

Over-the-Counter (OTC) & Healthy Food Catalog

.....
2024 Medicare Advantage Plan

The word "wellcare" in a white sans-serif font, centered within a teal circular background. A small trademark symbol (TM) is located at the bottom right of the circle.

wellcare™



Wellcare Spendables™ for a healthy budget.

Use your benefit dollars to spend on items for healthy living and boost your budget.

The average American household spends \$442 on over-the-counter (OTC) items a year.* Use your Wellcare Spendables™ dollars to help cover some of your OTC and healthy food benefit costs.

Buy things like pain relief medicine, toothpaste, fresh fruit and veggies, bottled water and more. You'll find a selection of covered items in this catalog, but even more are available online or in-store.

Activate Your Benefit

If you haven't already,
**activate your card
today to get started.**

- ▶ Download and use the **Healthy Benefits+** mobile app
- ▶ Visit member.membersecurelogin.com
- ▶ or call **1-855-256-4620 (TTY 711)**, 24/7



The Healthy Benefits+ App

Make shopping easier with the app.



Download the app today.



The Healthy Benefits+ App

Benefit Balance

See your account details at-a-glance.



In-App Shopping

Use our in-app store to order covered 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 covered before checkout.



Digital Card

Scan your card from your phone at checkout.



Throughout this catalog there are references to websites and a mobile app. If you do not have access to the web or a smartphone, you may call Member Services to discuss these benefits and features.

Where should I spend? Where you already shop.

Shop in-store

We've partnered with leading retailers and local stores to make sure your benefit dollars go far so you don't have to. Shop in-store at any of our thousands of retail locations. When you are ready to checkout, swipe your card.



and more†

Shop online

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



and more†

Shop by phone

Find items using this catalog.

Call **1-855-744-8550 (TTY 711)**, 8am – 8pm, local time, 7 days a week October – March; 8am – 8pm, Monday – Friday, April – September, to place an order.

Table of Contents

OTC Items

Allergy and Sinus	8
Bathroom Safety	9
Braces and Supports	10
Cold, Cough and Flu	11
Daily Living Aids.....	12
Diabetes OTC.....	13
Digestive Health	14
Eye and Ear Care	16
Feminine Health	17
First Aid	18
Foot Care.....	21
Incontinence.....	22
Oral Care	26
Pain Relief and Management	28
Skin and Sun Care	31
Sleeping and Snoring	32
Vitamins and Supplements.....	33

Healthy Food Items

Beverages	38
Breakfast	39
Condiments	40
Fruits and Vegetables.....	41
Meals and Sides	42
Nutritional Drinks	43
On-the-Go	44
Protein	45

Dual-purpose items. A dual-purpose item is one that can be used for a health problem or for a general purpose. Things like vitamins are dual purpose items. Talk to your doctor and your health plan before buying a dual-purpose item. Do not buy a dual-purpose item if your doctor or your health plan doesn't agree. If your doctor and your health plan do agree, 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 may vary. For prices that apply when you use your OTC and healthy food benefits, please consult this catalog. Benefits and features vary by plan/area. Limitations and exclusions apply. OTC and healthy food 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 OTC and healthy food items are trademarks of each company. Item costs may change from year to year. Please review the product labeling and consult with your doctor with any health or medical questions. All benefits are not available on all plans. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

Allergy and Sinus

Find even more
items online



Allegra

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

\$39.96

#879620290



Benadryl

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

\$13.86

#31956102



Equate

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

\$8.86

#170669688



Claritin

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

\$21.97

#51409747



Zyrtec

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

\$19.97

#10452571



Equate

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

\$17.46

#10898797



Flonase

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

\$25.48

#752393566



Equate

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

\$9.18

#128562409



Vicks

VapoInhaler, Portable Non-Medicated Nasal Inhaler, Menthol

\$11.93

#127783889

Bathroom Safety

Find even more items online



Clorox
Anti-Microbial
Cushioned Foam
Bathtub Mat,
17" x 36", Blue

\$14.96

#368848673



Clorox
Anti-Microbial
Cushioned Foam
Bathtub Mat,
17" x 36", White

\$14.96

#933889813



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

\$42.22

#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

\$17.40

#878349797



Mainstays
Grab Bar with
Concealed
Screws, 16",
Stainless Steel

\$19.77

#312147590



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

\$72.00

#14179104



Waterpik
6+ Mode
PowerPulse
Massage Dual
Shower Head,
Chrome

\$57.00

#811325889



Waterpik
5+ Mode
PowerPulse
Massage
Shower Head,
White

\$49.99

#2565116616

Braces and Supports

Find even more items online



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

\$28.47

#721598773



Mueller
Adjustable Hinged Knee Brace, One Size, Black

\$21.97

#10533465



Equate
Adjustable Knee Brace, One Size, Black

\$12.48

#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



Skineez
Unisex Skin-Reparative Hydrating Compression Socks, 10-20mmhg, S/M, Black

\$16.47

#533427133



Skineez
Unisex Skin-Reparative Hydrating Compression Socks, 10-20mmhg, L/XL, Black

\$16.47

#879451349



Mueller
Reversible Compression Glove, One Size, Black

\$7.97

#600107436



ACE
Reversible Splint Wrist Brace, Adjustable, One Size, Grey

\$17.98

#23598249

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

\$13.97

#12018745



Equate
Mucus Relief Extended-Release Tablets, 600mg, 40ct

\$16.32

#556692475



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

\$4.54

#40076110



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

\$4.48

#54320956



Vicks
VapoRub Topical Chest Rub and Analgesic Ointment, 3.53oz

\$9.96

#10416120



Equate
Vaporizing Rub Ointment, 3.53oz

\$2.98

#17056911

Daily Living Aids

Find even more items online



Equate
Upper Arm Blood Pressure Monitor, 4000 Series*

\$28.84

#477827819



Beurer
Upper Arm Blood Pressure Monitor with Color Coded Results, BM26, Large Cuff*

\$39.99

#865614717



Equate
Wrist Blood Pressure Monitor, 4500 Series*

\$39.98

#506668200



Equate
Fingertip Pulse Oximeter, Oxygen Level and Pulse Rate*

\$38.98

#985475712



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

\$33.32

#862285615



BWell
Smart Health Monitors Set, Blood Pressure Monitor, Oximeter and Thermometer*

\$79.97

#993630958



Mainstays
Digital Kitchen Scale, Transparent Glass with Silver Base*

\$16.27

#49883592



Weight Watchers
Bluetooth Scale, 400lb Capacity*

\$39.98

#847731954



Equate
Memory Foam Coccyx Cushion, Black

\$25.63

#228156630

Diabetes OTC

Find even more
items online



Alive!
Unisex Diabetic
Multivitamin,
Daily Support
Tablets with
Alpha Lipoic
Acid, 60ct

\$13.98

#677629685



Neuronaway
Nerve Support
Formula
Capsule, 60ct

\$19.97

#940046410



6pk

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

\$12.97

#976726353



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
Ankle Socks,
Size 13-15

\$12.98

#813132063



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

\$13.48

#2223022128



ReliOn
Premier
Compact
Blood Glucose
Monitoring
System*

\$19.88

#352439457



ReliOn
Premier Blood
Glucose Test
Strips, 100ct*

\$17.88

#575088197



2pk

ReliOn
Sterile Alcohol
Swabs, 200ct

\$3.82

#911903437

Digestive Health

Find even more items online



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

\$14.97

#8457196



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

\$22.98

#10312057



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

\$19.48

#10309599



Equate
Maximum
Strength
Acid Reducer
Famotidine
Tablets,
20mg, 200ct

\$11.57

#850734185



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

\$14.48

#54061717



Equate
Loperamide
Tablets for
Diarrhea, 2mg,
24ct

\$2.78

#1120328



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

\$13.48

#20468141



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

\$5.97

#363812242



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

\$8.98

#43337007



2pk

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

\$9.38

#403207079



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

\$14.48

#10294134



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

\$8.34

#49527322



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

\$9.98

#46120361



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

\$10.44

#937136464



MiraLAX
Laxative Powder
for Constipation,
Stool Softener,
45 Doses

\$29.97

#197347253



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

\$13.48

#14122821



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

\$8.98

#10316169



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

\$32.98

#13314273

Eye and Ear Care

Find even more items online



Clinere
Ear Cleaners
for Earwax
Removal, 10ct

\$5.73

#13430565



Equate
Earwax Removal
Drops, 0.5fl oz

\$4.88

#817569073



ZEISS
Dry Eye Relief
Warm Eye
Masks, 4ct

\$8.96

#2948401014



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

2pk

\$16.87

#10294233



LUMIFY
Redness Reliever
Eye Drops,
0.08fl oz

\$12.98

#193381081



Equate
Dry Eye Relief
Lubricant Eye
Drops, 1.0fl oz

\$6.86

#10324542



Refresh Plus
Lubricant Eye
Drops, Non-
Preserved Tears,
0.010fl oz, 70ct

\$21.82

#818566578



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

2pk

\$19.48

#14574724



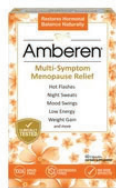
PreserVision
AREDS 2
Formula
Vitamin and
Mineral
Supplement
Mini Softgels,
140ct*

\$34.47

#135526423

Feminine Health

Find even more items online



Amberen
Multi-Symptom
Menopause
Relief Capsules,
1 Month Supply,
60ct

\$29.97

#49527314



AZO
Maximum
Strength Urinary
Pain Relief
Tablets for Fast
Relief, 97.5mg,
24ct

\$8.12

#10317749



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

\$5.48

#873871339



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

\$16.97

#23601909



Equate
Tioconazole
1-Day
Treatment,
Vaginal
Antifungal
Treatment, 1
Dose, 0.16oz

\$9.97

#10324779



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

\$5.97

#549962132



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

First Aid

Find even more items online



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

\$17.48

#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"

\$6.97

#872327



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

\$8.12

#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

\$5.97

#895262657



Equate
Self-Adhering Sports Wrap, Tan, 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
Original Cotton
Swabs, 500ct

\$3.87

#10452580



Equate
Jumbo Cotton
Balls, 200ct

\$1.98

#152507105



Neosporin
Original First
Aid Antibiotic
Bacitracin
Ointment, 1oz

\$8.12

#10294303



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

\$8.82

#42087741



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

\$4.87

#20659621



CeraVe
Healing
Ointment,
Protects
and Soothes
Cracked Skin,
12oz

\$19.88

#593794630



Cortizone 10
Intensive
Healing Anti-
Itch Crème, 2oz

\$8.48

#1220714814



Equate
Maximum
Strength
Hydrocortisone
Cream, 2oz

2pk

\$7.12

#878549159



Vaseline
Original
Petroleum Jelly,
13oz

2pk

\$9.98

#322019371



Equate
Original Hand
Sanitizer, 32fl oz

\$5.88

#1291145618



Equate
3% Hydrogen
Peroxide Liquid
Antiseptic,
32fl oz

6pk

\$5.98

#1257780502



Equate
First Aid Iodine
Antiseptic
Liquid, 8fl oz

\$6.56

#236247392



Equate
91% Isopropyl
Alcohol
Antiseptic
Liquid, 32fl oz

6pk

\$20.58



#1859034246



BD
Non-Sterile
Alcohol Prep
Pad, Nonwoven
Gauze, 0.75",
100ct

\$7.13

#10416769



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

\$5.74

#17325251



Equate
Face Masks,
Black, 25ct

\$5.68

#405863153



Equate
Nitrile Exam
Gloves, One
Size, 100ct

\$14.97

#260948218

Foot Care

Find even more items online



Arm & Hammer
Invisible Spray
Foot Powder,
7oz

\$6.97



#120941774



Fungicure
Maximum
Strength
Intensive Anti-
Fungal Spray,
2fl oz

\$12.74



#12444223



Tinactin
Athlete's Foot
Anti-Fungal
Liquid Spray,
5.3oz

\$6.97



#10416712



Equate
Medicated Body
Powder, 10oz

\$4.16

#229060082



Kerasal
Fungal Nail
Renewal
Treatment for
Discolored or
Damaged Nails,
0.33fl oz

\$19.86

#21089500



Kerasal
Multi-Purpose
Nail Repair,
0.43fl oz

\$19.86

#263231760



Compound W
NitroFreeze
Wart Remover,
Maximum
Freeze, 8
Applications

\$13.68



#967349232



Equate
Gel Bunion
Guard

\$4.42

#10818554



Equate
Gel Toe
Spacers

\$4.42

#922384683

Incontinence

Find even more items online



Aquaphor
Healing Ointment,
Advanced Therapy Skin
Protectant, 14oz

\$18.37

#10810942



Assurance
Premium Disposable
Washcloths, XL,
96ct

\$6.47

#42435905



Cottonelle
GentlePlus Flushable
Wipes, 42ct

4pk

\$7.78

#782523046



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

5pk

\$6.98

#873764



Equate
Witch Hazel Flushable
Hemorrhoidal Medicated
Wipes, 48ct

\$4.24

#439527226



Pampers
Sensitive Wipes,
Aqua Pure, 56ct

8pk

\$23.47

#704701720



Parent's Choice
Wipes,
Cucumber Scent, 100ct

9pk

\$17.96

#838361149



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

\$7.37

#636352605



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

\$17.67

#167121557



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

\$13.88

#37892484



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

\$21.47

#560589946



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

\$14.88

#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

\$9.97

#36717960



Always Discreet
Women's Adult
Incontinence
Underwear,
Maximum
Absorbency,
S/M, 32ct

\$24.24

#37892492



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

\$16.97

#1708693108



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

\$23.27

#309525299



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

\$16.97

#1260106765



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

\$23.27

#293491517



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

\$14.88

#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

\$22.76

#518469943



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

\$23.34

#386892364



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

\$21.54

#325105830

Make using your benefits a breeze.

Download the app.

Knowing what products are covered can feel tricky. Make it easier by downloading the **Healthy Benefits+** app today.

- ▶ Find participating stores, get directions, etc.
- ▶ Scan products to ensure they're covered before checkout.
- ▶ Scan your card from your phone at checkout.



Scan to download

Oral Care

Find even more items online



3pk

\$15.97

Fixodent
Plus Scope
Precision
Hold Denture
Adhesive
Cream, 2oz

#638356721



\$6.44

Polident
Overnight
Whitening
Antibacterial
Denture
Cleanser
Tablets, 120ct

#20470702



2pk

\$8.52

Equate
Fresh
Antibacterial
Denture
Cleanser
Tablets, Mint,
120ct

#35019168



3pk

\$13.86

Super Poligrip
Original Denture
and Partial
Adhesive
Cream, 2.4oz

#481336870



3pk

\$9.97

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

#181753009



\$7.68

Plackers
Micro Mint Dental
Flossers, Fold-Out
Toothpicks with
Easy Storage with
Sure-Zip Seal,
Fresh Mint, 300ct

#394522932



\$37.97

Waterpik
Cordless
Express Portable
Water Flosser
Oral Irrigator,
White

#54218143



5pk

\$9.97

Colgate 360
Manual
Toothbrush with
Tongue and
Cheek Cleaner,
Medium Bristles

#988404300



4pk

\$12.97

Oral-B
CrossAction
All-In-One
Toothbrushes,
Deep Plaque
Removal, Soft
Bristles

#997219225



Oral-B
Battery
Toothbrush, 3D
White

\$7.97

#10321283



Oral-B
Vitality
FlossAction
Electric
Rechargeable
Toothbrush

\$19.97

#961533300



Crest
Premium Plus
Scope Outlast
Toothpaste,
Mint, 5.2oz

3pk

\$8.97

#391706535



Crest
Pro Health
Smooth Formula
Toothpaste,
Clean Mint,
4.6oz

3pk

\$8.97

#908197301



Sensodyne
Pronamel Fresh
Breath Sensitive
Toothpaste,
Fresh Wave, 4oz

2pk

\$12.48

#38773089



Sensodyne
Repair and
Protect
Whitening
Sensitive
Toothpaste,
3.4oz

2pk

\$12.48

#289197571



Equate
Maximum
Strength
Sensitive
Toothpaste with
Fluoride, Extra
Whitening, 4oz

2pk

\$6.42

#999612374



ACT
Dry Mouth
Lozenges with
Xylitol, Soothing
Mint, 36ct

\$6.54

#43982120



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

\$10.77

#16785061



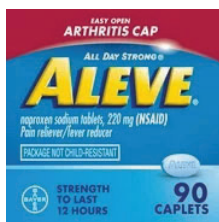
Biotène
Dry Mouth
Alcohol-
Free Breath
Freshener Spray,
Gentle Mint,
1.5fl oz

\$6.72

#10448044

Pain Relief and Management

Find even more items online



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

\$11.67

#565501760



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

\$5.97

#40816797



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

\$15.97

#10416968



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

\$4.28

#10324480



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

\$9.97

#1111813



Excedrin
Migraine
Headache Relief
Caplets, 250mg,
200ct

\$17.44

#24766557



Motrin IB
Pain Reliever
and Fever
Reducer,
Ibuprofen
Tablets, 200mg,
225ct

\$16.97

#10294203



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

\$12.47

#10294215



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

\$9.96

#544602928



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

\$22.97

#192897472



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

\$9.97

#652312238



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

\$19.97

#54061719



Nervive
Advanced
Nerve Relief and
Mobility Tablets,
Alpha Lipoic
Acid, 30ct

\$27.97

#2253994329



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

\$9.98

#569529368



Equate
Maximum
Strength
Lidocaine
Pain Relieving
Cream, 2.7oz

\$5.12

#692263008



Aspercreme
Maximum
Strength
Lidocaine
Patches, Odor
Free, 5ct

\$9.98

#51258775



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



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

\$11.62

#121675431



Tiger Balm
Ultra Strength
Non-Staining
Pain Relieving
Ointment, 18mg

\$6.74

#26971669



Voltaren
Topical Arthritis
Pain Relief Gel,
5.3oz

\$23.48

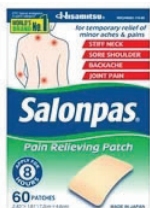
#224979534



Equate
Extra Strength
Cool and Heat
Medicated
Patches, 5ct

\$4.66

#17056909



Salonpas
8hr Pain
Relieving
Patches, 60ct

\$10.14

#47041345



Salonpas
Maximum
Strength
Lidocaine Pain
Relieving Gel-
Patches, 6ct

\$10.34

#54902233



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

\$10.47

#1654290325



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

\$11.36

#474335291



Equate
Heating Pad,
King Size

\$19.98

#883004120



Sunbeam
Heating Pad
with Compact
Storage, King
Size

\$32.98

#907620094

Skin and Sun Care

Find even more items online



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

\$18.88

#10417263



CeraVe
Moisturizing
Cream, 12oz

\$14.62

#937270693



Eucerin
Daily Hydration
Broad Spectrum
Body Lotion,
SPF 15, 16.9fl oz

\$12.97

#23756698



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

\$11.97

#38552032



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

\$8.18

#10308600



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

2pk

\$13.50



#50687316



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

\$9.58

#10309499



Blistex
Moisturizing
Long-Lasting
Matte
Medicated Lip
Balm, SPF 15,
Clear

5pk

\$4.98

#137330522



OFF!
Deep Woods
Mosquito
Repellent, 6oz

\$5.88



#11027605

Sleeping and Snoring

Find even more items online



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

\$10.98

#563770403



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

\$21.88

#2548409435



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

\$9.88

#35912856



vitafusion
Melatonin-Free Sleep Aid Gummies, 40ct

\$11.88

#1854377145



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

\$14.31

#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

\$13.16

#20669699



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

\$14.97

#20669704



Equate
Nasal Strips for Sensitive Skin, 30ct

\$7.82

#36817816

Vitamins and Supplements

Find even more items online



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

\$19.12

#468768423



vitafusion
MultiVites,
Adults'
Multivitamin
Gummies, Berry,
Peach and
Orange, 150ct*

\$12.48

#22288718



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

\$13.77

#46521544



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

\$8.88

#10324623



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

\$7.96

#24547733



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

\$19.12

#147256912



Neuriva
Brain Health
Support
Supplement
Capsules with
Phosphatidylserine
and Coffee Cherry,
30ct*

\$39.97

#906497369



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

\$13.77

#46707147



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

\$4.88

#893197



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

\$9.88

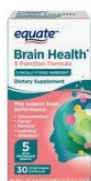
#19758124



Nature Made
Vitamin D3 Softgels for Bone and Immune Health Support, 2000IU, 260ct*

\$13.97

#36168198



Equate
Brain Health 5-Function Formula Dietary Supplement Capsules, 30ct*

\$19.96

#466347713



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

\$11.82

#318298378



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

\$11.82

#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*

\$6.88

#10324581



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

\$10.54

#493843079



Spring Valley
CoQ10 Rapid-Release Softgels, 200mg, 150ct*

\$16.98

#602853507



Qunol
Ultra CoQ10 Softgels, 100mg, 120ct*

\$29.97

#17324916



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

\$29.98

#324036387



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

\$6.88

#12018787



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

\$12.48

#10324579



Prevagen
Extra Strength
Memory
Improvement
Supplement
Capsules, 30ct*

\$59.95

#49131617



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
Omega-3 Fish
Oil Softgels,
1000mg, 300ct*

\$19.88

#396031230



Spring Valley
Magnesium
Bone and
Muscle Health
Dietary
Supplement
Tablets, 250mg,
100ct*

\$9.88

#35912859



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

\$12.48

#606044651

Fresh produce? Shop with your benefit card in-store.

Shop the largest selection of qualified items available, in-store.

This catalog contains just a selection of items. For the most options available to you, shop in-store at one of our participating retailers.

Walmart 

 **Kroger** FRESH FOR EVERYONE™

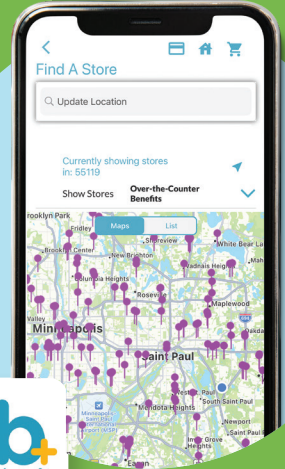
Baker's City Market Dillons Fred Meyer Fry's Gebes

Kwik Star metro market Publix Pick 'n Save Ralphs Smiths Value

Accepted at Walmart, Kroger
and at many of your favorite
stores nationwide and near you.



Find participating
healthy food retailers
using the app.



Use the Store Finder in the app to find one of over 55K participating retailers near you. Healthy is just around the corner.



Beverages

Find even more items online



Folgers
Classic Roast
Ground Coffee,
40.3oz

\$11.97

#971362035



Great Value
Donut Shop,
100% Arabica
Medium Roast
Ground Coffee
Pods, 48ct

\$14.92

#42124215



Horizon Organic
Shelf-Stable
Whole Milk Box,
8oz, 12ct

\$12.53

#819219798



Silk
Shelf-Stable
Unsweetened
Almond Milk,
1qt, 6ct

\$17.79

#144996762



Fruit of the Earth
Aloe Vera Drink,
128fl oz

\$9.78

#10314798



Gold Peak
Real Brewed Tea
Bottle, 16.9fl oz,
6ct

\$7.18

#34218621



Great Value
100% Juice,
Apple, 96fl oz

\$2.84

#10415325



Ocean Spray
100% Juice,
Cranberry,
10fl oz, 6ct

\$4.98

#10447881



Great Value
100% Juice,
Orange, 10fl oz,
6ct

\$4.46

#482551311

Breakfast

Find even more items online



Cheerios
Cereal Box, Family Size, Honey Nut, 18.8oz

\$4.93

#138561797



Raisin Bran
Cereal Box, Original, 24oz

\$3.98

#582929579



Special K
Cereal Box, Red Berries, 16.9oz

\$4.98

#241868709



Cream of Wheat
Instant Hot Breakfast Cereal, 1oz, 12ct

\$4.52

#10294606



Quaker
Instant Grits, Variety Pack, 0.98oz, 22ct

\$5.68

#332548878



Quaker
Instant Oatmeal, Variety Pack, 1.1oz, 20 Packets

\$7.86

#904238215



Quaker
Instant Oatmeal, Maple and Brown Sugar, 1.51oz, 20 Packets

\$6.98

#45039255



Honey Bunches of Oats
Granola, Honey Roasted, 11oz

\$2.98

#28198786



Quaker
Granola Oats, Honey, Raisins and Almonds, 24.1oz

\$4.98

#824040924

Condiments

Find even more items online



Great Value
Raw Honey
Bottle, 32oz

\$10.97

#534160572



Jif
Natural Creamy
Peanut Butter
Spread, 40oz

\$6.97

#21096191



SKIPPY
Creamy Peanut
Butter Spread,
40oz, 2ct

\$10.53

#39243945



Smucker's
Natural Fruit
Spread,
Strawberry,
17.25oz

\$3.84

#28403811



Great Value
Concord Grape
Jelly, 30oz

\$2.62

#364924551



Heinz
Tomato Ketchup
Bottle, 32oz

\$4.76

#15529427



French's
Classic Yellow
Mustard Bottle,
20oz

\$2.72

#14089343



Hellmann's
Real Gluten Free
Mayonnaise,
30oz

\$5.48

#10312980



Hidden Valley
Ranch Salad
Dressing Bottle,
24oz

\$5.28

#10413975

Fruits and Vegetables

Find even more items online



Mariani
Dried Fruit,
Mixed, 32oz

\$10.98

#293345424



Sunsweet
Amazin, Pitted
Prunes, 24oz

\$8.98

#717822013



Del Monte
Fruit Cocktail
in 100% Juice,
Canned Fruit,
15oz, 6ct

\$9.88

#193633601



Del Monte
Fruit Cups, No
Sugar Added,
Family Pack,
4oz, 12ct

\$7.98

#21849151



Del Monte
Mandarin
Oranges Fruit
Cups in 100%
Fruit Juice, 4oz,
12ct

\$7.44

#21949967



Mott's
Applesauce
Cups, 4oz, 18ct

\$6.98

#40711131



Goya
Black Beans
Can, 29oz

\$2.68

#31003686



Goya
Pinto Beans
Can, 29oz

\$2.98

#29926993



Libby's
Sweet Peas Can,
15oz, 6ct

\$5.28

#182868751

Meals and Sides

Find even more items online



Barilla
3-Cheese
Tortellini Pasta
Box, 12oz

\$5.63

#13908655



Barilla
Spaghetti Pasta
Box, 16oz, 6ct

\$11.04

#1411451521



Prego
Traditional
Spaghetti
Sauce, 24oz

\$2.38

#10308233



Kraft
Macaroni and
Cheese Cup,
Triple Cheese,
Microwavable,
2.05oz, 4ct

\$4.92

#14869831



Great Value
Macaroni
and Cheese,
Original, 2.05oz,
8ct

\$6.88

#649741595



Velveeta
Skillets, Chicken
Pasta Dinner Kit
with Broccoli
and Orzo, 13.6oz

\$3.38

#44981909



**Hamburger
Helper**
Stroganoff,
Pasta and
Creamy Sauce
Mix, 13oz, 2ct

\$2.94

#49533231



**Hamburger
Helper**
Cheeseburger
Macaroni,
13.6oz, 2ct

\$2.94

#49533230



Campbell's
Condensed
Chicken Noodle
Soup Can,
10.75oz, 4ct

\$4.78

#43671426

Nutritional Drinks

Find even more items online



Atkins
Shake,
Strawberry, 15g
Protein, 11.0fl oz,
12ct

\$19.48

#849607426



BOOST Glucose Control
Drink, Creamy
Strawberry, 16g
Protein, 8fl oz,
6ct

\$10.18

#15543963



BOOST
Drink, Rich
Chocolate, 20g
Protein, 8fl oz,
15ct

\$24.12

#432779758



Ensure
Shake, Vanilla,
9g Protein,
8fl oz, 16ct

\$27.37

#12166807



Ensure
Shake,
Strawberry, 9g
Protein, 8fl oz,
16ct

\$27.37

#38344814



Premier Protein
Shake,
Chocolate, 30g
Protein, 11.0fl oz,
12ct

\$24.97

#285037596



Premier Protein
Shake, Vanilla,
30g Protein,
11.0fl oz, 12ct

\$24.97

#134975168



Splenda
Diabetes Care
Shake, Milk
Chocolate, 8oz,
6ct

\$9.94

#707488066



Splenda
Diabetes Care
Shake, French
Vanilla, 8oz, 6ct

\$9.94

#675953438

On-the-Go

Find even more items online



Atkins
Keto-Friendly Meal Bar, Chocolate Peanut Butter, 16g Protein, 2.12oz, 8ct

\$13.48

#29559150



Clif Bar
Energy Bar, Crunchy Peanut Butter, 11g Protein, 2.4oz, 18ct

\$21.98

#182721230



Pure Protein
Chocolate Deluxe, 21g Protein, 1.76oz, 12ct

\$16.94

#152668820



Quest
Bar, Chocolate Chip Cookie Dough, 21g Protein, 2.12oz, 8ct

\$16.48

#842201028



Quaker
Chewy Granola Bars, 3-Flavor Variety Pack, 36ct

\$7.38

#580204443



Nature Valley
Crunchy Granola Bars, Oats 'n Honey, 1.49oz, 24ct, 2pk

\$10.96

#788204005



ReliOn
Maple Flavored Almonds, 4.25oz

\$3.98

#662944552



Great Value
Omega-3 Trail Mix, 22oz

\$7.98

#711963269



Wonderful
Pistachios in Resealable Pouch, No Shell Roasted & Salted, 12oz

\$10.38

#109915691

Protein

Find even more items online



Armour Star
Vienna Sausage
Can, Original,
4.6oz, 12ct

\$8.72

#44981956



Bumble Bee
Snack on the
Run!, Tuna
Salad Kit with
Crackers 3.5oz,
3ct

\$5.27

#47337904



StarKist
Chunk Light
Tuna in Water
Can, 5oz, 8ct

\$7.98

#48387973



Double Q
Wild Caught
Alaskan Pink
Salmon Can,
14.75oz

\$4.62

#10319448



King Oscar
Brisling Sardines
in Extra Virgin
Olive Oil Can,
3.75oz

\$2.98

#10291156



Great Value
Chunk Chicken
Breast Can,
12.5oz, 4ct

\$9.98

#49914752



Spam
Classic Can,
12oz, 2ct

\$6.67

#159980722



Great Value
Roast Beef in
Broth Can, 12oz

\$3.74

#40975805



Hormel
Chili, No Beans,
No Artificial
Ingredients, 15oz

\$2.72

#10290957

FAQ

Are there other items available beside what is listed in this catalog?

Yes! Additional items are available at participating retailers and online. For a full list of covered items and categories, visit member.membersecurelogin.com.

What price will I pay at checkout?

Online and in-store pricing may not be the same as the prices listed in this 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 dollars balance?

You may check your balance by visiting member.membersecurelogin.com.

What if my purchase costs more than the dollars I have available?

If your total is more than your available dollars on your Wellcare Spendables™ card, you can pay the rest with another payment method.

How can I get a replacement card?

You may request a replacement card to be mailed to you by visiting member.membersecurelogin.com or by calling **1-855-744-8550 (TTY 711)**, 8am – 8pm, local time, 7 days a week October – March; 8am – 8pm, Monday – Friday, April – September.

*Consumer Health Products Association. (2019, March). *White Paper: Value of OTC Medicines to the U.S. Healthcare System*. Consumer Healthcare Products Association. overthecountervalue.org/white-paper/.

Benefits are administered by Optum Financial, Inc. on behalf of itself and its subsidiaries. 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.

†Ohana Health Plan, a plan offered by WellCare Health Insurance of Arizona, Inc.

Washington residents: “Wellcare” is issued by WellCare Health Insurance Company of Washington, Inc.

Washington residents: “Wellcare” is issued by Wellcare of Washington, Inc.

New Mexico (NM) Dual Eligible Special Needs Plan (D-SNP) Members: As a Wellcare by Allwell D-SNP member, you have coverage from both Medicare and Medicaid. Medicaid services are funded in part by the state of New Mexico. NM Medicaid benefits may be limited to payment of Medicare premiums for some members.

Louisiana D-SNP members: As a Wellcare HMO D-SNP member, you have coverage from both Medicare and Medicaid. You receive your Medicare health care and prescription drug coverage through Wellcare and are also eligible to receive additional health care services and coverage through Louisiana Medicaid. Learn more about providers who participate in Louisiana Medicaid by visiting www.myplan.healthy.la.gov/en/find-provider or <https://www.louisianahealthconnect.com>. For detailed information about Louisiana Medicaid benefits, please visit the Medicaid website at <https://ldh.la.gov/medicaid> and select the “Learn about Medicaid Services” link. To request a written copy of our Medicaid Provider Directory, please contact us.

Louisiana D-SNP prospective enrollees: For detailed information about Louisiana Medicaid benefits, please visit the Medicaid website at <https://ldh.la.gov/medicaid> or <https://www.louisianahealthconnect.com>. To request a written copy of our Medicaid Provider Directory, please contact us.

Notice: TennCare is not responsible for payment for these benefits, except for appropriate cost sharing amounts. TennCare is not responsible for guaranteeing the availability or quality of these benefits. Any benefits above and beyond traditional Medicare benefits are applicable to Wellcare Medicare Advantage only and do not indicate increased Medicaid benefits.

†Other Pharmacies/Physicians/Providers are available in our network.

Discrimination Is Against the Law

Wellcare By Allwell complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Wellcare By Allwell does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Wellcare By Allwell:

- Provides aids and services at no cost to people with disabilities to communicate effectively with us, such as: qualified sign language interpreters
- Provides written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides language services at no cost to people whose primary language is not English, such as: qualified interpreters and information written in other languages

If you need these services, contact Member Services at:

Wellcare By Allwell: **1-844-796-6811** (TTY/TDD: **711**).

Between October 1 and March 31, representatives are available seven days a week, 8 a.m. to 8 p.m. Between April 1 and September 30, representatives are available Monday–Friday, 8 a.m. to 8 p.m.

If you believe that Wellcare By Allwell failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with the Chief Compliance Officer. You can file a grievance in person, by mail, fax, or email. Your grievance must be in writing and must be submitted within 180 days of the date that the person filing the grievance becomes aware of what is believed to be discrimination.

Submit your grievance to:

Wellcare By Allwell - Appeals & Grievances - Medicare
Operations

P.O. Box 279410 Sacramento, CA 95827 Fax: **1-844-273-2671**

Email: **Arizona_Medicare@CENTENE.COM**

You can also file a civil rights complaint with the U.S.
Department of Health and Human Services, Office for Civil
Rights, electronically through the Office for Civil Rights
Complaint Portal, available at

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by
mail at U.S. Department of Health and Human Services;
200 Independence Avenue SW; Room 509F, HHH Building;
Washington, D.C. 20201; or by phone: **1-800-368-1019**,
1-800-537-7697 (TTY/TDD).

Complaint forms are available at

<http://www.hhs.gov/ocr/office/file/index.html>.

La discriminación es un delito

Wellcare By Allwell cumple con las leyes federales aplicables sobre derechos civiles y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. Wellcare By Allwell no excluye ni trata a las personas de manera diferente por su raza, color, nacionalidad, edad, discapacidad o sexo.

Wellcare By Allwell proporciona:

- Asistencia y servicios sin costo alguno a las personas con discapacidades para comunicarse de manera eficaz con nosotros, tales como intérpretes calificados de lengua de señas
- Información escrita en otros formatos (letra grande, audios, formatos electrónicos accesibles, otros formatos)
- Servicios de idiomas sin costo para las personas cuyo idioma principal no es el inglés, como, por ejemplo: intérpretes calificados e información escrita en otros idiomas.

Si necesita estos servicios, llame a Servicios para Miembros al siguiente número:

Wellcare By Allwell: **1-844-796-6811** (TTY/TDD: **711**). Entre el 1 de octubre y el 31 de marzo, los representantes están disponibles los siete días de la semana, de 8 a.m. a 8 p.m. Entre el 1 de abril y el 30 de septiembre, los representantes están disponibles de lunes a viernes de 8 a.m. a 8 p.m.

Si considera que Wellcare By Allwell no le brindó estos servicios o lo discriminó de otra manera por motivos de raza, color de piel, nacionalidad de origen, edad, discapacidad o sexo, puede presentar una queja ante el Oficial de Cumplimiento. Puede presentar una queja en persona, por correo, fax o correo electrónico. Su queja se debe realizar por escrito y se debe enviar en un plazo de 180 días a partir de la fecha en que la persona que presenta la queja toma conocimiento de lo que se considera como discriminación.

Envíe su queja a la siguiente dirección:

Wellcare By Allwell- Appeals & Grievances- Medicare
Operations

P.O. Box 279410 Sacramento, CA 95827

Fax: **1-844-273-2671**

Correo electrónico: **Arizona_Medicare@CENTENE.COM**

También puede presentar un reclamo con respecto a los derechos civiles ante la Oficina de Derechos Civiles del U.S. Department of Health and Human Services de manera electrónica a través del Portal de Reclamos de la Oficina de Derechos Civiles, disponible en **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>** o por correo postal a: U.S. Department of Health and Human Services; 200 Independence Avenue, SW; Room 509F, HHH Building; Washington D. C. 20201. Asimismo, puede presentar dicha queja por teléfono llamando al **1-800-368-1019** o al **1-800-537-7697** (TTY/TDD).

Los formularios de reclamo están disponibles en **<http://www.hhs.gov/ocr/office/file/index.html>**.

If you, or someone you are helping, have questions about Wellcare By Allwell, and are not proficient in English, you have the right to get help and information in your language at no cost and in a timely manner. If you, or someone you are helping, have an auditory and/or visual condition that impedes communication, you have the right to receive auxiliary aids and services at no cost and in a timely manner. To receive oral interpretation, ASL, written translation, or auxiliary services, please contact Member Services at **1-844-796-6811 (TTY 711)**.

Spanish	Si usted, o alguien a quien está ayudando, tiene preguntas sobre Wellcare by Allwell, y no domina el inglés, tiene derecho a obtener ayuda e información en su idioma sin costo alguno y de manera oportuna. Si usted, o alguien a quien está ayudando, tiene un impedimento auditivo y/o visual que le impide la comunicación, tiene derecho a recibir ayudas y servicios auxiliares sin costo alguno y de manera oportuna. Para obtener servicios de interpretación oral, lengua de señas estadounidense (ASL), traducción escrita o servicios auxiliares, comuníquese con Servicios para Miembros al 1-844-796-6811 (TTY 711) .
----------------	---

<p>Navajo</p>	<p>Ha'át'éego nisin, yá'át'éehgo daaztsaáidii daaztsaastiinii dóó haash yáázh bąąhózhqod ííł tsínáaztiin, Wellcare By Allwell hózhqod t'áá hwiilt'íi yáádááł. Hózhqod t'áá át'éego t'áá diidljigi yáádááł dine'é binaaltsoos daaztsaáidii binaaltsoosii dóó at'ish daaztsaáidii hwiilt'íi hózhqod a'jigo áyiilaa daaztsaáidii dah anáadah yáádááł. Ha'át'éego nisin, yá'át'éehgo daaztsaáidii daaztsaastiinii dóó haash yáázh bee at'ááhągo ałdziilii nisin át'ááłtsooígíi hónáána, bee át'éego dine'é at'ish daaztsaáidii hónáána hózhqod t'áá hwiilt'íi hózhqod béégashii binaaltsoos yee nisin hólqo hastiinii dóó iiná hastiinii hwiilt'íi hózhqod a'jigo áyiilaa dah daaztsaáidii at'ááhągo ałdziilii daaztsaáidii binaaltsoosii hwiilt'íi hózhqod a'jigo áyiilaa daaztsaáidii dah anáadah yáádááł. Áádóó oral interpretation, ASL, at'ááhągo daaztsaáidii, dóó béégashii binaaltsoos yee hwiilt'íi, t'áá hwiilt'íi Member Services 1-844-796-6811 hólqo hastiinii (TTY 711) dah.</p>
<p>Chinese (Mandarin)</p>	<p>如果您或您正在帮助的人对 Wellcare By Allwell 有任何疑问但不精通英语，您有权及时获得以您所用语言提供的免费帮助和信息。如果您或您正在帮助的人有妨碍交流的听力和/或视力障碍，您有权及时获得免费辅助工具和服务。如需口译、美国手语 (ASL)、书面翻译或辅助服务，请致电1-844-796-6811 (TTY 711) 联系会员服务部。</p>

Chinese (Cantonese)	如果您或您協助的人對 Wellcare By Allwell 有疑問且不熟練使用英文，您有權利及時免費獲得以您的語言提供的幫助和資訊。如果您或您協助的人患有妨礙溝通的聽覺和/或視覺病況，您有權利及時免費獲得輔助工具和服務。若要獲得口譯、ASL、書面翻譯或輔助服務，請致電 1-844-796-6811 (TTY 711) 聯絡會員服務部。
Vietnamese	Nếu quý vị hoặc người quý vị đang giúp đỡ, có thắc mắc về Wellcare By Allwell, và không thành thạo tiếng Anh, quý vị có quyền nhận sự giúp đỡ và thông tin miễn phí và kịp thời bằng ngôn ngữ của quý vị. Nếu quý vị hoặc người quý vị đang giúp đỡ, có bệnh trạng về thính giác và/hoặc thị giác cản trở giao tiếp, quý vị có quyền nhận các hỗ trợ và dịch vụ phụ trợ miễn phí và kịp thời. Để nhận dịch vụ phiên dịch nói, ASL, dịch thuật văn bản hoặc dịch vụ phụ trợ, vui lòng liên hệ bộ phận Dịch Vụ Thành Viên theo số 1-844-796-6811 (TTY 711).
Arabic	إذا كان لديك أنت أو لدى شخص تساعدك أسئلة حول Wellcare By Allwell، ولم تكن ملماً باللغة الإنكليزية، ف لديك الحق بالحصول على المساعدة والمعلومات بلغتك ومن دون أي تكلفة وفي الوقت المناسب. إذا كنت تعاني أنت أو شخص تساعدك من حالة سمعية و/أو بصرية تعيق التواصل، ف لديك الحق بالحصول على مساعدات وخدمات إضافية من دون أي تكلفة وفي الوقت المناسب. للحصول على خدمات الترجمة الشفهية الفورية أو ASL (لغة الإشارة الأمريكية) أو الترجمة الكتابية أو خدمات إضافية، يرجى الاتصال بقسم خدمات الأعضاء على الرقم 1-844-796-6811 (TTY 711).

Tagalog	<p>Kung kayo, o ang tinutulungan ninyo, ay may mga tanong tungkol sa Wellcare By Allwell, at limitado ang kaalaman sa Ingles, may karapatan kayong humingi ng tulong at impormasyon sa inyong wika sa paraang maagap at nang wala kayong babayaran. Kung kayo, o ang taong tinutulungan ninyo, ay may kondisyon sa pandinig at/o paningin na nakakaapekto sa komunikasyon, may karapatan kayong makatanggap ng mga pansuportang tulong at serbisyo sa paraang maagap at nang wala kayong babayaran. Para makatanggap ng serbisyo sa pasalitang pagsasalin, ASL, pasulat na pagsasalin, o mga pansuportang serbisyo, mangyaring makipag-ugnayan sa Mga Serbisyo para sa Miyembro sa 1-844-796-6811 (TTY 711).</p>
Korean	<p>귀하 또는 귀하가 돕고 있는 다른 사람이 Wellcare By Allwell에 관한 질문이 있지만 영어가 유창하지 않은 경우, 적절한 시기에 무료로 귀하의 언어로 도움과 정보를 받을 권리가 있습니다. 귀하 또는 귀하가 돕고 있는 다른 사람이 소통에 지장을 주는 청각 및/또는 시각적 문제를 가지고 있는 경우, 적절한 시기에 무료로 보조 지원과 서비스를 받을 권리가 있습니다. 구두 통역, ASL, 서면 번역 또는 보조 서비스를 받기 원하시면 1-844-796-6811(TTY 711)번으로 가입자 서비스부에 연락해 주십시오.</p>

French	<p>Si vous, ou une personne que vous aidez, avez des questions sur Wellcare By Allwell et que vous ne maîtrisez pas l'anglais, vous avez le droit d'obtenir de l'aide et des informations dans votre langue, gratuitement et en temps utile. Si vous, ou une personne que vous aidez, souffrez d'un trouble auditif et/ou visuel qui entrave la communication, vous avez le droit de bénéficier d'aides et de services auxiliaires gratuitement et en temps utile. Pour bénéficier de services d'interprétation, d'ASL, de traduction ou de services auxiliaires, veuillez contacter les services aux adhérents au 1-844-796-6811 (TTY 711).</p>
German	<p>Wenn Sie oder eine Person, der Sie helfen, Fragen zu Wellcare By Allwell haben und kein Englisch sprechen, haben Sie das Recht auf zusätzliche Unterstützung und das Recht darauf, kostenlos und zeitnah Informationen in Ihrer Sprache zu erhalten. Wenn Sie oder eine Person, der Sie helfen, Hör- und/oder Seheinschränkungen haben, die die Kommunikation beeinträchtigen, haben Sie das Recht auf zusätzliche kostenlose und zeitnahe Unterstützung. Für mündliche Verdolmetschungen in andere Sprachen und in Gebärdensprache, amerikanische Gebärdensprache (ASL), schriftliche Übersetzungen oder weitere Unterstützung wenden Sie sich bitte an unseren Kundendienst unter: 1-844-796-6811 (TTY 711).</p>

Russian	<p>Если у вас или лица, которому вы помогаете, возникли вопросы о плане страхования Wellcare By Allwell, при этом вы не владеете английским языком в достаточной мере, у вас есть право бесплатно и своевременно получить помощь и информацию на вашем языке. При наличии у вас или лица, которому вы помогаете, связанного со слухом или зрением медицинского состояния, которое затрудняет коммуникацию, у вас есть право бесплатно и своевременно получить сопутствующую помощь и услуги. Для получения услуг устного перевода, перевода на американский жестовый язык (ASL), письменного перевода либо сопутствующих услуг обратитесь в отдел обслуживания участников плана по номеру 1-844-796-6811 (TTY 711).</p>
Japanese	<p>あなたご自身や、あなたが介護をしている方が Wellcare By Allwell についてご質問がある場合で、英語を話されない場合でも、ご自身の言語で無料かつタイムリーにサポートや情報を得ることができます。あなたご自身やあなたが介護をしている方が、聴覚や視覚の状態によりコミュニケーションが難しい場合は、補助機能やサービスも無料かつタイムリーにご利用いただけます。口頭での通訳、ASL、文章による翻訳や補助機能をご利用いただくには、メンバーサービス 1-844-796-6811 (TTY 711) にご連絡ください。</p>

Serbo-Croatian	<p>Ako vi, ili neko kome pomažete, imate pitanja o Wellcare By Allwell, a ne govorite engleski jezik, imate pravo da dobijete pomoć i informacije na svom jeziku, bez ikakve naknade i blagovremeno. Ako vi, ili neko kome pomažete, imate slušne i/ili vizuelne smetnje kojima je ograničena komunikacija, imate pravo da dobijete pomagala i usluge, bez ikakve naknade i blagovremeno. Da biste dobili usluge tumača, usluge ASL, pisanog prevoda ili pomoćne usluge, obratite se servisu za članove na broj telefona 1-844-796-6811 (TTY 711).</p>
Thai	<p>หากคุณหรือคนที่คุณให้การช่วยเหลืออยู่มีคำถามเกี่ยวกับ Wellcare By Allwell และไม่ถนัดในการใช้ภาษาอังกฤษ คุณสามารถขอความช่วยเหลือและขอรับข้อมูลในภาษาของคุณโดยไม่เสียค่าใช้จ่ายได้ทันที หากคุณหรือ คนที่คุณให้การช่วยเหลืออยู่ มีความพิการด้านการได้ยินและ/หรือมองเห็นที่ เป็นอุปสรรคต่อการสื่อสาร คุณสามารถขอรับความช่วยเหลือและบริการเพิ่มเติมโดยไม่เสียค่าใช้จ่ายได้ทันที หากต้องการล่ามแปลภาษา, ภาษามือ ASL, คำแปลเป็นลายลักษณ์อักษร หรือบริการเสริมอื่นๆ โปรดติดต่อ บริการสำหรับสมาชิก ที่หมายเลข 1-844-796-6811 (TTY 711)</p>

Do you think Wellcare By Trillium Advantage has treated you unfairly?

Wellcare By Trillium Advantage must follow state and federal civil rights laws. It cannot treat people unfairly in any of its programs or activities because of a person's:

- Age
- Gender identity
- Race
- Sexual orientation
- Color
- Marital status
- Religion
- Disability
- Health Status
- National Origin
- Sex

You have a right to enter, exit, and use buildings and services. You have the right to get information in a way you understand. Wellcare By Trillium Advantage will make reasonable changes to policies, practices, and procedures by talking with you about your needs.

To report concerns, get help filing a complaint or to get more information, please contact Member Services at **1-844-867-1156** (TTY: **711**). From October 1 - March 31, you can call us 7 days a week from 8 a.m. to 8 p.m. From April 1 - September 30, you can call us Monday - Friday from 8 a.m. to 8 p.m. A messaging system is used after hours, weekends, and on federal holidays. The call is free.

If you believe you have been discriminated against, you may also contact:

Levi Welbourne, *Non-Discrimination Coordinator*

555 International Way, Building B

Springfield, OR 97477

Phone: **1-541-214-3948**

Toll-free: **1-844-867-1156** (TTY: **711**)

Email: **levi.p.welbourne@trilliumchp.com**

Web: **<https://wellcare.trilliumadvantage.com/legal/nondiscrimination-notice.html>**

You have a right to file a civil rights complaint with these organizations:

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

Web: <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>

Phone: **1-800-368-1019**, **1-800-537-7697** (TDD)

Email: **OCRComplaint@hhs.gov**

Mail: Office for Civil Rights, 200 Independence Ave. SW, Room 509F, HHH Bldg., Washington, DC 20201

Oregon Health Authority (OHA) Civil Rights

Web: www.oregon.gov/OHA/OEI

Phone: **1-844-882-7889**, (TTY: **711**)

Email: **OHA.PublicCivilRights@odhsoha.oregon.gov**

Mail: Office of Equity and Inclusion Division, 421 SW Oak St., Suite 750, Portland, OR 97204

Bureau of Labor and Industries Civil Rights Division

Phone: **1-971-673-0764**, (TTY: **711**)

Email: **crdemail@boli.state.or.us**

Mail: Bureau of Labor and Industries Civil Rights Division, 800 NE Oregon St., Suite 1045, Portland, OR 97232

You can get this letter in another language, large print, or another way that is best for you. You can also have a language interpreter. This help is free. Call **1-844-867-1156** (TTY: **711**).

Puede obtener esta carta en otro idioma, en formato de letra grande o en otro formato que le acomode. También puede acceder a un intérprete. Esta asistencia es gratuita. Llame al **1-844-867-1156** (TTY: **711**).

English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-844-867-1156** (TTY: **711**).

Español (Spanish)

ATENCIÓN: Si no habla inglés, tiene a su disposición servicios de asistencia lingüística sin costo alguno para usted. Llame al **1-844-867-1156** (TTY: **711**).

Tiếng Việt (Vietnamese)

LƯU Ý: Nếu quý vị không nói được tiếng Anh thì luôn có sẵn các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Hãy gọi đến số **1-844-867-1156** (TTY: **711**).

中文（粵語）(Cantonese)

注意：如果您不會講英語，我們有提供免費的語言協助服務。請致電 **1-844-867-1156** (TTY: **711**)。

中文（普通話）(Mandarin)

注意：如果您不会说英语，我们可以为您提供免费语言支持服务。请致电 **1-844-867-1156** (TTY: **711**)。

Русский (Russian)

ВНИМАНИЕ: Если вы не говорите по-английски, вы можете бесплатно получить помощь переводчика. Позвоните по номеру **1-844-867-1156** (TTY: **711**).

한국어 (Korean)

주의: 영어 외 다른 언어를 사용하시는 분은 무료로 언어 지원 서비스를 이용할 수 있습니다. **1-844-867-1156**(TTY: **711**)번으로 연락해 주십시오.

Українська (Ukrainian)

УВАГА: Якщо ви не розмовляєте англійською, вам доступні безкоштовні мовні послуги. Щоб отримати їх, зателефонуйте: **1-844-867-1156** (TTY: **711**).

日本語 (Japanese)

注意：英語を話さない方は、無料で言語支援サービスを利用できません。**1-844-867-1156** (TTY : **711**) にお電話ください。

(Arabic) العربية

انتباه: إذا كنت لا تجيد التحدث باللغة الإنجليزية، تتوفر لك خدمات مساعدة لغوية مجانية. اتصل على الرقم (TTY:) **1-844-867-1156** **(711)**.

Română (Romanian)

ATENȚIE: Dacă nu vorbiți limba engleză, sunt disponibile pentru dumneavoastră servicii gratuite de asistență lingvistică. Apelați numărul de telefon **1-844-867-1156** (TTY: **711**).

ខ្មែរ (Cambodian)

ចំណាំ: ប្រសិនបើអ្នកមិនចេះនិយាយភាសាអង់គ្លេសទេនោះ សេវាជំនួយភាសាដោយឥតគិតថ្លៃមានសម្រាប់អ្នក។ សូមទូរសព្ទទៅលេខ **1-844-867-1156** (TTY: **711**)។

Oromo (Oromo)

XIYYEEFFANNOO: Afaan Ingiliffaa hin dubbattanu taanan, tajaajilootni gargaarsa afaanii, kan kaffaltiirraa bilisaa, isiniif ni kennamu. **1-844-867-1156** (TTY: **711**) tti bilbilaa.

Deutsch (German)

ACHTUNG: Wenn Sie kein Englisch sprechen, stehen Ihnen kostenlos Sprachdienstleistungen zur Verfügung. Rufen Sie dazu folgende Telefonnummer an: **1-844-867-1156** (TTY: **711**).

فارسی (Farsi)

توجه: اگر به زبان انگلیسی صحبت نمی‌کنید، خدمات دستیاز زبان ما، بدون دریافت هزینه، در دسترس شما قرار دارد. با شماره **1-844-867-1156** (TTY: **711**) تماس بگیرید.

Français (French)

ATTENTION : si vous ne parlez pas anglais, des services d'assistance linguistique gratuits sont disponibles. Appelez le **1-844-867-1156** (TTY: **711**).

ภาษาไทย (Thai)

โปรดทราบหากคุณไม่ได้พูดภาษาอังกฤษ เรามีบริการช่วยเหลือด้านภาษาแบบไม่เสียค่าใช้จ่ายพร้อมให้บริการแก่คุณ โทร **1-844-867-1156** (TTY: **711**)

wellcare

TM



IMPORTANT PLAN INFORMATION