

Over-the-counter (OTC) Program Guide

How to spend your OTC allowance,
where to shop and more.



Healthy Benefits+ for a healthy budget.

Use your OTC allowance to spend on items for healthy living and boost your budget.

Buy things like pain relief medicine, toothpaste, first aid kits, cough drops and more. You'll find a selection of eligible items in this catalog, but even more are available online or in-store at participating locations.

Activate Your Benefit

If you haven't already, activate your card to start spending.

Easiest

Use the Healthy Benefits+ mobile app

Easier

Visit HealthyBenefitsPlus.com/UCare

or call 1-855-256-4620 (TTY 711)

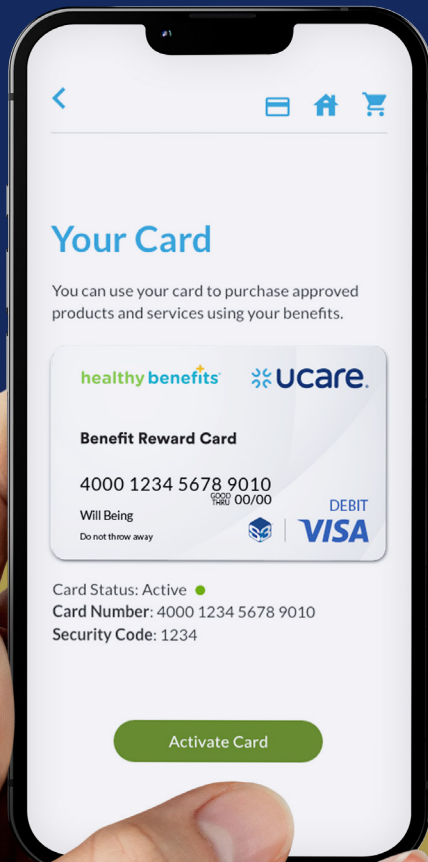


The Healthy Benefits+ App

Make shopping easier with the app.



Download the app today.



Allowance Balance

See your account details at-a-glance.



In-App Shopping

Use our in-app store to order qualified items.



Store Finder

Find participating stores, like Walmart, CVS and Kroger, and shop close to home.



Product Scanner

Scan items in-store to see if they are eligible before checkout.



Digital Card

Scan your card from your phone at checkout.



The best place to spend? Where you already shop.

Shop in-store

We've partnered with leading retailers and local stores to make sure your benefit allowance goes far so you don't have to. Shop in-store at any of our 55,000 participating locations.

Walgreens

♥ **CVS**

 **Kroger** FRESH FOR EVERYONE™

Baker's City Market Publix FreshMarket Fry's GoGo! Market Street Piggly Wiggly Pick-A-Palooza QFC Smith's Vons

Walmart 

and more

Shop online

Order directly at HealthyBenefitsPlus.com/UCare or in the **Healthy Benefits+ mobile app**. Or, for fast delivery, you can shop with one of our partners.

Uber Eats

Walmart 

and more

Shop by phone

Find items using this catalog.

Call **1-833-862-8276 (TTY 711)** to place an order.

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Allergy and Sinus

Find even more items online



Allegra
24hr Adult Non-Drowsy Allergy Relief Fexofenadine Hydrochloride Tablets, 180mg, 30ct

\$19.96

#15529219



Allegra
24hr Adult Non-Drowsy Allergy Symptom Relief Tablets, 180mg, 90ct

\$29.49

#879620290



Equate
Fexofenadine Hydrochloride USP Non-Drowsy Allergy Relief Tablets, 180mg, 30ct

\$12.98

#271274443



Equate
Fexofenadine Hydrochloride USP Non-Drowsy Allergy Relief Tablets, 180mg, 30ct

2pk

\$19.66

#571480286



Benadryl
Cold and Allergy Relief Antihistamine Ultratabs, 25mg, 48ct

\$8.88

#10294029



Benadryl
Cold and Allergy Relief Antihistamine Ultratabs, 25mg, 100ct

\$14.88

#31956102



Equate
Allergy Relief Tablets with Diphenhydramine Hydrochloride Antihistamine, 25mg, 365ct

\$7.42

#170669688



Claritin
24hr Allergy Relief Antihistamine Tablets, 10mg, 30ct

\$21.97

#51409747



Zyrtec
24hr Allergy Relief Cetirizine Hydrochloride Tablets, 10mg, 30ct

\$19.97

#10452571



Zyrtec
24hr Allergy Relief Cetirizine Hydrochloride Tablets, 10mg, 90ct

\$33.74

#224749468



Equate
24hr Allergy Relief Cetirizine Hydrochloride Tablets, 10mg, 90ct

\$17.46

#10898797



Afrin
No Drip Severe Congestion Pump Mist Nasal Spray, 1.0fl oz

2pk

\$16.46

#714749714



Arm & Hammer
Simply Saline Nasal Mist, 3.1oz

\$5.88

#17325136



Flonase
24hr Allergy Relief Non-Drowsy Metered Nasal Spray, 144 Sprays

\$27.98

#752393566



Equate
Non-Drowsy Fluticasone Propionate Allergy Relief Nasal Spray, 50mcg, 72 Sprays

\$9.88

#128562409



Vicks
Sinex Severe, Original Ultra Fine Mist Nasal Spray, 265 Sprays

\$9.96

#52785149



Equate
Phenylephrine Hydrochloride 1% Nasal Spray, 1.0fl oz

\$3.32

#10325040



Vicks
VapoStick, No Mess Non-Medicated Solid Balm, Soothing Vapors, 1.25oz

\$9.96

#758739695



Vicks
VapoInhaler, Portable Non-Medicated Nasal Inhaler, Menthol

2pk

\$11.97

#127783889

Bathroom Safety

Find even more items online



Equate

Durable Transfer Shower Bench with Back Rest, 350lb Capacity, Black

\$82.00

#14179104



Equate

Bath and Shower Chair with Back, 350lb Capacity, Black

\$39.98

#14179130



Equate

Raised Toilet Seat with Handles, 5" Toilet Seat Riser with Arms, Fits Most Toilets

\$42.42

#14179132



Mainstays

Grab Bar with Concealed Screws, 12", Stainless Steel

\$17.24

#878349797



Mainstays

Grab Bar with Concealed Screws, 16", Stainless Steel

\$19.77

#312147590



Safe-er-Grip

Bathtub and Shower Grab Bar, 12", Chrome

\$17.20

#487817937



Safe-er-Grip

Bathtub and Shower Assist Bar, 16", White

\$13.04

#10848474



Waterpik

5+ Mode PowerPulse Massage Shower Head, White

\$49.92

#2565116616



Waterpik

6-Mode PowerPulse Massage Shower Head, Chrome

\$20.88

#861067077

Braces and Supports

Find even more items online



ACE

Reversible Splint Wrist Brace, Adjustable, One Size, Grey

\$17.56

#23598249



Mueller

Reversible Compression Glove, One Size, Black

\$7.92

#600107436



Mueller

Adjustable Hinged Knee Brace, One Size, Black

\$21.97

#10533465



Equate

Adjustable Knee Brace, One Size, Black

\$11.08

#397972356



Nufabrx

Unisex Pain Relieving Lower Leg Compression Sleeve, One Size, Black

\$19.48

#578001224



Nufabrx

Unisex Pain Relieving Ankle Compression Socks, One Size, Grey

\$19.48

#418876017



Truform

Firm Strength Compression Socks, Knee High, Closed Toe, M, Beige

\$14.86

#443347762



Truform

Firm Strength Compression Socks, Knee High, Closed Toe, L, Black

\$14.86

#661074521



Copper Fit

Unisex Rapid Relief Back Support Brace with Hot and Cold Therapy, Adjustable

\$28.47

#721598773

Cold, Cough and Flu

Find even more items online



Alka-Seltzer Plus
Severe Cold PowerFast Fizz Effervescent Tablets, Sparkling Original, 36ct

\$13.48

#860418363



Advil
Multi-Symptom Cold and Flu Relief Ibuprofen Coated Tablets, 20ct

\$9.48

#421960486



Coricidin HBP
Cold and Flu Relief Tablets, High Blood Pressure, 20ct

\$8.46

#17324929



Mucinex
12hr Guaifenesin with Relief of Chest Congestion Expectorant Extended-Release Tablets, 600mg, 20ct

\$14.97

#12018745



Luden's
Throat Drops, Sore Throat Relief, Wild Cherry, 90ct

\$4.54

#40076110



Ricola
Soothing Cough Drops, Throat Relief and Cough Suppressant, Original Herb, 45ct

\$4.98

#10805242



Equate
Cough Drops with Menthol, Honey Lemon, Value Size, 160ct

\$4.48

#54320956



Equate
Sugar-Free Cough Drops, Honey Lemon, 140ct

\$4.48

#234523956



Vicks
VapoRub Topical Chest Rub and Analgesic Ointment, 3.53oz

\$9.97

#10416120

Daily Living Aids

Find even more items online



Equate
Ultra Pill Splitter and Pill Cutter with Retracting Blade Guard

\$4.12

#291086762



Equate
AM/PM Weekly Pill Planner, L

\$4.12

#755395012



Equate
Foam Ring Cushion, Black

\$12.97

#838318146



Equate
Memory Foam Coccyx Cushion, Black

\$25.23

#228156630



General Electric
UltraBrite LED Motion-Activated Night Light, Dusk to Dawn

2pk

\$16.38

#934572952



Gopher II
Deluxe Pick Up and Reaching Aid, Blue

\$9.98

#38389245



Equate
Folding Reaching Tool, 32"

\$14.88

#977292742



Vicks
ComfortFlex Oral Digital Thermometer

\$12.48

#3049265229



Equate
Equate Infrared 1-Second In-Ear Digital Thermometer*

\$29.98

#883925042



Equate
 Non-Contact
 Infrared
 1-Second
 Digital Body
 Thermometer*

\$33.32

#862285615



Equate
 Temple Touch
 6-Second Digital
 Thermometer*

\$13.32

#130045286



Equate
 Fingertip Pulse
 Oximeter,
 Oxygen Level
 and Pulse Rate*

\$36.62

#2289047664



Equate
 Upper Arm
 Blood Pressure
 Monitor, 4000
 Series*

\$28.84

#477827819



Equate
 Wrist Blood
 Pressure
 Monitor, 4500
 Series*

\$39.98

#506668200



Equate
 Wrist Blood
 Pressure
 Monitor with
 Bluetooth, BP-
 6500*

\$50.00

#340316107



OMRON
 Upper Arm
 Blood Pressure
 Monitor, 3
 Series*

\$34.97

#835250367



Brookstone
 Health App
 Enabled Smart
 Weight Scale*

\$19.97

#6090859507



Taylor
 Digital Scale,
 350lb Capacity*

\$15.74

#388202692



Mainstays
 Tempered Glass
 Slimline Digital
 Scale, Black*

\$16.77

#265856319

Diabetes OTC

Find even more
items online



CeraVe
Diabetics'
Dry Skin
Moisturizing
Body Cream,
8oz

\$9.97

#777091083



Gold Bond
Diabetics'
Dry Skin
Moisturizing
Body Lotion,
4.5oz

\$5.94

#39778494



Gold Bond
Diabetics' Dry
Skin Relief Body
Lotion with
Aloe, 21oz

\$12.98

#2223022128



6pk

Dr. Scholl's
Men's Diabetes
and Circulatory
Crew Socks,
Size 7-12

\$12.98

#967758523



6pk

Dr. Scholl's
Men's Diabetes
and Circulatory
Crew Socks,
Size 13-15, White

\$12.98

#480386634



6pk

Dr. Scholl's
Women's
Diabetes and
Circulatory
Crew Socks,
Size 4-10

\$12.97

#976726353



Glucocil
Premium Blood
Sugar Support
Supplement
Softgels, 60ct*

\$24.97

#433000582



ReliOn
Glucose
Chewable
Tablets, Fruit
Punch, 50ct

\$4.24

#564577731



2pk

ReliOn
Sterile Alcohol
Swabs, 200ct

\$3.82

#911903437

Digestive Health

Find even more items online



Alka-Seltzer
Extra Strength
Effervescent
Heartburn Relief
Tablets, 24ct

\$5.78

#124769667



Nexium
24hr Acid
Reducer
Heartburn Relief
Capsules with
Esomeprazole
Magnesium,
20mg, 42ct

\$25.28

#35284453



Equate
Acid Reducer
Esomeprazole
Magnesium
Delayed-Release
Caplets, 20mg,
14ct

3pk

\$14.97

#8457196



Prilosec OTC
Omeprazole
Heartburn
Relief and Acid
Reducer Tablets,
20mg, 42ct

\$22.98

#10312057



Equate
Omeprazole
Delayed-Release
Capsules, 20mg,
14ct

3pk

\$14.97

#14706053



Pepcid AC
Maximum
Strength
Heartburn
Prevention and
Relief Tablets,
20mg, 50ct

\$19.48

#10309599



Tums
Smoothies,
Extra Strength
Chewable
Antacids,
Assorted Fruit,
750mg, 140ct

\$9.98

#43337007



Equate
Ultra Strength
Antacid Tablets
for Heartburn,
Assorted
Berries,
1000mg, 160ct

\$9.38

#403207079



Equate
Extra Strength
Heartburn Relief
and Gas Relief
Chews, Mixed
Berry, 54ct

\$5.58

#54883662



Mylanta
Maximum
Strength
Antacid and
Anti-Gas Liquid,
Classic Flavor,
12fl oz

\$8.38

#5262717278



Imodium A-D
Loperamide
Hydrochloride
Anti-Diarrheal
Softgels, 2mg,
24ct

\$14.48

#54061717



Equate
Loperamide
Tablets for
Diarrhea, 2mg,
24ct

\$3.98

#1120328



Pepto Bismol
Upset Stomach
and Diarrhea
Relief Chewable
Tablets, 30ct

\$5.28

#10317156



Pepto Bismol
Upset Stomach
and Diarrhea
Relief Liquid,
16fl oz

2pk

\$13.48

#20468141



Equate
Regular Strength
Upset Stomach
Relief Bismuth
Liquid, 16fl oz

2pk

\$5.97

#363812242



Phillips'
Milk of
Magnesia Liquid
Magnesium
Laxative, Wild
Cherry, 26fl oz

\$8.98

#10316169



Gas-X
Extra Strength
Gas Relief
Simethicone
Chewable
Tablets, Cherry
Creme, 125mg,
48ct

\$9.48

#10294109



Gas-X
Extra Strength
Fast Gas Relief
Simethicone
Softgels, 125mg,
72ct

\$14.48

#10294134



Equate
Extra Strength
Gas Relief
Softgels, Value
Size, 125mg,
150ct

\$7.98

#44662550



Dulcolax
Laxative
Tablets, Reliable
Overnight Relief,
5mg, 50ct

\$9.98

#46120361



MiraLAX
Laxative Powder
for Constipation,
Stool Softener,
45 Doses

\$29.97

#197347253



Equate
ClearLax
Polyethylene
Glycol 3350
Laxative Powder
for Solution, 30
Doses

\$12.13

#14122821



Equate
Adults'
Bisacodyl
Gentle Laxative
Tablets for
Constipation,
5mg, 100ct

\$5.62

#17248343



Equate
Laxative
Softgels for
Constipation,
Stool Softener,
100mg, 400ct

\$10.44

#937136464



Lactaid
Original
Strength
Lactose
Intolerance
Relief Caplets,
120ct

\$15.54

#21083353



Metamucil
Daily Fiber
Gummies
for Digestive
Health, 5g Fiber
Blend, 72ct

\$15.48

#548499925



Metamucil
4-in-1 Fiber
Powder, Orange,
114 Doses

\$23.98

#882261



Metamucil
Sugar-Free 4-in-
1 Fiber Powder,
Orange, 180
Doses

\$32.98

#13314273



Equate
Sugar-Free Fiber
Supplement
Powder, 17.6oz,
125 Doses

\$12.58

#12167385

Eye Care

Find even more items online



OPTI-FREE
Multi-Purpose
Contact Lens
Disinfecting
Solution, 10fl oz

\$10.87

#17325078



Equate
Multi-Purpose
Solution, 12fl oz

2pk

\$6.97

#10324537



Clear Eyes
Maximum
Redness Relief
Lubricant Eye
Drops, 1.0fl oz

\$6.29

#10533086



Clear Eyes
Redness Relief
Lubricant Eye
Drops, 0.5fl oz

3pk

\$11.46

#10324718



Refresh
Lubricant Eye
Drops, 0.5fl oz,
2ct

\$14.68

#10294098



LUMIFY
Redness Reliever
Eye Drops,
0.08fl oz

\$12.98

#193381081



Systane
Ultra Dry Eye
Care Symptom
Relief Eye
Drops, 0.33fl oz

2pk

\$19.48

#14574724



PreserVision
AREDS 2
Formula Vitamin
and Mineral
Supplement
Mini Softgels,
90ct*

\$26.58

#51209070



PreserVision
AREDS 2
Formula
Vitamin and
Mineral
Supplement
Mini Softgels,
140ct*

\$34.47

#135526423

Feminine Health

Find even more items online



AZO
Maximum Strength Urinary Pain Relief Tablets, 99.5mg, 24ct

\$8.12

#10317749



Equate
Maximum Strength Urinary Pain Relief Tablets, 99.5mg, 24ct

\$5.48

#873871339



Vagisil
Odor Block Daily Intimate Vaginal Feminine Wash, 12fl oz

\$5.67

#14706001



Vagisil
Maximum Strength Anti-Itch Cream, 1oz

\$5.58

#10317901



Vagisil
Maximum Strength Anti-Itch Medicated Wipes for Instant Relief, 20ct

\$6.47

#11973914



Equate
Adults' Hair, Skin, and Nails Gummies, 90ct*

\$6.88

#427349485



Monistat
1-Dose Yeast Infection Treatment, 1 Ovule Insert and External Itch Cream, 0.32oz

\$18.44

#23601909



Monistat
1 Day Yeast Infection Treatment for Women, 1 Tioconazole Ointment Applicator

\$13.92

#20440497



Equate
Miconazole 7-Day Vaginal Cream with Disposable Applicators, 1.59oz

\$5.97

#549962132

First Aid

Find even more items online



Johnson & Johnson
All-Purpose Portable Compact First Aid Kit, 160pc

\$18.36

#123036922



Equate
All-Purpose First Aid Kit, 140pc

\$14.98

#1568852471



Equate
Multi-Purpose Hot or Cold Gel Bead Pack, 4.5" x 7.75"

\$5.98

#872327



Band-Aid
Flexible Fabric Adhesive Bandages, Assorted Sizes, 100ct

\$8.48

#22156370



Equate
Antibacterial Flexible Fabric Bandages, Assorted Sizes, 100ct

\$4.97

#744521299



Equate
Antibacterial Heavy Duty Fabric Bandages, L, 60ct

\$4.97

#191616103



New-Skin
Liquid Bandage, Waterproof Bandage for Scrapes and Minor Cuts, 0.3fl oz

\$3.98

#143805486



Equate
Self-Adhering Elastic Bandages, 2", 2ct

\$6.27

#3770903296



Equate
Self-Adhering Sports Wrap, 3", 2ct

\$7.47

#405394946



Equate
Paper Tape, 1",
2ct

\$3.18

#180345854



Equate
Rolled Gauze,
3" x 2.5yd, 5ct

\$5.78

#191193830



Equate
Gauze Pads,
4" x 4", 25ct

\$4.94

#400745681



Q-Tips
Cotton Swabs,
500ct

\$7.74

#5387306691

2pk



Equate
Jumbo Cotton
Balls, 400ct

\$3.78

#280043267



Neosporin
Neosporin plus
Pain Relief Dual
Action First
Aid Antibiotic
Cream, 1oz

\$8.82

#42087741



Neosporin
Original First
Aid Antibiotic
Bacitracin
Ointment, 1oz

\$6.88

#10294303



Equate
First Aid Triple
Antibiotic
Ointment,
Infection
Protection, 1oz

\$4.87

#20659621

2pk



Cortizone 10
Intensive
Healing Anti-
Itch Crème, 2oz

\$7.98

#1220714814



Equate
Maximum
Strength
Hydrocortisone
Cream, 2oz

\$7.12

#878549159

2pk



2pk

\$9.98

Vaseline
Original
Petroleum Jelly,
13oz

#322019371



6pk

\$5.98

Equate
3% Hydrogen
Peroxide Liquid
Antiseptic,
32fl oz

#1257780502



\$7.81

Equate
First Aid Iodine
Antiseptic
Liquid, 8fl oz

#236247392



6pk

\$20.58

Equate
91% Isopropyl
Alcohol
Antiseptic
Liquid, 32fl oz

#1859034246



\$1.08

ReliOn
Sterile Alcohol
Swabs, 100ct

#934213386



\$5.88

Equate
Original Hand
Sanitizer, 32fl oz

#1291145618



\$14.97

Equate
Nitrile Exam
Gloves, One
Size, 100ct

#260948218



\$9.97

Equate
Vinyl Exam
Gloves, L/XL,
100ct

#104014220



\$5.74

Dr Teal's
Pure Epsom
Salt Soak,
Therapeutic,
Fragrance Free,
6lb

#17325251



\$6.64

Equate
Epsom Salt,
Unscented, 8lb

#690032288

Foot Care

Find even more items online



Arm & Hammer
Invisible Spray
Foot Powder,
7oz

\$7.48

#120941774



MagniLife DB
Diabetes Pain
Relieving Foot
Cream for
Burning and
Tingling, 4oz

\$16.48

#46342073



Gold Bond
Maximum
Strength
Medicated
Talc-Free Foot
Powder, 1%
Menthol, 10oz

\$7.97

#856146965



Lamisil
Athlete's Foot
Antifungal
Cream, 1oz

\$16.14

#10294287



Lotrimin
Athlete's Foot
Antifungal
Powder Spray,
4.6oz

\$8.77

#1649719982



Equate
Athlete's Foot
Antifungal
Cream, 2oz

\$6.84

#10324685



Kerasal
Nighttime
Renewal Fungal
Nail Patches,
14ct

\$18.58

#2106627153



Silka
Maximum
Strength Toenail
Antifungal
Liquid, 0.45fl oz

\$10.97

#5195244253



Compound W
Maximum
Strength One
Step Plantar
Wart Remover
Foot Pads, 20ct

\$8.26

#46068797

Incontinence

Find even more items online



Aquaphor
Healing Ointment
Advanced Therapy Skin
Protectant,
1.75oz

\$6.28

#14284656



Aquaphor
Healing Ointment
Advanced Therapy Skin
Protectant, 7oz

\$12.97

#45800609



4pk

Cottonelle
Ultra Fresh
Flushable
Wipes, 42ct

\$7.78

#782523046



Cottonelle
Fresh Care
Flushable
Wipes, 168ct

\$7.77

#38192980



5pk

Equate
Flushable
Wipes,
Fresh Scent,
Resealable
Packs, 48ct

\$6.98

#873764



3pk

Equate
Flushable
Wipes, Fresh
Scent, 48ct

\$4.97

#873057



Equate
Witch Hazel
Flushable
Hemorrhoidal
Medicated
Wipes, 48ct

\$4.24

#439527226



3pk

Equate
Flushable
Wipes, Cool
Mint, XL, 48ct

\$4.97

#3430920143



Equate
Everyday
Clean Wipes,
Hypoallergenic,
Fragrance Free,
240ct

\$5.28

#15754317



Preparation H
Medicated
Hemorrhoid
Wipes with
Witch Hazel,
48ct

\$6.48

#1577210224



Assurance
Premium
Disposable
Washcloths, XL,
192ct

\$9.97

#668252068



TENA
ProSkin Ultra
Adult Wipes,
Incontinence
Cleaners and
Deodorants,
48ct

\$5.58

#546749362



Assurance
Unisex Premium
Quilted
Underpad,
Maximum
Absorbency, L,
18ct

\$7.37

#636352605



Assurance
Unisex Premium
Quilted
Underpad,
Maximum
Absorbency, XL,
30ct

\$16.86

#167121557



Always Discreet
Women's
Incontinence
Pads, Moderate
Long, 54ct

\$13.88

#37892484



Always Discreet
Women's
Incontinence
Pads, Extra
Heavy
Absorbency,
Long, 45ct

\$21.47

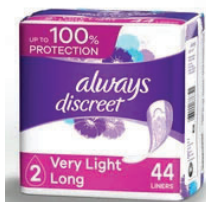
#44269239



Always Discreet
Women's
Ultimate
Extra Protect
Incontinence
Pads, Ultimate
Absorbency,
42ct

\$21.47

#560589946



Always Discreet
Women's
Incontinence
Liners,
Very Light
Absorbency,
Long, 44ct

\$5.67

#37892494



Poise
Women's
Incontinence
Pads, Moderate
Absorbency,
Regular, 66ct

\$13.52

#20682684



Poise
 Women's Incontinence Pads, Maximum Absorbency, Long, 39ct

\$13.52

#20682686



Equate
 Women's Options Incontinence Pads, Maximum Absorbency, Long, 72ct

\$14.97

#202745137



Poise
 Women's Incontinence and Bladder Control Pads, Ultimate Absorbency, Long, 45ct

\$22.94

#20746405



Equate
 Women's Options Incontinence Pads, Ultimate Absorbency, Long, 51ct

\$14.97

#480909321



Equate
 Women's Incontinence Pads, Extra Protection, Overnight Absorbency, 30ct

\$8.97

#36717960



Poise
 Women's Daily Incontinence Liners, Very Light Absorbency, Long, 81ct

\$9.96

#50160163



Poise
 Women's Incontinence Pads, Extra Coverage, Overnight Absorbency, 36ct

\$23.46

#1001725588



Assurance
 Women's Incontinence Underwear, Maximum Absorbency, S/M, 36ct

\$14.34

#1708693108



Assurance
 Women's Incontinence Underwear, Maximum Absorbency, S/M, 54ct

\$23.27

#309525299



Assurance
 Women's Incontinence Underwear, Maximum Absorbency, L, 36ct

\$14.34

#1260106765



Assurance
Women's Incontinence Underwear, Maximum Absorbency, L, 54ct

\$23.27

#293491517



Depend
Women's Fresh Protection Adult Incontinence Underwear, Maximum Absorbency, M, 30ct, Blush

\$21.54

#171439462



Depend
Women's Fresh Protection Adult Incontinence Underwear, Maximum Absorbency, L, 28ct, Blush

\$21.54

#16532731



Depend
Women's Fresh Protection Adult Incontinence Underwear, Maximum Absorbency, XL, 26ct, Blush

\$21.54

#16532737



Depend
Women's Night Defense Adult Incontinence Underwear, Overnight Absorbency, S, 16ct, Blush

\$14.88

#315199488



Depend
Women's Night Defense Adult Incontinence Underwear, Overnight Absorbency, M, 15ct, Blush

\$13.74

#693664532



Depend
Women's Night Defense Adult Incontinence Underwear, Overnight Absorbency, XL, 12ct, Blush

\$13.74

#50160174



Depend
Women's Night Defense Adult Incontinence Underwear, Overnight Absorbency, L, 14ct, Light Pink

\$13.74

#50160154



Assurance
Women's Incontinence Underwear, Maximum Absorbency, XL, 36ct

\$20.44

#1192975968



Assurance
Women's Incontinence Underwear, Maximum Absorbency, XL, 54ct

\$23.27

#502841350



Assurance
Women's Incontinence Underwear, Maximum Absorbency, XXL, 54ct

\$23.27

#518469943



Assurance
Men's Guards, Maximum Absorbency, 52ct

\$10.64

#843897280



Depend
Men's Incontinence and Bladder Control Pads, Maximum Absorbency, 52ct

\$13.62

#16940253



Assurance
Men's Incontinence Underwear, Maximum Absorbency, S/M, 36ct

\$14.34

#1935841408



Assurance
Men's Incontinence Underwear, Maximum Absorbency, L/XL, 36ct

\$14.34

#1589317356



Depend
Men's Fresh Protection Incontinence Underwear, Maximum Absorbency, L, 28ct, Grey

\$21.54

#386892364



Depend
Men's Fresh Protection Incontinence Underwear, Maximum Absorbency, XL, 26ct, Grey

\$21.54

#325105830



Depend
Men's Night Defense Adult Incontinence Underwear, Overnight Absorbency, S/M, 16ct, Grey

\$14.88

#373184535



Depend
Men's Night Defense Adult Incontinence Underwear, Overnight Absorbency, L, 14ct, Grey

\$14.88

#450954355



Depend
Men's Night Defense Adult Incontinence Underwear, Overnight Absorbency, XL, 12ct, Grey

\$14.88

#220896172

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Fixident
Plus Scope
Secure Denture
Adhesive
Cream, 2oz

\$5.97

#10321912



Super Poligrip
Original Denture
and Partial
Adhesive
Cream, 2.4oz

3pk

\$13.97

#481336870



Polident
Overnight
Whitening
Antibacterial
Denture
Cleanser
Tablets, 120ct

\$6.44

#20470702



Equate
Fresh
Antibacterial
Denture
Cleanser
Tablets, Mint,
120ct

2pk

\$8.52

#35019168



Oral-B
Glide Pro-Health
Deep Clean
Dental Floss,
Cool Mint, 40m

3pk

\$9.97

#181753009



Plackers
Micro Line Dental
Floss Picks, Fold-
Out FlipPick,
Fresh Mint, 300ct

\$7.68

#394522932



Equate
HydroClean
Cordless Water
Flosser with
Removable
Tank, White

\$19.47

#758474404



Reach
Essentials
Toothbrush,
Medium Bristles

6pk

\$2.84

#912145446



Colgate
Toothbrush with
Tongue and
Cheek Cleaner,
Medium Bristles

2pk

\$9.95

#10311661



Oral-B
 CrossAction All-in-One Manual Toothbrush, Deep Plaque Removal, Soft Bristles

4pk

\$11.97

#169937888



Oral-B
 Vitality FlossAction Electric Rechargeable Toothbrush

\$19.97

#961533300



Crest
 Premium Plus Scope Outlast Toothpaste, Long Lasting Mint, 5.2oz

\$8.99

#938805589



Colgate
 Total Deep Clean Whitening Toothpaste, Mint, 5.1oz

2pk

\$7.96

#416279940



Parodontax
 Complete Protection Gingivitis Toothpaste, Pure Fresh Mint, 3.4oz

\$6.98

#810980013



Sensodyne
 Pronamel Intensive Enamel Repair Sensitive Toothpaste, Extra Fresh, 3.4oz

\$6.98

#398181015



Sensodyne
 Repair and Protect Whitening Sensitive Toothpaste, 3.4oz

2pk

\$12.48

#289197571



OraCoat
 XyliMelts, Dry Mouth Adhering Discs, Mild Mint, 40ct

\$8.47

#27255382



Biotène
 Moisturizing Dry Mouth Oral Rinse Mouthwash, Fresh Mint, 33.8oz

\$10.98

#16785061



Biotène
 Dry Mouth Alcohol-Free Breath Freshener Spray, Gentle Mint, 1.5fl oz

\$6.98

#10448044

Pain Relief and Management

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Advil
Liqui-Gels Pain and Headache Reliever
Ibuprofen, Liquid Filled Capsules, 200mg, 80ct

\$10.98

#1111813



Equate
Ibuprofen Mini Softgel Capsules, 200mg, 300ct

\$15.48

#841902147



Advil
Pain and Headache Reliever, Ibuprofen Coated Tablets, 200mg, 200ct

\$17.98

#10416968



2pk

Equate
Pain Reliever and Fever Reducer, Ibuprofen Coated Tablets, 200mg, 100ct

\$4.28

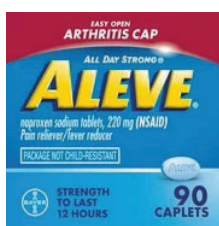
#10324480



Advil PM
Pain and Headache Reliever, Ibuprofen Coated Caplets, 200mg, 120ct

\$17.98

#12444539



Aleve
Pain Reliever and Fever Reducer, Naproxen Sodium Caplets with Easy Open Arthritis Cap, 90ct

\$11.67

#565501760



Aleve PM
Pain Reliever and Nighttime Sleep Aid Caplets with Easy Open Cap, 80ct

\$15.27

#500450218



Bayer
Low-Dose Pain Reliever, Aspirin Regimen Enteric Coated Tablets, 81mg, 300ct

\$14.97

#12444555



Equate
Adults' Low-Dose Aspirin Safety Coated Tablets, 81mg, 500ct

\$6.37

#40816797



Bayer
 Low Dose Pain
 Reliever Aspirin
 Chewable
 Tablets, Orange,
 81mg, 108ct

\$7.97

#10316158



Excedrin
 Migraine
 Headache Relief
 Caplets, 250mg,
 200ct

\$19.73

#24766557



Excedrin
 Extra Strength
 Pain Reliever
 and Headache
 Medicine
 Caplets, 100ct

\$12.78

#10294261



Nerve
 Nerve Relief
 Tablets, Alpha
 Lipoic Acid,
 600mg, 30ct

\$19.47

#416888327



Tylenol
 8hr Arthritis
 and Joint Pain
 Acetaminophen
 Caplets, 650mg,
 100ct

\$12.47

#10294215



Tylenol
 8hr Arthritis
 and Joint Pain
 Reliever
 and Fever Reducer
 Acetaminophen
 Extended-Release
 Caplets, 650mg,
 225ct

\$16.97

#10294217



Equate
 8hr Arthritis
 Pain Reliever,
 Acetaminophen
 Extended-
 Release Caplets,
 650mg, 225ct

\$9.96

#544602928



Tylenol
 Extra Strength
 Caplets, 500mg,
 225ct

\$19.97

#10294196



Tylenol
 Extra Strength
 Acetaminophen
 Rapid-Release
 Gels, 500mg,
 225ct

\$22.97

#192897472



Equate
 Extra Strength
 Acetaminophen
 Rapid Release
 Gel-Caps,
 500mg, 225ct

\$9.94

#652312238



Tylenol
Extra Strength
Pain Reliever and
Fever Reducer
Acetaminophen
GentleGlide
Caplets, 500mg,
100ct

\$12.47

#5410755824



Tylenol PM
Extra Strength
Pain Reliever
and Sleep Aid
Caplets, 150ct

\$19.31

#54061719



BC
Original
Strength Pain
Reliever Aspirin
Dissolve Powder
Packs, 50ct

\$6.58

#23598023



PainQuil PM
Pain Reliever
and Nighttime
Sleep Aid
Medicine
Liquid, Midnight
Cherry, 12fl oz

\$8.97

#5322185437



Aspercreme
4% Lidocaine
Cream with
No Mess
Applicator,
2.5oz

\$9.98

#569529368



Blue-Emu
Original Joint
and Muscle
Cream, Soothes
and Supports,
4oz

\$13.48

#10313101



Blue-Emu
Maximum
Strength Pain
Relief Cream
for Arthritis,
Muscles, and
Joints, 3oz

\$13.98

#46921310



Nerve
Maximum
Strength Pain
Relieving
Cream, 3oz

\$12.47

#672055589



Biofreeze
Pain Relief Gel,
3oz

\$11.98

#100692660



Icy Hot
Original
Medicated Pain
Relief Liquid
with No Mess
Applicator,
2.5fl oz

\$6.98

#13263176



Tiger Balm
Ultra Strength
Non-Staining
Pain Relieving
Ointment,
0.63oz

\$6.74

#26971669



Voltaren
Topical Arthritis
Pain Relief
Medicine Gel,
1.7oz

\$10.98

#637717150



Voltaren
Topical Arthritis
Pain Relief Gel,
5.3oz

\$24.68

#224979534



Biofreeze
Menthol Pain
Relief Roll-On,
2.5fl oz

\$11.98

#185197840



Theraworx
Relief Muscle
Cramp and
Spasm Relief
Foam, 7.10fl oz

\$18.96

#436094803



Preparation H
Hemorrhoid
Itching, Burning
and Discomfort
Relief Ointment,
2oz

\$12.48

#121675431



Preparation H
Rapid Relief
No-Touch
Hemorrhoidal
Spray, 3.8oz

\$19.98

#640206292



Theraworx
Relief Fast
Acting Spray
for Leg and
Foot Cramps
and Muscle
Soreness,
7.10fl oz

\$18.96

#294881697



Aspercreme
Maximum
Strength
Lidocaine
Patches, Odor
Free, 5ct

\$9.98

#51258775



Icy Hot
Original Pain
Relief Patches
for Back or
Large Area, L,
5ct

\$6.98

#10307673



Equate
Extra Strength
Cool and Heat
Medicated
Patches, 5ct

\$4.66

#17056909



Salonpas
8hr Pain
Relieving
Patches, 60ct

\$10.34

#47041345



Salonpas
Maximum
Strength
Lidocaine Pain
Relieving Gel
Patches, 6ct

\$10.34

#54902233



Equate
Maximum
Strength
Lidocaine
Pain Relieving
Patches, 6ct

\$7.12

#619096863



ThermaCare
Lower Back and
Hip Pain Relief
Heat Wraps,
L/XL, 2ct

\$5.96

#608834585



ThermaCare
Neck Pain
Therapy Heat
Wraps for
Shoulder and
Wrist Pain
Relief, 4ct

\$10.47

#1654290325



Equate
Weighted
Heating Pad,
12" x 24"

\$24.98

#5332722125



Equate
Reusable Hot or
Cold Pack, L,
8" x 12"

\$9.98

#474335291



Equate
6-Setting
Electric Heating
Pad, Auto Shut
Off, 12" x 24"

\$19.98

#883004120



Sunbeam
Heating Pad
with Compact
Storage, 12" x
24"

\$32.98

#907620094

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Abreva
Cold Sore and
Fever Blister
Treatment
Docosanol 10%
Cream, 0.07oz

\$14.50

#10417263



Banana Boat
Travel Sunscreen
Lip Balm with
Aloe Vera and
Vitamin E, SPF
45, 0.15oz

\$3.97

#11027886



Blistex
Moisturizing
Medicated Lip
Balm, SPF 15,
0.15oz

5pk

\$4.98

#137330522



Aveeno
Daily
Moisturizing
Lotion with Oat
for Dry Skin,
18fl oz

\$10.67

#10818473



Aveeno
Stress Relief
Lotion with
Prebiotic Oat,
Lavender, 18fl oz

\$10.67

#13274543



CeraVe
Intensive
Moisturizing
Body Lotion
with Hydro-Urea
for Dry Skin plus
Itch Relief,
12fl oz

\$14.97

#5318449639



CeraVe
Daily
Moisturizing
Lotion,
Lightweight,
12fl oz

\$13.72

#841311629



CeraVe
Moisturizing
Cream, 12oz

\$14.62

#937270693



Cetaphil
Moisturizing
Lotion for Dry
to Normal Skin,
Unscented,
16fl oz

\$13.47

#202773731



Eucerin
Eczema Relief
Body Creme,
8oz

\$12.97

#32239571



Eucerin
Itch Relief
Intensive
Calming Lotion,
8.4fl oz

\$12.97

#411735746



Eucerin
Intensive Repair
Body Lotion for
Very Dry Skin,
Pump Bottle,
16.9oz

\$12.97

#10413395



Gold Bond
Maximum
Strength Multi-
Symptom
Psoriasis Relief
Cream, 4oz

\$9.97

#52497355



Gold Bond
Rough and
Bumpy Skin
Daily Therapy
Cream, 8oz

\$11.97

#38552032



Vaseline
Rich Moisturizing
Cocoa Butter
Healing
Petroleum Jelly,
13oz

\$10.71

#470105876



Aveeno
Positively Radiant
Daily Face
Lotion, SPF 15,
4fl oz

\$18.47

#458581675



CeraVe
Foaming Face
Wash, Cleanser
for Normal to
Oily Skin, 16fl oz
and 3fl oz

\$16.54

#502021439



Cetaphil
Face Wash,
Cleanser for
Dry to Normal
Sensitive Skin,
16fl oz

\$12.47

#549135199



Neutrogena
Oil-Free
Salicylic Acid
Acne-Fighting
Face Wash,
9.10fl oz

\$9.48

#10308600



Neutrogena
Age Shield,
Face Oil-Free
Sunscreen
Lotion, SPF 70,
3fl oz

\$10.68

#10309499



Banana Boat
Sport Ultra,
Sunscreen
Spray, SPF 50,
6oz

2pk

\$13.97

#50687316



Equate
Sport Broad
Spectrum
Sunscreen
Spray, SPF 50,
9.1oz

\$7.48

#639643304



Equate
After Sun
Soothing Gel
with Aloe, 20oz

\$4.72

#674535293



**head &
shoulders**
2-in-1 Dandruff
Shampoo and
Conditioner,
Classic Clean,
28.2fl oz

\$11.47

#210858376



Selsun Blue
Maximum
Strength
Medicated
Dandruff
Shampoo,
11.0fl oz

\$7.98

#10307723



Equate
Dandruff
Shampoo,
28.2fl oz

\$5.97

#5265054510



OFF!
8hr Insect
Repellent, 7.5oz

\$10.44

#2561935802



OFF!
Deep Woods
Insect Repellent,
6oz

2pk

\$11.97

#389738500



Dr. Scholl's
Freeze Away
Skin Tag
Remover, 8ct

\$19.98

#2164830256

Sleeping and Snoring

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OLLY

Extra Strength Melatonin Sleep Supplement Gummies, L Theanine, Blackberry, 5mg, 90ct

\$16.41

#2548409435



Natrol

Melatonin Sleep Aid Gummies, Strawberry, 10mg, 90ct

\$10.98

#563770403



Spring Valley

Fast-Dissolve Melatonin Dietary Supplement Tablets, 10mg, 120ct

\$9.88

#35912856



vitafusion

Sugar-Free Melatonin Gummies, White Tea and Peach, 3mg, 140ct

\$12.48

#42294380



Unisom

SleepTabs Sleep Aid Tablets, Doxylamine Succinate, 25mg, 80ct

\$12.26

#40601489



Equate

Maximum Strength Sleep Aid Softgels, Diphenhydramine Hydrochloric Acid, 50mg, 100ct

\$9.97

#922217389



ZzzQuil

Sleep Aid Liquid Caps, Diphenhydramine Hydrochloric Acid, 25mg, 48ct

\$14.97

#20669699



ZzzQuil

Nighttime Sleep Aid Liquid, Diphenhydramine Hydrochloric Acid, Warming Berry, 50mg, 12fl oz

\$14.97

#20669704



PainQuil

Pain Relief Liquid, Acetaminophen, Black Cherry, 1000mg, 12fl oz

\$8.97

#5416864960

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Adults' 50+
Multivitamin,
Multimineral
Supplement
Tablets, 125ct*

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#281635433



Equate
Adults' 50+
Complete
Multivitamin,
Multimineral
Supplement
Tablets, 220ct*

\$8.88

#10324623



Centrum Silver
Men's 50+
Multivitamin,
Multimineral
Supplement
Tablets, 200ct*

\$19.12

#147256912



Equate
Men's 50+
Complete
Multivitamin,
Multimineral
Supplement
Tablets, 200ct*

\$11.88

#46707147



Super Beta Prostate
Men's Prostate
Advanced
Caplets with
Beta Sitosterol,
60ct*

\$34.48

#941119423



Alive!
Women's
50+ Daily
Multivitamin
Gummies,
Mixed Berry,
130ct*

\$16.47

#191821545



Centrum Silver
Women's 50+
Multivitamin,
Multimineral
Supplement
Tablets, 200ct*

\$19.12

#468768423



Equate
Women's 50+
Complete
Multivitamin,
Multimineral
Supplement
Tablets, 200ct*

\$11.88

#46521544



One A Day
Women's 50+
Multivitamin
Tablets, 200ct*

\$19.98

#232014885



Spring Valley
Vitamin A
Supplement
Softgels,
2400mcg,
250ct*

\$4.88

#893197



Spring Valley
Vitamin B12
Quick-Dissolve
Dietary
Supplement
Tablets, Cherry,
2500mcg,
120ct*

\$6.88

#24547733



Spring Valley
Biotin Dietary
Supplement
Softgels,
5000mcg,
240ct*

\$9.88

#19758124



Neuriva
Brain Health
Support
Supplement
Capsules with
Phosphatidylserine,
Vitamins B12 and
B6, 30ct*

\$39.97

#906497369



Neuriva
Brain Health
Support
Supplement
Gummies,
Vitamins B12 and
B6, Strawberry,
50ct*

\$32.95

#905697089



Airborne
Vitamin C
Immune Support
Chewable
Tablets, Very
Berry, 1000mg,
64ct*

\$14.47

#28832250



Emergen-C
Daily Immune
Support Vitamin
C Supplement
Gummies,
Orange, Tangerine
and Raspberry,
750mg, 45ct*

\$12.98

#318298378



Emergen-C
Daily Immune
Support Vitamin
C Supplement
Powder Drink
Mix Packets,
Super Orange,
1000mg, 30ct*

\$12.98

#12158219



Spring Valley
Vitamin C with
Rose Hips
Tablets Dietary
Supplement,
1000mg, 250ct*

\$9.88

#10315364



Spring Valley
Calcium,
Magnesium
and Zinc plus
Vitamin D3
Supplement
Caplets, 250ct*

\$5.94

#10324581



Viactiv
 Calcium plus
 Vitamin D3
 Supplement
 Soft Chews,
 Caramel, 100ct*

\$10.54

#493843079



vitafusion
 Calcium
 Gummies, Fruit
 and Cream,
 80ct*

2pk

\$16.98

#340813292



OLLY
 Daily Energy
 Gummy
 Supplement
 with B12,
 Tropical Flavor,
 60ct*

\$12.88

#865523293



Nature Made
 Vitamin D3
 Softgels for
 Bone and
 Immune Health
 Support,
 50mcg, 260ct*

\$13.97

#36168198



Nature Made
 Extra Strength
 Vitamin D3
 Softgels,
 125mcg, 100ct*

\$7.94

#36168199



Move Free
 Advanced Plus
 MSM and Vitamin
 D3 Joint Health
 Supplement Tablets
 with Glucosamine
 and Chondroitin,
 80ct*

\$17.97

#10451740



Osteo Bi-Flex
 Triple Strength
 Joint Health
 Vitamin D and
 Glucosamine
 Chondroitin
 Supplement
 Tablets, 160ct*

\$29.98

#324036387



Spring Valley
 Vitamin
 E Dietary
 Supplement
 Softgels, 180mg,
 500ct*

\$12.48

#10324579



Osteo Bi-Flex
 Joint Health
 Glucosamine
 Hydrochloride
 and Vitamin D3
 Supplement
 Tablets, 30ct*

\$13.60

#17325223



OLLY
 Goodbye Stress
 Gummies with
 GABA and
 L-Theanine,
 Lemon Balm,
 Berry, 42ct*

\$12.88

#460769903



Spring Valley
Iron Dietary Supplement
Tablets, 65mg,
100ct*

\$3.96

#467218893



Spring Valley
Vitamin K2 and
D3 Vegetarian
Capsules, 90ct*

\$9.88

#306492394



Spring Valley
Extra Strength
Magnesium
Bone and Muscle
Health Dietary
Supplement
Tablets, 400mg,
250ct*

\$9.88

#35912859



Prevagen
Regular Strength
Memory
Improvement
Capsules, 30ct*

\$37.95

#1116735489



Prevagen
Extra Strength
Memory
Improvement
Supplement
Capsules, 30ct*

\$60.00

#49131617



Spring Valley
Magnesium Stress
Support Dietary
Supplement
Powder,
Raspberry Lemon,
350mg, 8oz*

\$9.88

#5284740216



Spring Valley
Potassium
Dietary
Supplement
Caplets, 99mg,
250ct*

\$6.14

#12018787



vitafusion
Power Zinc
Immune
Support Vitamin
Gummies,
Strawberry
Tangerine, 90ct*

\$10.98

#606044651



Alli
Weight Loss
Supplement
Capsules,
Starter Pack,
60mg, 60ct*

\$47.88

#503054110



Lipozene
Maximum
Strength Weight
Loss Capsules,
1500mg, 60ct*

\$19.88

#10451946

Dual-purpose items. A dual-purpose item is one that has both a medical purpose and a general health purpose. These products are sometimes used to alleviate or treat a medical condition or they may be used to promote general health and well-being. You may purchase these item(s) after discussing with your physician and health plan who recommends the item(s) for a specific condition. Do not buy a dual-purpose item if your doctor or your health plan do not recommend the item. If your doctor and your health plan do recommend the item, you may buy the item(s) through your OTC benefit. Dual-purpose items are marked with an asterisk ().

Please note that the regular retail price in the store or online may vary. Benefits and features vary by plan/area. Limitations and exclusions apply. OTC benefits have expiration timeframes. Call your plan or review your Evidence of Coverage (EOC) for more information. References to third-party products do not imply an endorsement or recommendation to use or purchase a specific product or brand. This product list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the listed items are trademarks of each company. Item costs may change. Please review the product labeling and consult with your doctor for any health or medical questions. All benefits are not available on all plans.

FAQ

Are there other items available beyond what's listed in the catalog?

Additional items are available at participating retailers and online. For a list of qualified items and categories, visit HealthyBenefitsPlus.com/UCare

What price applies at checkout?

Online and in-store pricing may not be the same as the prices listed in this guide and catalog. The online and in-store price applies at checkout.

Do I pay for sales tax?

Yes, all orders are subject to your local state sales tax.

How can I check my allowance balance?

You may check your balance by visiting HealthyBenefitsPlus.com/UCare, downloading the **Healthy Benefits+ mobile app** or by calling **1-833-862-8276 (TTY 711)**.

What if my purchase costs more than my allowance?

If your total is more than your available allowance on your UCare Healthy Benefits+ Visa® card, you can pay the remaining balance due out of pocket.

How can I get a replacement card?

You may ask for a replacement card to be mailed to you by visiting HealthyBenefitsPlus.com/UCare or by calling **1-833-862-8276 (TTY 711)**.

All brands listed are trademarked by their respective manufacturers. Brands and item eligibility are subject to change. Apple and the Apple logo are trademarks of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC.

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For questions and program details,
visit HealthyBenefitsPlus.com/UCare

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Toll free 1-800-203-7225, TTY 1-800-688-2534

Attention. If you need free help interpreting this document, call the above number.

የስተውሉ፡ ካለምንም ክፍያ ይህንን ዶኩመንት የሚተረጎምሎ አስተርጓሚ ከፈለጉ ከላይ ወደተጻፈው የስልክ ቁጥር ይደውሉ።

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរសព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သူဉ်ဟ်သးဘဉ်တက့ၢ်. ဝဲန့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒဉ်လံာ် တီလံာ်မိတခါအံၤန့ၢ်, ကိးဘဉ် လိတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၢ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງ ໂທໂປຣໂປຊາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.

Civil Rights Notice

Discrimination is against the law. UCare does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by UCare. You can file a complaint and ask for help filing a complaint in person or by mail, phone, fax, or email at:

UCare

Attn: Appeals and Grievances

PO Box 52

Minneapolis, MN 55440-0052

Toll Free: 1-800-203-7225

TTY: 1-800-688-2534

Fax: 612-884-2021

Email: cag@ucare.org

Auxiliary Aids and Services: UCare provides auxiliary aids and services, like qualified interpreters or information in accessible formats, free of charge and in a timely manner to ensure an equal opportunity to participate in our health care programs. **Contact** UCare at 612-676-3200 (voice) or 1-800-203-7225 (voice), 612-676-6810 (TTY), or 1-800-688-2534 (TTY).

Language Assistance Services: UCare provides translated documents and spoken language interpreting, free of charge and in a timely manner, when language assistance services are necessary to ensure limited English speakers have meaningful access to our information and services. **Contact** UCare at 612-676-3200 (voice) or 1-800-203-7225 (voice), 612-676-6810 (TTY), or 1-800-688-2534 (TTY).

Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by UCare. You may also contact any of the following agencies directly to file a discrimination complaint.

U.S. Department of Health and Human Services Office for Civil Rights (OCR)

You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- age
- disability
- sex
- religion (in some cases)

Contact the OCR directly to file a complaint:

Office for Civil Rights
 U.S. Department of Health and Human Services
 Midwest Region
 233 N. Michigan Avenue, Suite 240
 Chicago, IL 60601
 Customer Response Center: Toll-free: 800-368-1019
 TDD Toll-free: 800-537-7697
 Email: ocrmail@hhs.gov

Minnesota Department of Human Rights (MDHR)

In Minnesota, you have the right to file a complaint with the MDHR if you have been discriminated against because of any of the following:

- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

Contact the **MDHR** directly to file a complaint:

Minnesota Department of Human Rights
 540 Fairview Avenue North, Suite 201
 St. Paul, MN 55104
 651-539-1100 (voice)
 800-657-3704 (toll-free)
 711 or 800-627-3529 (MN Relay)
 651-296-9042 (fax)
Info.MDHR@state.mn.us (email)

Minnesota Department of Human Services (DHS)

You have the right to file a complaint with DHS if you believe you have been discriminated against in our health care programs because of any of the following:

- race
- color
- national origin
- religion (in some cases)
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)

Complaints must be in writing and filed within 180 days of the date you discovered the alleged discrimination. The complaint must contain your name and address and describe the discrimination you are complaining about. We will review it and notify you in writing about whether we have authority to investigate. If we do, we will investigate the complaint.

DHS will notify you in writing of the investigation's outcome. You have the right to appeal if you disagree with the decision. To appeal, you must send a written request to have DHS review the investigation outcome. Be brief and state why you disagree with the decision. Include additional information you think is important.

If you file a complaint in this way, the people who work for the agency named in the complaint cannot retaliate against you. This means they cannot punish you in any way for filing a complaint. Filing a complaint in this way does not stop you from seeking out other legal or administrative actions.

Contact **DHS** directly to file a discrimination complaint:

Civil Rights Coordinator

Minnesota Department of Human Services

Equal Opportunity and Access Division

P.O. Box 64997

St. Paul, MN 55164-0997

651-431-3040 (voice) or use your preferred relay service