

2021

Over-the-Counter (OTC) Benefit Catalog

Get over-the-counter products every quarter at

NO COST TO YOU!



REMEMBER TO KEEP THIS CATALOG. You will want to reference this catalog each time you place your order.

Please check with your healthcare provider before taking OTC medicines.

Blue Cross and Blue Shield of Louisiana HMO offers Blue Advantage (HMO). Blue Cross and Blue Shield of Louisiana, an independent licensee of the Blue Cross and Blue Shield Association, offers Blue Advantage (PPO).

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Your 2021 over-the-counter (OTC) benefit is good for 50 credits per quarter at NO COST TO YOU!

UP TO A VALUE PER YEAR!

How Does it Work?

- » OTC items* can be mailed directly to your home at no cost to you.
- » Only one order per quarter is allowed.
- » Once your OTC order is made, please allow 10-14 business days from the date your order is placed for delivery. Due to the personal nature of these products, returns are not accepted.
- *Items and credits listed are subject to change (shipping, handling, and sales tax are included, so there is no cost to you).

- » Try to use all credits each quarter as benefit credits are not carried over to the next quarter and will not be rolled over to the following year.
- » Quarter 1 (January, February and March) Quarter 2 (April, May and June) Quarter 3 (July, August and September) Quarter 4 (October, November and December)
- » For the most up-to-date listing of OTC products available, please visit www.BlueAdvantageOTC.com

How Do I Place an Order?



Call us Toll Free: 1-866-440-1350 TTY 711

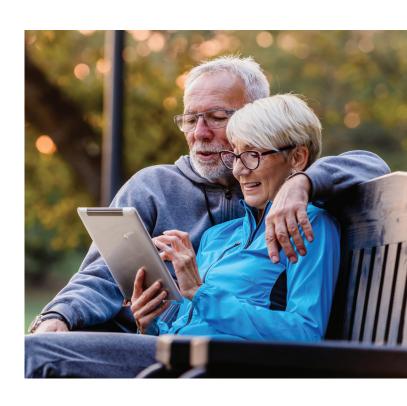
The order line is open Monday through Friday from 7 a.m. to 6 p.m. CST.

-or-



Submit Online at www.BlueAdvantageOTC.com

Then log in to your Member Portal.



Item	Description		Details	Credits	
Analgesic & Pain Relievers					
01	ACEMMOORE STATE OF THE PROPERTY OF THE PROPERT	ACETAMINOPHEN TABLETS Compare to Tylenol® Extra Strength	100 ct 500 mg	7	
48	BHR Arthritis Pain Actaminopher Elevated fielesser bates, 650 mg Pain Relever's Priver Reducter So CAPLETS' So mg EACH **search search captains* So CAPLETS' So Mg EACH **search captains* So CAPLETS' So Mg EACH **search captains* So CAPLETS' So Mg EACH **search captains* So CAPLETS' So C	8 HR ARTHRITIS PAIN TABLETS Compare to Tylenol® 8HR Arthritis Pain	50 ct 650 mg	12	
03	Plan fellower (SAID) BOY CHICAGO FRACES BOY CAMPON FOR COMPLETE CRISC FACES	ASPIRIN CHEWABLE TABLETS Compare to St. Joseph® Low Dose Aspirin	36 ct 81 mg	4	
67	ASPIRILIO	ASPIRIN TABLETS Compare to Genuine Bayer® Aspirin	100 ct 325 mg	6	
02	GERICARE Set to sea and set to sea	ASPIRIN TABLETS Compare to Bayer® Low Dose	100 ct 81 mg	6	
04	Ibuprofen Raine USP, 200 mp Pan Indicate USP, 200 mp Pan Indicate USP, 200 mp Pan Indicate USP, 200 mp Raine USP, 200 mp	IBUPROFEN TABLETS Compare to Motrin® IB	100 ct 200 mg	11	

ltem	Description		Details	Credits
05	All Day Pain Relief Naground bother Mader, 200 mg Bother Mader (200 mg Bother (20	PAIN RELIEVING CAPLETS Compare to Aleve®	50 ct 220 mg	12
49	PAIN RELIEVING CREAM BOTTOM STUTIONS THE NAME AND ADDRESS OF THE STATE	PAIN RELIEVING CREAM Compare to Bengay®	3 oz	8
71	RELIEF That's Fast AZO Urinary Pain Relief MARKINUM MARKET THE SOURCE OF THE MARKET ARRETT THE SOURCE OF THE MARKET MARKET THE SOURCE OF THE MARKET	URINARY PAIN RELIEF TABLETS	12 ct 99.5 mg	13
Antacio	ds, Heartburn, G	as Relief & Motion Sickness		
09	Heartburn Relief	ACID REDUCER TABLETS Compare to Original Strength Pepcid® AC	60 ct 10 mg	10
07	Advanced Antacid Entermatural E	ANTACID LIQUID Compare to Maalox® Advanced	12 fl oz	13
06	And A Harder And A	ANTACID TABLETS Compare to Tums®	150 ct 500 mg	9

ltem	Description		Details	Credits
08	COMMENT OF THE PROPERTY OF T	CHEWABLE ANTI-GAS TABLETS Compare to Mylanta® Anti-Gas Tablets	100 ct 80 mg	9
10	STATE OF THE PARTY	HEARTBURN RELIEF TABLETS Compare to Prilosec® OTC	14 ct 20 mg	16
69	Medizine No 103-001 100 CM/175	MECLIZINE ANTIEMETIC CAPLETS Compare to Dramamine®	100 ct 12.5 mg	12
Anti-Di	arrheal			
11	BISM GENERAL STATE OF THE STATE	ANTI-DIARRHEAL LIQUID Compare to Pepto-Bismol®	8 fl oz	15
12	Laperamide Hydrochloride Robers, 2mg Anti-Diarrheal Control the Symptoms 12 Observed Anti-Diarrheal Control the Symptoms 12 Observed	ANTI-DIARRHEAL TABLETS Compare to Imodium® A-D	12 ct 2 mg	5
Anti-Fu	ıngal			
14	Antifungal Cream Solution (C)	ANTIFUNGAL CREAM Compare to Tinactin®	0.5 oz 1%	5

Item	Description		Details	Credits
13	Topy Nagland Gream programmer and the control of th	VAGINAL CREAM Compare to Gyne-Lotrimin® 7	1.5 oz 1%	10
Anti-He	emorrhoidal			
15	Perigo Section 18 Hemorrhoidal Ointment Prevents Further Irritation Mar 12 0109 American Arrivation Mar 12 0109	HEMORRHOIDAL OINTMENT Compare to Preparation-H®	2 oz	11
Cough,	Cold & Allergy			
16	TRAINING ACTION OF THE PROPERTY OF THE PROPERT	ALLERGY TABLETS Compare to Zyrtec®	100 ct 10 mg	11
82	Benadryl ALLERGY LOUINGELS LOUINGELS PARTIE DE MARIE DELIEL SALVANIE 24 LOUILE	BENADRYL ALLERGY CAPSULES	24 ct 25 mg	14
85	Coricidin (1) Replace Service	CORICIDIN HBP LIQUID GELS for Chest Congestion & Cough	20 ct	16
74	Coricidin C HBP Agricultural Control Control COLD C	CORICIDIN HBP TABLETS for Cold & Flu	10 ct 325 mg	10

ltem	Description		Details	Credits
17	Cough STRUE The American	COUGH SYRUP Compare to Robitussin® Mucus Chest Congestion	4 fl oz	8
61	Telliformia de la companya del companya del companya de la companya del companya de la companya del companya de la companya de la companya de la companya de la companya del companya	FLUTICASONE PROPIONATE NASAL SPRAY Compare to FLONASE®	50 mcg Per Spray	25
20	HALLS STOOMNERON	HALLS® COUGH DROPS (CHERRY FLAVOR)	30 ct	8
50	SUGAR FREE SUGAR FREE DATEONISM IS A STREET, STREET	HALLS® COUGH DROPS SUGAR FREE (HONEY LEMON FLAVOR)	25 ct	8
60	Alleagy Reide Alleagy Reide (2022) (2	LORATADINE - ANTIHISTAMINE TABLETS Compare to CLARITIN®	100 ct 10 mg	12
18	Mucual-Pelof Subsuce 60 mg Tiplic Cost with Tiplic Cost w	MUCUS RELIEF TABLETS Compare to Mucinex® Tablets	60 ct 400 mg	10
19	Diabetic Tussin Superioral super	SUGAR FREE COUGH LIQUID Compare to Robitussin® Sugar Free	4 fl oz	14

Item	Description		Details	Credits
Eye & I	Ear Care			
84	Clear eyes. TRIPLE	CLEAR EYES TRIPLE ACTION EYE DROPS	0.5 fl oz	10
22	Ear Wax Remover Drops **Lat Wave Control of	EARWAX DROPS Compare to Debrox®	0.5 fl oz	10
68	Healthy Eyes	HEALTHY EYE TABLETS with LUTEIN Compare to Ocuvite® with Lutein	60 ct	9
First A	id			
25	SHEER.	CURAD® BANDAGES - SHEER	80 ct	7
90	A Program First Aid Kit Fract Common Order Band	FIRST AID KIT Compare to Johnson & Johnson®	70 items	13
23	### MAJOR MAXINUM STRENGTH Hydrocortisone * 10 Hydrocortisone with the strength of the stre	HYDROCORTISONE • 10 CREAM Compare to Cortizone 10®	1 oz 1%	5

Item	Description		Details	Credits
91	Printing Printing of Printing	HYDROGEN PEROXIDE	8 fl oz	6
24	Triple Antibiotic Compants (See See See See See See See See See Se	TRIPLE ANTIBIOTIC OINTMENT Compare to Neosporin®	1 oz	7
Laxativ	ve, Stool & Cons	tipation Relief		
28	Daily Fiber The water hards The water h	FIBER SUPPLEMENT - SUGAR FREE (ORANGE FLAVOR) Compare to Metamucil®	10 oz	13
27	Perrigor The Company of the Company	LAXATIVE POWDER Compare to MiraLAX®	4.1 oz	10
26	Stool Softener Superior Softener Steel Softener Ste	LAXATIVE SOFTGELS Compare to Surfak®	100 ct 240 mg	16
Oral Ca	are			
83	biotène per securi	BIOTENE ORAL RINSE	8 fl oz	12

Item	Description	Details	Credits
52	BLISTEX® MEDICATED LIP BALM Sea to below the Street Price of Search Colling Protection Smooth Easy-Cicling Protection Smooth Easy-Cicling Protection	.15 oz	4
32	CREST® TOOTHPASTE	4.6 oz	8
75	DENTURE BRUSH	QTY: 1	8
30	EFFERDENT® TABLETS	44 ct	10
94	REACH® MINT WAXED FLOSS	55 yd	4
77	REACH® TOOTHBRUSH	QTY: 1	4
29	SUPER POLIGRIP® EXTRA CARE	2.2 oz	14

ltem	Description		Details	Credits
76	o TONGUE CLEANER	TONGUE CLEANER	QTY: 1	5
Person	al Care			
63	Control desired Underword Variet Casts* Value Casts Values Absorbings Casts Values Absorbings Casts Values Absorbings Casts Values Absorbings Casts Values Casts	ADULT BRIEFS - SIZES SMALL / MEDIUM (34" - 46" waist) Compare to Depends®	QTY: 20	29
64	Control ser Underwar Sale Control was Control Cont	ADULT BRIEFS - SIZE LARGE (44" - 54" waist) Compare to Depends®	QTY: 18	29
65	Toponia	ADULT BRIEFS - SIZE X-LARGE (48" - 66" waist) Compare to Depends®	QTY: 14	29
38	ACONO SWADS 70 hereory Adatal STERRE Branch State S	ALCOHOL SWABS Compare to BD® Alcohol Swabs	100 ct	6
37	Sharpool transmitted in the control of the control	BABY SHAMPOO Compare to Johnson's® Baby Shampoo	15 fl oz	15

Item	Description		Details	Credits
100	Sure Care Bladder Control Pads Sure state of the mention of the m	BLADDER CONTROL PADS - HEAVY	QTY: 16	10
95	Blood Pressure Monitor	BLOOD PRESSURE MONITOR ADULT WRIST CUFF	1 ct	50
35	Glucose Tablets Tablet	CHEWABLE GLUCOSE TABLETS (RASPBERRY FLAVOR) Compare to Dex 4® Fast Acting Glucose	10 ct 4 g	5
86	Cottonelle	COTTONELLE® FLUSHABLE WIPES	42 ct	10
89	Cotton Swabs Secretories	COTTON SWABS Compare to Q-TIPS®	170 ct	4
36	ANIE DANAUGO D	DANDRUFF SHAMPOO Compare to Selsun Blue® Dandruff Shampoo	7 fl oz	12
80	CEACET? Figure 16 Cigure Thermometer On limited Figure Figure Figure Thermometer On limited Figure	DIGITAL THERMOMETER	QTY: 1	14

ltem	Description		Details	Credits
103	DISPOSABLE FACE MASK THERE VERY BOTH THE STATE OF THE STA	DISPOSABLE FACE MASKS	50 ct	50
34	BOUD BOND CATANATA CA	GOLD BOND® DIABETIC FOOT CREAM	3.4 oz	16
79	COLD BOND WATER TO STATE OF THE STATE OF TH	GOLD BOND® ECZEMA LOTION	3 oz	12
88	Cotton Balls VO COTTON 100 ENTEN 100 ENTE	JUMBO COTTON BALLS	100 ct	4
53	Moisture Rescue	MOISTURIZER LOTION Compare to Vaseline® Intensive Care™	10 fl oz	14
54	Saline Nasal Spri Germanager	NASAL SPRAY Compare to Ocean®	3 fl oz	8
104	Eurel Schlich	PURELL HAND SANITIZER WITH ALOE	4 fl oz	10

ltem	Description		Details	Credits
62	Quik-Sorb Renade Indeped	REUSABLE COTTON UNDERPAD (30" x 35")	QTY: 1	29
33	Cipper with file	TOE NAIL CLIPPERS	QTY: 1	5
Vitami	ns & Minerals			
41	B-Complex The Character The Ch	B-COMPLEX PLUS VITAMIN C CAPLETS	100 ct	12
72	CENTURY. BIOGRAPH BIOGRA	BIOTIN TABLETS	120 ct 10,000 mcg	16
55	To CO Q-10 Our be successed to the control of the	CO Q-10 CAPSULES	30 ct 100 mg	13
39	SUMPLE PROPERTY OF THE PROPERT	FISH OIL OMEGA-3 SOFTGELS	100 ct 1000 mg	12

Item	Description		Details	Credits
44	MANOK FOLIC ACID 400MCG TOLIC ACID ACID ACID ACID ACID ACID ACID AC	FOLIC ACID TABLETS	100 ct 400 mcg	5
47	Glucosamine Gucosamine Complex Marco,	GLUCOSAMINE PLUS VITAMIN D3 CAPLETS Compare to Osteo Bi-Flex® One Per Day	60 ct 1500 mg	30
78	Magnesium pass for Magnesium Oxford Googne Palatis Transport Conference Confe	MAGNESIUM OXIDE TABLETS	120 ct 400 mg	8
58	Melatonia Bray paginari	MELATONIN TABLETS	90 ct 5 mg	11
92	Multivitamin Men SO+	MULTIVITAMIN MEN 50+ TABLETS	100 ct	16
46	GERICARE OTHER STATE A CALL WATERCARE AND A CALL OTHER STATE OTHE	OYSTER SHELL CALCIUM PLUS VITAMIN D TABLETS	60 ct 500 mg	5
56	PROBIOTIC BLEND	PROBIOTIC BLEND CAPSULES	100 ct	18

Item	Description		Details	Credits
57	B-12 B-12 FROM THE STATE OF THE	SUBLINGUAL B-12 VITAMINS TABLETS	110 ct 2500 mcg	14
40	CONTINUE CON	VITAMIN C TABLETS	110 ct 500 mg	8
42	D3-200 D3-200 D3-10 Corrections	VITAMIN D3 SOFTGEL CAPSULES	100 ct 2000 iu	12
43	CRAFFER LEGISLATION OF THE PROPERTY OF THE PRO	VITAMIN E SOFTGELS	110 ct 180 mg	12
93	Women's Multivitamin	WOMEN'S MULTIVITAMIN TABLETS	100 ct	14
98	Zinc on the state of the state	ZINC TABLETS	110 ct 50 mg	9

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-or-

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Notice of Non-Discriminatory Practices

Blue Cross and Blue Shield of Louisiana and its subsidiary, HMO Louisiana, Inc., comply with applicable federal civil rights laws and do not exclude people or treat them differently on the basis of race, color, national origin, age, disability or sex.

Blue Cross and Blue Shield of Louisiana and its subsidiary:

- Provide free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provide free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, call Customer Service at 1-866-508-7145 (TTY 711). Our phone lines are open 8 a.m. to 8 p.m., 7 days a week from October – March and 8 a.m. to 8 p.m., Monday – Friday from April – September.

If you believe that Blue Cross or its subsidiary has 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 in person or by mail, fax or email.

In person: 5525 Reitz Avenue • Baton Rouge, LA 70809

By mail: Section 1557 Coordinator • P. O. Box 98012 • Baton Rouge, LA 70898-9012

225-295-2300

1-800-711-5519 (TTY 711)

Fax: 225-298-7240 (Attention: Government Programs)

Email: Section1557Coordinator@bcbsla.com

If you need help filing a grievance, our Section 1557 Coordinator is available to help you. 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 or phone at:

U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

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Blue Advantage from Blue Cross and Blue Shield of Louisiana HMO is an HMO plan with a Medicare contract. Blue Advantage from Blue Cross and Blue Shield of Louisiana is a PPO plan with a Medicare contract. Enrollment in either Blue Advantage plan depends on contract renewal.

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Multi-Language Interpreter Services

ENGLISH: ATTENTION: If you speak a non-English language, language assistance services, free of charge, are available to you. Call 1-866-508-7145 (TTY: 711).

SPANISH: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-508-7145 (TTY: 711).

FRENCH: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-508-7145 (ATS : 711).

FRENCH CREOLE: ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-866-508-7145 (TTY: 711).

VIETNAMESE: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-508-7145 (TTY: 711).

CHINESE: 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-866-508-7145 (TTY: 711)。

ملاحظة: إذا كنت تتحدث العربية ، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 7145-866-508-1 (رقم 8ARABIC: رقم 8ARABIC: (رقم 8714-866-508-1.)

TAGALOG: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-866-508-7145 (TTY: 711).

KOREAN: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-866-508-7145 (TTY: 711)번으로 전화해 주십시오.

PORTUGUESE: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-866-508-7145 (TTY: 711).

LAOTIAN: ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການ ບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣ 1-866-508-7145 (TTY: 711).

JAPANESE: 注意事項:日本語を話される場合、無料の言語支援をご利用いただけます。1-866-508-7145 (TTY: 711) まで、お電話にてご連絡ください。

URDU: کال دو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں ۔ کال -866-508-7145 (TTY: 711). کریں

GERMAN: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-508-7145 (TTY: 711).

PERSIAN (FARSI): اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با (TTY: 711) 366-508-1 تماس بگیرید.

RUSSIAN: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-866-508-7145 (телетайп: 711).

THAI: เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-866-508-7145 (TTY: 711).

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www.BlueAdvantageOTC.com

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