 1 count Product code **529** 

#### Food scale

#### Grabber reacher tool



\$20 | 1 count Product code 530

# S.

**\$15** | 1 count Product code **531** 

#### Heating pad wrap for shoulder and neck\*\* Compare to: Sunbeam®



\$40 | 1 count Product code 448

#### Humidifier, ultrasonic cool mist\*\*

Compare to: Honeywell® Humidifier - Ultrasonic



\$50 | 1 count Product code 449

#### Inhaler spacer



Hypoallergenic pillow

\$25 | 1 count Product code 450



\$20 | 1 count Product code 592

#### Magnifying glass



**\$13** | 1 count Product code **446** 

Medical bracelet – Heart patient

Compare to: Medical Bracelet



**\$21** | 1 count Product code **453** 

Note: The products you receive may look different from the images shown in this catalog. The packaging may change, but the active ingredients in the products will remain the same.

#### Lumbar cushion Compare to: Carex®



**\$25** | 1 count Product code **451** 

#### Medical bracelet – Diabetes

Compare to: Medical Bracelet



**\$21** | 1 count Product code **452** 

#### Medication disposal powder

Compare to: DisposeRx™



\$11 | 3 count Product code 370

#### Medication lock

Compare to: Pillpod

**Oral thermometer** 

Compare to: B-D® Oral Thermometer

048



\$22 | 1 count Product code 458

**\$7** | 1 count

Product code

#### Non-skid slipper socks



\$3 | 1 pair Product code 532

#### Padded bedside fall mat\*\*



\$65 | 1 count Product code 533





**\$18** | 1 count Product code **455** 

#### Pill bottle opener with magnifying glass



**\$7** | 1 count Product code **456** 

#### Pill splitter & crusher



**\$9** | 1 count Product code **457** 

#### Pulse oximeter\*\*



Plug-in LED night lights

\$8 | 2 count Product code 419

No Image Available \$50 | 1 count Product code 309

#### Quad cane large base – 300 lbs. capacity\*\*

#### Quad cane small base - 300 lbs. capacity\*\*



\$25 | 1 count Product code 386



\$25 | 1 count
Product code
387

#### Resistance band, medium resistance

Compare to: Theraband®



**\$9** | 1 count Product code **534** 

#### Sock assistance device

Compare to: Sock assistance device



**\$13** | 1 count Product code **594** 

#### Talking blood pressure monitor\*\*

Compare to: Omron®



\$75 | 1 count Product code 460

#### Talking digital bathroom scale\*\*



**\$35** | 1 count Product code **461** 

#### Talking ear and forehead thermometer\*\* Compare to: DualScan® Thermometer, Audio



\$30 | 1 count Product code 462

#### Talking pulse oximeter\*\*



\$60 | 1 count Product code 593

#### Warm mist humidifier with steam inhaler\*\* Compare to: Crane



\$50 | 1 count Product code 535

#### Warm mist steam inhaler pads

Compare to: Crane



**\$13** | 12 count Product code **536** 

#### Weighted utensil set



\$40 | 1 count Product code 463

### Incontinence

#### Absorbent underpads (disposable chux pads) 23" X 36"

Compare to: Protection Plus® Disposable Underpads 23" X 36"



**\$15** | 20 count Product code **256** 

### Adult incontinence tab-style disposable briefs, extra absorbency – M

Compare to: FitRight® Disposable Briefs, Extra Absorbency – M



**\$17** | 20 count Product code **395** 

### Adult incontinence tab-style disposable briefs, extra absorbency – XL

Compare to: FitRight® Disposable Briefs, Extra Absorbency – XL



**\$17** | 20 count Product code **397** 

### Adult incontinence tab-style disposable briefs, ultra absorbency – L

Compare to: FitRight® Disposable Briefs, Ultra Absorbency – L



**\$17** | 20 count Product code **399** 

### Adult incontinence tab-style disposable briefs, extra absorbency – L

Compare to: FitRight® Disposable Briefs, Extra Absorbency – L



**\$17** | 20 count Product code

### Adult incontinence tab-style disposable briefs, extra absorbency – S

Compare to: FitRight® Disposable Briefs, Extra Absorbency – S



**\$17** | 20 count

Product code 396

### Adult incontinence tab-style disposable briefs, extra absorbency – XXL

Compare to: FitRight® Disposable Briefs, Extra Absorbency – XXL



**\$17** | 20 count Product code

**398** 

#### Adult incontinence tab-style disposable briefs, ultra absorbency – M

Compare to: FitRight® Disposable Briefs, Ultra Absorbency – M



**\$17** | 20 count Product code **400** 

#### Adult incontinence tab-style disposable briefs, ultra absorbency – S

Compare to: FitRight<sup>®</sup> Disposable Briefs, Ultra Absorbency - S

Compare to: FitRight® Disposable Briefs,

403

595



ultra absorbency – XXL

Ultra Absorbency - XXL

FITRIGHT

**\$17** | 20 count Product code 401

Adult incontinence tab-style disposable briefs,

**\$17** | 20 count

Product code

#### Adult incontinence tab-style disposable briefs, ultra absorbency – XL

Compare to: FitRight<sup>®</sup> Disposable Briefs, Ultra Absorbency – XL



**\$17** | 20 count Product code 402

#### Bladder control guards for men

Compare to: Fit Right<sup>®</sup> Active Bladder Guards for Men



**\$14** | 52 count Product code 366

#### Bladder control pad for women – Light Bladder control pad for women – Maximum

Compare to: FitRight



**\$8** | 10 count Product code 597

#### Bladder control pad for women – Moderate

**\$8** | 20 count Product code

Compare to: FitRight

Compare to: FitRight



**\$8** | 16 count Product code 596

#### Bladder control pad for women – Ultimate

Compare to: FitRight



**\$8** | 10 count Product code 598

#### Disposable underpad 36" X 36"



**\$35** | 50 count Product code 537



Compare to: Desitin<sup>®</sup> Ointment

Diaper rash ointment

**\$8** | 2 oz Product code

#### Extended wear underwear – L

#### Extended wear underwear – M



**\$18** | 15 count Product code **538** 



**\$18** | 15 count Product code **539** 

#### Extended wear underwear – S

Flushable cleansing cloths

Compare to: Cottonelle®



**\$22** | 30 count Product code **540** 

**\$5** | 40 count

Product code

#### Extended wear underwear – XL



**\$18** | 15 count Product code **541** 

#### Incontinence underwear for men, heavy absorbency – L/XL

Compare to: FitRight



**\$17** | 20 count Product code **603** 

#### Incontinence underwear for men, heavy absorbency – SM/MD

369

Compare to: FitRight



**\$17** | 20 count Product code **602** 

#### Incontinence underwear for women, heavy absorbency – SM/MD

Compare to: FitRight



**\$17** | 20 count Product code **600** 

#### **Incontinence underwear for women, heavy absorbency – L/XL** Compare to: FitRight

.

**\$17** | 20 count Product code **601** 

#### Incontinence unisex underwear, heavy absorbency – 2XL

Compare to: FitRight



\$19 | 20 count Product code 604

#### Panty liner – Long

#### Washable underpads



**\$8** | 40 count Product code **599** 

No Image Available **\$10** | 1 count Product code **542** 

### **Pain relievers**

#### Acetaminophen 325 mg

Compare to: Tylenol® Regular Strength



**\$7** | 100 count Product code **294** 

#### Acetaminophen 500 mg

Compare to: Tylenol® Extra Strength



**\$7** | 100 count Product code **002** 

#### Acetaminophen 80 mg chewable

Compare to: Tylenol® Children's Chewable



\$7 | 30 count Product code 020

#### Acetaminophen arthritis

Compare to: Tylenol Arthritis



**\$8** | 24 count Product code **605** 

#### Arthritis pain gel

Compare to: Voltaren Gel



**\$15** | 3.53 oz Product code **543** 

### Aspirin low dose 81 mg EC

Compare to: Bayer® Adult Low Strength EC



**\$6** | 120 count Product code **016** 

#### **Cold and hot patches** Compare to: Icy Hot<sup>®</sup> Patch



**\$8** | 5 count Product code 213

Note: The products you receive may look different from the images shown in this catalog. The packaging may change, but the active ingredients in the products will remain the same.

### Children's acetaminophen – Liquid

Compare to: Children's Tylenol®



**\$7** | 4 oz Product code **353** 

#### Enteric-coated aspirin 325 mg

Compare to: Ecotrin®



**\$7** | 100 count Product code 229

### Ibuprofen 200 mg tablets

Compare to: Advil®



**\$7** | 50 count Product code 019

#### Headache formula – Aspirin/acetaminophen/caffeine

Compare to: Excedrin®



**\$9** | 100 count Product code 125

#### Ibuprofen suspension (children's)

Compare to: Children's Motrin®



**\$8** | 4 oz Product code 094

#### Lidocaine patch

Compare to: Salonpas<sup>®</sup> Lidocaine Gel Patches



**\$10** | 6 count Product code 365

#### Muscle rub

Compare to: BENGAY®



**\$8** | 4 oz Product code 046

#### Naproxen sodium 220 mg

Compare to: Aleve®



**\$9** | 100 count Product code 283

### Roll-on muscle relief

Compare to: Biofreeze®



**\$13** | 2.5 oz Product code 344

#### Spray-on muscle relief<sup>†</sup>

Compare to: Biofreeze® Spray



**\$13** | 4 oz Product code 464



Compare to: Zostrix<sup>®</sup> Cream

Product code 119

Topical analgesic cream – Capsicum cream 0.025%

### Personal care

#### Abreva® Cold Sore Treatment



**\$28** | .07 oz Product code 544

#### **Aim® Toothpaste**



#### **Battery-operated water jet\*\***

Compare to: Interplak® Battery-Operated Water Jet



**\$35** | 1 count Product code 471

#### **Battery-operated water jet tips**

Compare to: Interplak<sup>®</sup> Battery-Operated Water Jet Tips



**\$9** | 5 count Product code 472

#### Bausch + Lomb Alaway<sup>®</sup> Antihistamine **Eye Drops**

**Bausch + Lomb Soothe® Lubricant Eye Drops, Hydration** 



**Biotene®** Spray

**\$15** | .34 oz Product code 546

#### **\$15** | .5 oz No Image Available

Product code 547

#### **Biotene® Toothpaste**



**\$11** | 1.5 oz Product code 548

**\$11** | 4.3 oz Product code 549 biotène

#### **Bunion guard**

#### Colgate<sup>®</sup> Toothpaste



**\$9** | 1 count Product code **465** 



**\$6** | 4.0 oz Product code **550** 

#### **Contact lens solution** Compare to: Opti-Free® Replenish®



**\$10** | 12 oz Product code **551** 

#### Cotton swabs

Compare to: Q-Tips® Cotton Swabs



**\$6** | 300 count Product code **036** 

#### Dental floss, waxed



**Crest® Toothpaste** 

**\$7** | 5.4 oz Product code **552** 



\$5 | 100 yards Product code 224

#### **Dental flossers**



**\$6** | 90 count Product code **391**  Denture adhesive

Compare to: Fixodent®



**\$6** | 1.5 oz Product code **225** 

**Denture brush** Compare to: GUM<sup>®</sup> Denture Brush



\$6 | 1 count
Product code
392

**Disposable gloves – Nonlatex** Compare to: Curad®



**\$10** | 100 count Product code **345** 

#### Dry mouth oral rinse

Compare to: Biotene® Dry Mouth Oral Rinse



**\$9** | 16 fl oz Product code **393** 

**\$9** | 90 count

Product code

319

#### Earwax removal drops

Compare to: Debrox® Earwax Removal Drops



**\$7** | .5 fl oz Product code **118** 

#### Eye drops – Redness reliever

Compare to: Visine® Original



**\$6** | .5 oz Product code **219** 

#### Fixodent<sup>®</sup> Denture Adhesive

Effervescent denture tabs

Compare to: Efferdent®



**\$9** | 2.4 oz Product code **553** 

#### Insect bite relief

Compare to: After Bite®



**\$9** | .5 oz Product code **388** 

#### **Insect repellent**

Compare to: Off<sup>®</sup> Deep Woods<sup>®</sup> Insect Repellent



**\$11** | 6 oz Product code 327

#### Interdental brush picks

Compare to: Gum®



**\$6** | 275 count Product code **554** 

#### Lubricant eye drops

Compare to: Refresh Optive® Lubricant Eye Drops



**\$15** | .5 oz Product code **356** 

Note: The products you receive may look different from the images shown in this catalog. The packaging may change, but the active ingredients in the products will remain the same.

#### Interdental gum brushes

Compare to: Gum®



**\$7** | 10 count Product code

#### Lubricant eye drops (sterile)



**\$7** | .5 oz Product code **114** 

#### Lubricant eye gel

Compare to: GenTeal®



**\$12** | .34 oz Product code **346** 

#### Medicated foot powder

Compare to: Gold Bond® Medicated Foot Powder



**\$6** | 4 oz Product code **404** 

#### Medicated lip treatment squeeze tube – 2-pack

Compare to: Carmex®



**\$6** | 2 count Product code **414** 

#### Moleskin



**\$6** | 3 strips Product code **473**  Oral pain relief – Benzocaine 20%

Compare to: Orajel™ Maximum



**\$7** | .5 oz Product code **295** 

#### Pataday<sup>®</sup> Once Daily Relief



**\$22** | 2.5 ml Product code **556** 

#### Pataday<sup>®</sup> Twice Daily Relief



**\$20** | 5 ml Product code **557** 

Preservative-free lubricant eye drops

Compare to: Refresh Optive® PF

#### Pepsodent<sup>®</sup> Toothpaste



**\$5** | 5.5 oz Product code **558** 



**\$15** | 30 count Product code **405** 

#### Rechargeable power toothbrush\*\*



\$35 | 1 count Product code 407

### Rechargeable power toothbrush replacement heads



\$22 | 2 count Product code 406

#### Sensodyne® Toothpaste



**\$7** | 1 count Product code **310**  \$13 | 6 oz Product code 606

#### Swimmer's ear solution

**Reusable cold compress** 

Compare to: ACE™ Cold Compress

Compare to: Debrox<sup>®</sup> Swimmer's Ear Drying Drops

No Image Available **\$9** | 1 oz Product code **559** 

#### Toothbrush



**\$7** | 3 count Product code 284

#### Toothpaste



\$8 | 2 count Product code 285 Wart remover liquid

Compare to: Compound W<sup>®</sup> Max Strength



**\$9** | 0.31 oz Product code **296** 

### Skin care

#### Allergy cream – Itch and pain relief

Compare to: Benadryl® Extra Strength Cream



**\$6** | 1 oz Product code **217** 

#### Aloe vera with lidocaine



**\$10** | 20 oz Product code **560** 

#### **Calamine lotion**



**\$7** | 6 oz Product code 037

#### Clotrimazole cream 1%

Compare to: Lotrimin AF®



**\$7** | .5 oz Product code 038

#### Diabetic skin relief

Compare to: Gold Bond® Ultimate Diabetics' Dry Skin Relief Hydrating Lotion



**\$11** | 4.5 oz Product code **408** 

#### Eczema moisturizing cream

Compare to: Aveeno® Active Naturals® Eczema Therapy Moisturizing Cream



**\$13** | 5 oz Product code **409** 

Hydrocortisone cream 1%

Compare to: Cortaid®



**\$7** | 2 oz Product code **322**  Medicated callus remover

Compare to: Dr. Scholl's®



**\$7** | 6 count Product code 241

#### Phytoplex calazime skin protectant

#### **Psoriasis medicated ointment**



Skin protectant paste

**\$13** | 4 oz Product code **561** 

# Management of an and a second at the second

**\$13** | 3.8 oz Product code **410** 

#### Skin repair cream

Compare to: Remedy® Intensive Skin Therapy Skin Repair Cream



**\$6** | 4 oz Product code

563

#### Soothing oatmeal bath treatment

562

Compare to: Aveeno® Soothing Bath Treatment

**\$9** | 4 oz

Product code



\$10 | 8 count Product code 411

#### Sunscreen SPF 30

Compare to: Coppertone® SPF 30



**\$9** | 8 oz Product code **306** 

#### Sunscreen SPF 50



**\$9** | 8 oz Product code **564** 

#### Vitamin A&D ointment

Compare to: A&D<sup>®</sup> Original Ointment



\$8 | 4 oz Product code 308 Tolnaftate 1% antifungal

Compare to: Tinactin® Cream



**\$8** | 1 oz Product code **218** 

## Smoking cessation

#### Nicotine transdermal 14 mg patch<sup>++</sup>



\$25 | 7 count Product code 313

#### Nicotine transdermal 21 mg patch<sup>++</sup>



\$25 | 7 count Product code 314

#### Nicotine transdermal 7 mg patch<sup>tt</sup>



\$25 | 7 count Product code 315 **Stop smoking gum – 2 mg<sup>++</sup>** Compare to: Nicorette® 2 mg gum



\$20 | 50 count Product code 123

#### Stop smoking gum – 4 mg<sup>++</sup>

Compare to: Nicorette® 4 mg gum



\$20 | 50 count Product code 124



### **Supports**

#### Ankle support

Compare to: Futuro®



\$11 | 1 count Product code 336 Arthritis gloves – L

Compare to: Vive Arthritis Gloves



**\$18** | 1 pair Product code **363** 

Arthritis gloves – M Compare to: Vive Arthritis Gloves



\$18 | 1 pair Product code 364 Arthritis gloves – S Compare to: Vive Arthritis Gloves



\$18 | 1 pair Product code 565

#### **Back support elastic – One size fits most** Compare to: Futuro®



\$25 | 1 count Product code 337

#### Back support with pulley system – L/XL



**\$18** | 1 count Product code **566** 

#### Back support with pulley system – XXL



**\$18** | 1 count Product code **567** 

Back support with pulley system – S/M



**\$18** | 1 count Product code **568** 

#### Carpal tunnel night brace

Compare to: Futuro® Carpal Tunnel Night Brace



\$23 | 1 count Product code 442

#### Elbow support

Compare to: Futuro®



**\$10** | 1 count Product code 339

#### **Knee support with stays – L** Compare to: Futuro®



**\$15** | 1 count Product code **340** 

#### Knee support with stays – M

Compare to: Futuro®



**\$15** | 1 count Product code **341** 

#### Knee support with stays – S

Compare to: Futuro®



\$15 | 1 count Product code 342

#### Plantar fasciitis relief sleeve



**\$12** | 1 pair Product code **459** 

#### Knee support with stays – XL

Compare to: Futuro®



**\$15** | 1 count Product code **357** 

Wrist support Compare to: Futuro®



**\$15** | 1 count Product code **343** 



### Vitamins, minerals and supplements

#### Almebex Plus B-12



**\$27** | 473 ml Product code **250** 

#### Bausch + Lomb PreserVision® AREDS 2 chewables



**\$25** | 60 count Product code **569** 

#### Calcium + vitamin D gummies

Compare to: Nature's Way® Alive!®

Calcium citrate + vitamin D

Compare to: Citracal<sup>®</sup> Caplets+D



**\$12** | 60 count Product code **476** 

#### Antioxidant tablets



**\$8** | 60 count Product code **297** 

**Biotin gummies** Compare to: Vitafusion™



**\$12** | 100 count Product code **475** 

#### Calcium carbonate with vitamin D 600 mg/400 IU tab



**\$11** | 100 count Product code **570** 

#### Chewable calcium with vitamin D

Compare to: Caltrate<sup>®</sup> 600 + D Plus Minerals Chewable



**\$7** | 60 count Product code **109** 



**\$9** | 60 count Product code **248** 

#### Coenzyme Q-10 100 mg



#### Coenzyme Q-10 30 mg



**\$10** | 30 count Product code **902** 

#### Complete senior vitamins and minerals

Compare to: Centrum® Silver



**\$10** | 60 count Product code 063

#### Daily multivitamin and mineral

Compare to: Centrum®



**\$10** | 130 count Product code **011** 

#### **Elderberry Gummies**

Compare to: VitaJoy



**\$12** | 60 count Product code **608** 

#### Ensure<sup>®</sup> Nutrition Shake, chocolate, 8 oz



**\$55** | 24 count Product code **571** 

#### Ensure® Nutrition Shake, vanilla, 8 oz



**\$55** | 24 count Product code **577**  **Eye care vitamins** Compare to: Ocuvite<sup>®</sup> Extra



**\$9** | 36 count Product code **907** 

**Ferrous sulfate 5 gr** Compare to: Feosol® Original



**\$8** | 100 count Product code **298** 

#### Flaxseed oil 1000 mg softgels

Compare to: Flaxseed oil



**\$10** | 90 count Product code **477** 

#### Folic acid 800 mcg



**\$7** | 100 count Product code **240** 

#### Food and beverage thickener

Compare to: Thick-It® Food and Beverage Thickener



**\$8** | 10 oz Product code **572** 

Glucerna® Diabetes Nutrition Shake,

#### Ginseng Extract, 200mg



**\$15** | 60 count Product code **609** 

Glucerna® Diabetes Nutrition Shake, vanilla, 8 oz



\$55 | 24 count Product code 578



chocolate, 8 oz

\$55 | 24 count Product code 573

#### Glucosamine chondroitin triple strength



\$25 | 100 count Product code 412

#### Gummy multivitamin



**\$12** | 120 count Product code **299** 

#### Gummy vitamin C 250 mg



**\$11** | 100 count Product code **300** 

#### Gummy vitamin D 2000 IU



**\$11** | 120 count Product code **301** 

#### Immune support chewable tablets

Compare to: Airborne®



**\$9** | 32 count Product code **474** 

#### Liquid iron formulation 220 mg/5 ml



**\$9** | 16 oz Product code **246** 

#### Magnesium oxide 400 mg

Compare to: Mag-Ox<sup>®</sup> 400 mg



**\$9** | 120 count Product code **302** 

#### Melatonin 5 mg



**\$8** | 100 count Product code **278** 

#### Melatonin gummies, 5 mg

Compare to: VitaJoy®



**\$12** | 120 count Product code **479** 

#### Omega-3 fish oil 1000 mg



**\$10** | 90 count Product code **413** 

#### One daily men's multivitamin

Compare to: One-A-Day Men's®



**\$8** | 60 count Product code **316** 

#### One daily women's multivitamin

Compare to: One-A-Day Women's®



**\$8** | 60 count Product code **107** 

#### Organic sulfur MSM 1000 mg

Potassium gluconate 595 mg



**\$9** | 90 count Product code **317** 

#### Papaya Enzyme



**\$10** | 100 count Product code **610** 



**\$7** | 100 count Product code **303** 

#### Probiotic

#### **Rena-vite vitamins**



**\$18** | 30 count Product code **607** 

#### Timed release niacin 500 mg



**\$9** | 100 count Product code **909** 

#### Vitamin B-Complex gummies

Compare to: Vitafusion™



**\$12** | 70 count Product code **482** 

**\$15** | 100 count

Product code

481

#### Vitamin B-Complex sublingual



\$8 | 60 count Product code 280

#### Vitamin B-Complex with B12



**\$8** | 100 count Product code **903** 

#### Vitamin B12 1000 mcg



**\$8** | 100 count Product code **238** 

#### Vitamin B12 500 mcg tab



**\$7** | 100 count Product code **574** 

#### Vitamin C 500 mg



**\$8** | 30 count Product code **279** 

Vitamin B12 5000 mcg sublingual



**\$7** | 100 count Product code **010** 

#### Vitamin D 1000 IU

#### Vitamin D 50,000 IU



**\$8** | 100 count Product code **209** 



**\$20** | 12 count Product code 483

#### Vitamin D3 2000 IU



Vitamin D 5000 IU

**\$9** | 100 count Product code 239



**\$11** | 240 count Product code **576** 

#### Vitamin E 400 IU synthetic



**\$10** | 100 count Product code **012** 

### Women's health

#### Clotrimazole 1% vaginal cream

Compare to: Gyne-Lotrimin<sup>®</sup> 45 gm



**\$9** | 1.5 oz Product code **041** 

#### Miconazole 3

Compare to: Monistat® 3 Combo Pack



**\$13** | 3-day supply Product code **304** 

#### Urinary pain relief

Compare to: AZO Urinary Pain Relief®



\$8 | 30 count Product code 326

#### Urinary tract infection test strips

Compare to: AZO Urinary Tract Infection Test Strips®



**\$14** | 3 count Product code **484** 

#### Vaginal moisturizer

Compare to: Replens Vaginal Moisturizer



\$21 | 8 count Product code 611

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

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

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

<sup>#</sup>Sale of products containing nicotine are prohibited to members under the age of 21.

Note: The products you receive may look different from the images shown in this catalog. The packaging may change, but the active ingredients in the products will remain the same.

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### **Get your questions answered**



#### Online

HumanaPharmacy.com



### Call Humana Pharmacy

855-211-8370 (TTY: 711)

OTC items may only be purchased for the plan enrollee. It is prohibited to purchase OTC items for family members and friends. Purchase of covered OTC products made under emergency circumstances may be eligible for reimbursement when the benefit allowance is available.

The following items are not covered under this OTC benefit (non-eligible items): baby items, contraceptives, convenience (non-medical items), cosmetics and food supplements.

An allowance amount is only available if your plan offers the OTC service as a benefit. Call Humana Pharmacy at **855-211-8370 (TTY: 711)** if you have questions about your order or about how to use this benefit, Monday – Friday, 8 a.m. – 11 p.m., and Saturday, 8 a.m. – 6:30 p.m., Eastern time.

Other pharmacies are available in our network.

### Remember, keep this catalog

You'll need it to look up health and wellness products you want to order

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### 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, marital status, or religion. 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 **1-877-320-1235** 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, 800-537-7697 (TDD). Complaint forms are available at https://www.hhs.gov/ocr/office/file/index.html.
- **California residents**: You may also call California Department of Insurance toll-free hotline number: **1-800-927-HELP (4357)**, to file a grievance.

#### Auxiliary aids and services, free of charge, are available to you. 1-877-320-1235 (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.

#### Language assistance services, free of charge, are available to you. 1-877-320-1235 (TTY: 711)

**Español (Spanish):** Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística. 繁體中文 (Chinese): 撥打上面的電話號碼即可獲得免費語言援助服務。

**Tiếng Việt (Vietnamese):** Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí. 한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오 .

**Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

**Русский (Russian):** Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

Kreyòl Ayisyen (French Creole): Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

Français (French): Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima indicado para receber serviços linguísticos, grátis.

Italiano (Italian): Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

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

日本語 (Japanese): 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

(Farsi) فارسی

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

**Diné Bizaad (Navajo):** Wódahí béésh bee hani'í bee wolta'ígíí bich'íí hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé niká'adoowoł.

(Arabic) العربية

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك

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### Notes



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# Humana

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