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# Over The Counter Health Solutions (OTCHS) Item Catalog



Through Aetna Better Health of Texas, we are pleased to offer you all the benefits of your health plan. For the full list of medical services refer to your member handbook. Your doctor or clinic will act as the gateway to care for all your healthcare needs.

Get information 24 hours a day, 7 days a week on our website. You can find information and answers to many of your questions.

You can also call us, Monday to Friday, 8 AM to 5 PM  
For help after hours and on weekends, just leave a voice message. We'll return your call on the next business day.



### STAR

Bexar  
1-800-248-7767 (TTY:711)

Tarrant  
1-800-306-8612 (TTY:711)

### CHIP / CHIP Perinate

Bexar  
1-866-818-0959 (TTY:711)

Tarrant  
1-800-245-5380 (TTY:711)

STAR Kids  
Dallas and Tarrant  
1-844-787-5437 (TTY:711)

Visit the website:



[AetnaBetterHealth.com/Texas](http://AetnaBetterHealth.com/Texas)

Please keep this valuable booklet nearby. You'll need it to look up the OTC items you want to order. It also contains step-by-step instructions on how to order online, by phone or use your OTC benefits in store.





## Call your children's doctor today and ask for Texas Health Steps checklist for each child.

During a Texas Health Steps medical or dental check up, the doctor or dentist will check for health problems you may not know about. These checkups can help catch health problems before they get worse and harder to treat. And in some cases, they can help prevent health issues before they start.

- Texas Health Steps gives your child free medical checkups starting at birth and free dental checkups starting at 6 months of age
- Babies need these checkups more often than that

## It may be time for your annual checkup

Whether you already feel healthy or are managing a long-term condition, you should see your primary care physician (PCP) once a year. This is an important chance to connect with a doctor. And it is **available at no extra cost to you.**



### Need help?

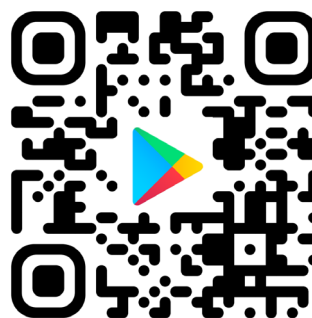
- Finding a doctor for your child's Texas Health Steps medical checkup
- Setting up a checkup for you
- Have questions about Texas Health Steps or checkups
- Need a case manager to help you find and get other services
- Need help getting a ride to a checkup

We can take your call Monday to Friday 8am to 5pm using the phone number on the back of your Aetna member ID card.

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**Get the most out of your benefit using our mobile app! Simply download the OTCHS app from the App Store (iOS) or Google Play (Android), to get started. This app will allow you to process an order, view past orders, view account information, and more!**





# Three convenient ways to place an order.

## #1 In Store:



Visit your nearest CVS Pharmacy® store.

ITEM DESCRIPTION	YOU PAY
OTCHS XXXXXX	\$\$\$\$

Find approved items through your plan's catalog. Only the items in this catalog are available to order.



Look for the blue labels that contain the OTCH indicator and SKU number.



Go to any register to checkout.



## Walkthrough Video

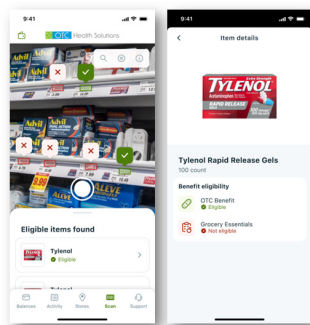
Scan the QR code below to watch a walkthrough video on how to checkout in store.



## OTCHS Mobile App In Store Perks

Scan or enter the items' barcode to confirm if it is approved.

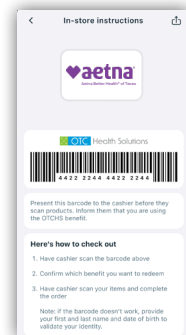
Show the cashier your digital barcode for faster check out.



• Approved



• Non-approved



**PLEASE NOTE:** The regular retail price in the store may vary. For prices that apply when you use your OTC benefits, please consult this catalog. Catalog prices cannot be combined with promotional offers or ExtraBucks® Rewards.

Excluding Target, Schnucks and select other CVS Pharmacy® locations.

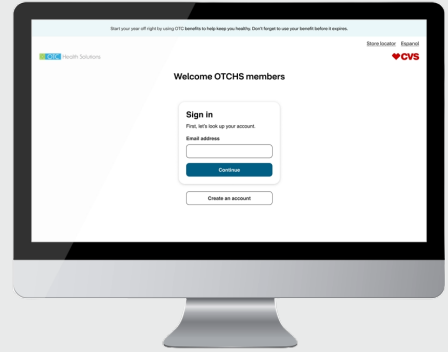


## #2 Online: <https://www.cvs.com/otchs/aetnatx>

**First time placing an order online?** You will need to create an account. If you share an email with a spouse or caregiver who also has an OTC account, you will only be able to make one account. You must complete a two-step authentication before you can finish signing up.

- Search for the OTCHS website and sign in.
- Select “Shop OTC benefits”.
- Search and add items to your basket. Once you are ready to place your order, select “Checkout”.
- Confirm the shipping information and select “Place Order”. Please contact your Health Plan for any permanent address change needed.
- You will be directed to the Order Summary. This page will show your order details and the delivery timeframe.

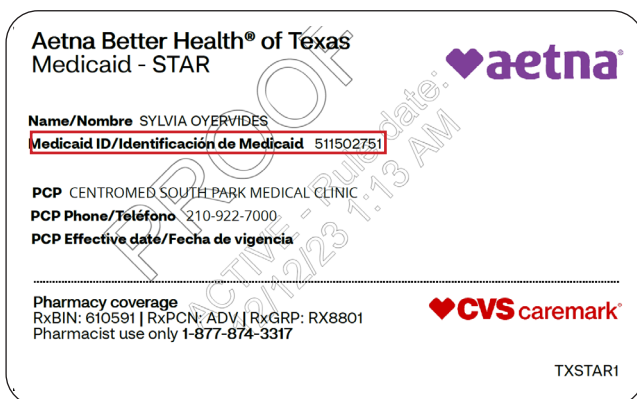
You will receive emails with the latest status updates as your order is processing.



## Need help?

### Locate Your Member ID

You can find your member ID on your insurance card. Refer to the example card below.



### Walkthrough Video

Scan the QR code above to watch a video on how to place your orders online.

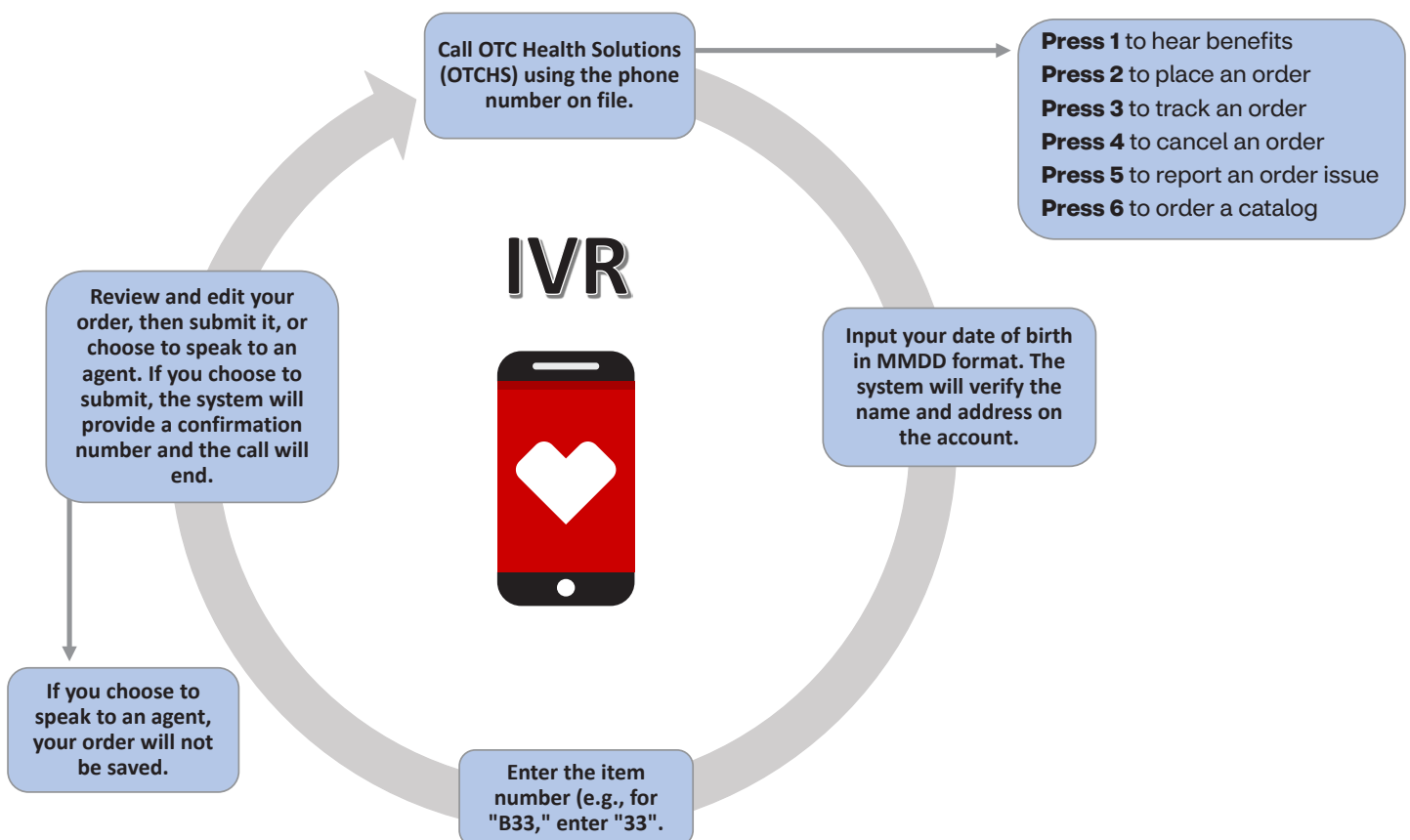
**IMPORTANT:** Orders for each benefit period must be placed by 11:59 PM ET on the last day of the benefit period. Please review the order frequency limits located in the FAQs to avoid missing benefit amounts.

### #3 By Phone:

Orders can be placed by calling **1-888-628-2770 (TTY: 711)**. You can talk to an agent Monday to Friday, from 9 AM to 8 PM local time. Please have your order ready before you call.

#### How to place an order through the Interactive Voice Response (IVR) system:

- Call using the phone number on file. The phone number on file is provided to OTCHS by your health plan. If you wish to use a different number to order, you can provide the alternative number to an OTCHS agent so it can be added to your account.
- Please enter the number of the item code. For example, if you want to order item “B33” you will enter “33” and wait for the system to repeat the item and ask if the selection is correct. Please let the system finish the prompt before you make your selection.
- Once the order is complete, you will have the choice to review and edit the items in the cart, submit the order, or speak to an agent. **Should you choose to speak to an agent, your items will not be saved and you will have to restart your order.**



**RETURNS POLICY:** Due to the personal nature of the products, no returns or exchanges are allowed. If you haven't received your order, received a defective or damaged item, please call OTC Health Solutions within 30 days of placing your order. If your item is not in stock, an item of similar or greater value may be substituted in your order.

# Frequently asked questions (FAQs)

**1. Where can I find my member ID number?**

It can be found on the front of your health plan ID card. Refer to page 6 for instructions on how to locate it.

**2. What is the Over-the-Counter (OTC) benefit?**

The benefit lets you get OTC items by going to any allowed stores. You can also order by phone at **1-888-628-2770 (TTY: 711)** Monday to Friday, from 9 AM to 8 PM local time or online at <https://www.cvs.com/otchs/aetnatx>. You order from a list of approved items, and it will be sent to your address.

**3. How much is my OTC benefit?**

You have \$30 per month.

**4. How often can I use my OTC benefit?**

Your OTC benefit can be used multiple times throughout the month.

**5. Can I carry over unused benefit amount to the next benefit period?**

Benefit amounts do not carry over.

**6. Can I order more than my benefit amount?**

You can't order more than your benefit amount online or by phone. However, you may go over your benefit amount at any allowed CVS Pharmacy® store and pay the difference out of pocket.

**7. Are all items available at the stores?**

No. Items marked with a (☎) in the catalog can only be ordered over the phone or online.

**8. Are all items available online?**

No. Items marked with a (★) in the catalog can only be ordered in store.

**9. Is there a limit on the number of items I can order?**

You can order up to three of the same items, per month. There are some items that have special limits. These are marked with a (Ⓢ) or (Ⓛ) in the catalog.

**10. How long will it take to receive my order?**

Most orders will arrive in less than 5 business days. It may take longer during peak volume periods as well as for orders that have hazardous items. If you have not received your order within 14 days please call OTC Health Solutions at **1-888-628-2770 (TTY: 711)** Monday to Friday, from 9 AM to 8 PM local time.

**11. Can I cancel my order once it has been placed?**

Orders can only be cancelled within 30 minutes after being placed. To cancel an order, you can use the automated IVR system or talk to an agent.

**12. How do I confirm my order was placed?**

Once the order is placed, you will receive an order number. Access to order history is also available in the OTCHS portal/ app. Always keep your order number.



# Frequently asked questions (FAQs)

**13. Can I track my order?**

You will receive status updates through email/ text. You can also use our IVR system or the OTCHS portal/ app to view tracking information.

**14. How can I receive another copy of this booklet?**

You will get a digital copy of the booklet when you receive status updates through email or text. You can also order a copy using our automated IVR system, talking to an agent, or by printing one from the plan web page. A digital copy will also be available in the support section of the OTCHS portal/ app.

**15. Where can I get additional information about the products?**

The SKU numbers that can be used at <https://www.cvs.com> to look up the images and item details.

**16. How will the items be shipped?**

Items are shipped via UPS to your home at no cost to you.

**17. Can I return items and receive cash as reimbursement?**

No. You receive an allowance from your health plan to spend on eligible OTC items, there are no cash reimbursements allowed through this program.

**Additional notes:**

- To order certain vitamins, it is advised that you talk to your doctor before you place an order. These are called “dual-purpose items” which are marked with a (‡).
- If you are pregnant, ordering over-the-counter medications on behalf of a child, or want to order vitamins, it is advised that you talk to your doctor before you place an order.
- Items in this booklet are for personal use and can only be ordered for the member.



# Favorite Items



**DIPHENHYDRAMINE  
HCI 25MG TABLETS**

**CODE A150  
SKU 477066**



**FLONASE NASAL SPRAY**

**CODE A127  
SKU 302860**



**ULTRA-SOFT  
CLEANSING WIPES**

**CODE B60  
SKU 740537**



**COUGH DROPS HONEY  
LEMON**

**CODE C94  
SKU 379157**



**COLD AND FLU  
DAYTIME RELIEF  
SOFTGELS**

**CODE C56  
SKU 890425**



**OMEPRAZOLE 20MG  
TABLETS**

**CODE D172  
SKU 451305**



**TRIPLE ANTIBIOTIC  
AND PAIN RELIEF  
OINTMENT**

**CODE F149  
SKU 322430**



**ASSORTED BANDAGES  
VALUE PACK**

**CODE F110  
SKU 488598**



**CREST COMPLETE  
TOOTHPASTE WITH  
SCOPE**

**CODE O103  
SKU 705527**



**ARTHRITIS PAIN RELIEF  
650MG CAPLETS**

**CODE P9  
SKU 193588**

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
<b>ACNE</b>				
<b>FACIAL CLEANSERS</b>				
A1	446761	ACNE CONTROL CLEANSER	8 OZ	\$11.00
A6	412505	PANOXYL ACNE FOAMING WASH	5.5 OZ	\$12.00
<b>MOISTURIZERS</b>				
A2	462266	ACNE CONTROL GEL	1.35 OZ	\$16.00
<b>SERUMS</b>				
A7	112280	REFINING RETINOL SERUM	1 OZ	\$17.00
<b>SPOT TREATMENTS</b>				
A3	428504	ACNE TREATMENT GEL	1 OZ	\$5.00
<b>ADULT CARE</b>				
<b>CARE &amp; ACCESSORIES</b>				
A23	458004	ADULT CARE WIPES	192 CT	\$12.00
A22	520577	ADULT CARE WIPES	48 CT	\$8.00
A27	512509	UNDERPADS XL	18 CT	\$10.00
<b>LIGHT END</b>				
A38	163093	MEN'S BLADDER CONTROL PADS	52 CT	\$13.00
A39	228767	MEN'S GUARDS	27 CT	\$9.00
A37	970823	ALWAYS DISCREET PADS, VERY LIGHT LONG	44 CT	\$7.00
<b>PADS</b>				
A49	970846	ALWAYS DISCREET PADS, MODERATE	66 CT	\$17.00
A51	795728	WOMEN'S BLADDER CONTROL PADS, LONG	27 CT	\$13.00
A52	964701	WOMEN'S OVERNIGHT BLADDER CONTROL PADS	30 CT	\$13.00
A53	150744	WOMEN'S PROTECTIVE PADS, MAX LONG	39 CT	\$13.00
A55	240487	WOMEN'S PROTECTIVE PADS, MODERATE	20 CT	\$6.00
A54	535872	WOMEN'S PROTECTIVE PADS, MODERATE	66 CT	\$13.00
A56	714508	WOMEN'S PROTECTIVE PADS, ULTIMATE	33 CT	\$13.00
A57	699083	WOMEN'S THIN FIT PROTECTIVE PADS, HEAVY	48 CT	\$13.00
A58	181771	WOMEN'S THIN FIT PROTECTIVE PADS, MODERATE	66 CT	\$13.00
<b>PANTS</b>				
A63	240473	DEPEND NIGHT DEFENSE UNDERWEAR FOR WOMEN L	14 CT	\$18.00
A64	241190	DEPEND NIGHT DEFENSE UNDERWEAR FOR WOMEN M	15 CT	\$18.00
A65	241455	DEPEND NIGHT DEFENSE UNDERWEAR FOR WOMEN XL	12 CT	\$18.00
A66	489366	MEN'S UNDERWEAR MAX, L/XL	18 CT	\$14.00
A67	842939	MEN'S UNDERWEAR MAX, L/XL	32 CT	\$22.00
A68	489372	MEN'S UNDERWEAR MAX, S/M	20 CT	\$14.00
A69	830473	MEN'S UNDERWEAR MAX, S/M	36 CT	\$22.00
A70	383182	UNISEX OVERNIGHT UNDERWEAR, L	14 CT	\$14.00
A71	383703	UNISEX OVERNIGHT UNDERWEAR, XL	12 CT	\$14.00
A72	489350	WOMEN'S UNDERWEAR MAX, L	18 CT	\$14.00
A73	830475	WOMEN'S UNDERWEAR MAX, L	32 CT	\$22.00
A74	489330	WOMEN'S UNDERWEAR MAX, S/M	20 CT	\$14.00
A75	830476	WOMEN'S UNDERWEAR MAX, S/M	36 CT	\$22.00
A76	973821	WOMEN'S UNDERWEAR MAX, XL	16 CT	\$14.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
A77	830474	WOMEN'S UNDERWEAR MAX, XL	28 CT	\$22.00
<b>ALLERGY REMEDIES</b>				
<b>ALTERNATIVE REMEDIES</b>				
A83	955517	NASAL MIST	4.6 OZ	\$8.00
A84	340125	NASAL MIST	0.5 OZ	\$7.00
<b>ANTIHISTAMINE NASAL SPRAY</b>				
A99	616833	ASTEPRO ALLERGY ANTIHISTAMINE NASAL SPRAY	60 CT	\$20.00
<b>CETIRIZINE</b>				
A110	925507	CETIRIZINE 10MG SOFTGELS	25 CT	\$18.00
A109	981751	CETIRIZINE 10MG SOFTGELS	40 CT	\$22.00
A112	444236	CETIRIZINE 10MG TABLETS	14 CT	\$11.00
A114	444238	CETIRIZINE 10MG TABLETS	30 CT	\$16.00
A111	571851	CETIRIZINE 10MG TABLETS	365 CT	\$58.00
A113	444255	CETIRIZINE 10MG TABLETS	45 CT	\$22.00
A115	389345	LEVOCETIRIZINE 5MG TABLETS	35 CT	\$16.00
A116	443197	ZYRTEC 10MG TABLETS	60 CT	\$35.00
<b>CHILDREN'S REMEDIES</b>				
C1	566853	CHILDREN'S CETIRIZINE 10MG ORALLY DISINTEGRATING TABLETS, ORANGE	24 CT	\$19.00
C2	912859	CHILDREN'S CETIRIZINE 5MG LIQUID, GRAPE	4 OZ	\$9.00
C3	922201	CHILDREN'S CETIRIZINE 5MG LIQUID, GRAPE SUGAR FREE	8 OZ	\$16.00
C6	195770	CHILDREN'S LORATADINE 5MG CHEWABLE TABLETS, GRAPE	20 CT	\$17.00
C7	912845	CHILDREN'S LORATADINE 5MG LIQUID, GRAPE	4 OZ	\$9.00
<b>FEXOFENADINE</b>				
A121	952763	ALLEGRA 60MG TABLETS	24 CT	\$18.00
A123	847260	FEXOFENADINE 180MG TABLETS	30 CT	\$18.00
A122	888489	FEXOFENADINE 180MG TABLETS	90 CT	\$34.00
<b>STERIOD NASAL SPRAY</b>				
A127	302860	FLONASE NASAL SPRAY	0.38 OZ	\$20.00
A128 ‡	674958	FLUTICASONE NASAL SPRAY 144 DOSE	0.06 OZ	\$21.00
A129 ‡	797907	FLUTICASONE NASAL SPRAY 72 DOSE	0.38 OZ	\$14.00
<b>LORATADINE</b>				
A134	244841	CLARITIN 10MG TABLETS	30 CT	\$27.00
A135	348499	LORATADINE 10MG SOFTGELS	60 CT	\$30.00
A140	232641	LORATADINE 10MG TABLETS	10 CT	\$7.00
A139	277760	LORATADINE 10MG TABLETS	20 CT	\$14.00
A141	232642	LORATADINE 10MG TABLETS	30 CT	\$16.00
A136	583518	LORATADINE 10MG TABLETS	365 CT	\$45.00
A137	222718	LORATADINE 10MG TABLETS	70 CT	\$29.00
A138	919205	LORATADINE 10MG TABLETS	90 CT	\$30.00
<b>NASAL AND EYE</b>				
C4	483095	CHILDREN'S DIPHENHYDRAMINE HCl 12.5MG CHEWABLE TABLETS, GRAPE	18 CT	\$6.00
C5	477072	CHILDREN'S DIPHENHYDRAMINE HCl 12.5MG LIQUID, CHERRY	4 OZ	\$5.00
A148	477069	DIPHENHYDRAMINE HCl 25MG TABLETS	100 CT	\$12.00
A150	477066	DIPHENHYDRAMINE HCl 25MG TABLETS	24 CT	\$4.00



UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
A147	870284	DIPHENHYDRAMINE HCl 25MG TABLETS	365 CT	\$19.00
A149	477068	DIPHENHYDRAMINE HCl 25MG TABLETS	48 CT	\$8.00
A151	994279	DIPHENHYDRAMINE HCl 50MG LIQUID, CHERRY	4 OZ	\$6.00
A152	994433	NASAL STRIPS	10 CT	\$5.00
<b>APPAREL</b>				
<b>SOCKS</b>				
A162	184730	COPPER-TREATED COMFORT SOCKS, L/XL BLACK	3 CT	\$10.00
A163	184812	COPPER-TREATED COMFORT SOCKS, L/XL WHITE	3 CT	\$10.00
A164	184935	COPPER-TREATED COMFORT SOCKS, S/M BLACK	3 CT	\$10.00
A165	184626	COPPER-TREATED COMFORT SOCKS, S/M WHITE	3 CT	\$10.00
A166	893270	DIABETIC SOCKS, L/XL	2 CT	\$9.00
A167	893272	DIABETIC SOCKS, S/M	2 CT	\$9.00
A168	658582	FIRM COMPRESSION SOCKS, L/XL BLACK	1 CT	\$12.00
A169	658593	FIRM COMPRESSION SOCKS, S/M BLACK	1 CT	\$12.00
A170	978348	LIGHT COMPRESSION SOCKS, L/XL BLACK	1 CT	\$10.00
A171	658784	LIGHT COMPRESSION SOCKS, L/XL WHITE	1 CT	\$10.00
A172	978349	LIGHT COMPRESSION SOCKS, S/M BLACK	1 CT	\$10.00
A173	658829	LIGHT COMPRESSION SOCKS, S/M WHITE	1 CT	\$10.00
<b>BABY CARE</b>				
<b>BABY TOILETRIES</b>				
B1	304238	BABY POWDER	22 OZ	\$6.00
B3	217083	BABY SHAMPOO	13.6 OZ	\$5.00
B4	278382	COTTON SWABS	375 CT	\$4.00
B5	107631	DESITIN OINTMENT	4 OZ	\$11.00
B6	803987	DIAPER RASH OINTMENT	2 OZ	\$4.00
B7	954732	EUCERIN BABY ECZEMA RELIEF CRÈME	5 OZ	\$12.00
B8	709857	J&J BABY POWDER WITH CORNSTARCH	15 OZ	\$8.00
B9	134109	JOHNSON'S BABY LOTION	13.5 OZ	\$6.00
B10	275024	JOHNSON'S BABY SHAMPOO	13.6 OZ	\$6.00
B11	949628	PETROLEUM JELLY	13 OZ	\$6.00
B12	309433	PLASTIC STICK COTTON SWABS	200 CT	\$3.00
<b>DIAPERS</b>				
B19	894617	HUGGIES SNUG & DRY DIAPERS SIZE 1	38 CT	\$13.00
B20	698908	HUGGIES SNUG & DRY DIAPERS SIZE 2	34 CT	\$13.00
B22	156297	HUGGIES ULTRATRIM UNISEX DIAPERS SIZE 3	31 CT	\$13.00
B23	156298	HUGGIES ULTRATRIM UNISEX DIAPERS SIZE 4	27 CT	\$13.00
B24	156302	HUGGIES ULTRATRIM UNISEX DIAPERS SIZE 5	22 CT	\$13.00
B25	156303	HUGGIES ULTRATRIM UNISEX DIAPERS SIZE 6	19 CT	\$13.00
<b>ELECTROLYTES</b>				
B30	393301	PEDIALYTE ADVANCED CARE PLUS POWDER	6 CT	\$14.00
<b>FEEDING ACCESSORIES</b>				
B51	459312	LANOLIN CREAM	1.41 OZ	\$12.00
B52	461879	LANSINOH BREASTMILK STORAGE BAGS	50 CT	\$16.00
B53	149525	LANSINOH DISPOSABLE NURSING PADS	60 CT	\$13.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
B54	806620	LANSINOH LANOLIN NIPPLE CREAM	1.41 OZ	\$15.00
B35	382830	NUBY STANDARD NECK BOTTLES	3 CT	\$6.00
<b>INFANT REMEDIES</b>				
B40	382875	BABY CARE KIT	1 CT	\$15.00
B41	330812	GAS RELIEF DROPS	1 OZ	\$11.00
B42	994605	GAS RELIEF INFANT	0.5 OZ	\$6.00
B44	858818	INFANTS' ACETAMINOPHEN 10MG ORAL SUSPENSION	2 OZ	\$8.00
B45	478939	INFANTS' IBUPROFEN CONCENTRATED DROPS	1 OZ	\$9.00
B46	805967	LITTLE REMEDIES SALINE SPRAY AND DROPS	0.5 OZ	\$4.00
<b>WIPES</b>				
B60	740537	CLEANSING WIPES	64 CT	\$4.00
B61	888491	TODDLER WIPES	60 CT	\$3.00
B63	571810	ULTRA-SOFT SENSITIVE CLEANSING WIPES	56 CT	\$4.00
B62	692270	ULTRA-SOFT CLEANSING WIPES	64 CT	\$4.00
<b>BATTERIES</b>				
<b>ALKALINE</b>				
B67	289058	ALKALINE BATTERIES AA	4 CT	\$7.00
B68	708032	ALKALINE BATTERIES AAA	4 CT	\$7.00
<b>BLOOD PRESSURE</b>				
H47 ⓘ ‡	800232	BLOOD PRESSURE MONITOR MANUAL UPPER ARM	1 CT	\$19.00
<b>COLD REMEDIES</b>				
<b>ALTERNATIVE REMEDIES</b>				
C37 ‡	653004	AIRBORNE GUMMIES, ASSORTED FRUIT	42 CT	\$18.00
C38 ‡	889580	AIRSHIELD CHEWABLE TABLETS, BERRY	32 CT	\$7.00
C39 ‡	970454	AIRSHIELD GUMMIES, ORANGE LEMON	42 CT	\$11.00
C41 ‡	320711	AIRSHIELD TABLETS, ORANGE	10 CT	\$7.00
C40 ‡	381791	AIRSHIELD TABLETS, ORANGE	10 CT	\$11.00
C43	554912	VITAMIN C 1000MG POWDER PACKETS	10 CT	\$5.00
<b>CHEST RUBS</b>				
C47	277898	MEDICATED CHEST RUB	1.76 OZ	\$5.00
C48	587618	MEDICATED CHEST RUB	3.53 OZ	\$8.00
<b>CHILD'S REMEDIES</b>				
C13	689423	CHILDREN'S CHEST CONGESTION PLUS COUGH RELIEF LIQUID, CHERRY	4 OZ	\$12.00
C14	895141	CHILDREN'S MULTI-SYMPTOM COLD RELIEF LIQUID, BERRY	4 OZ	\$12.00
C15	181098	CHILDREN'S NASAL SALINE MIST	2 OZ	\$6.00
<b>COLD TABLETS</b>				
C52	441208	ALKA-SELTZER DAY & NIGHT LIQUID GELS	24 CT	\$14.00
C53	954405	COLD AND FLU COOLING SEVERE DAYTIME RELIEF CAPLETS	24 CT	\$11.00
C54	362029	COLD AND FLU DAY AND NIGHT RELIEF SOFTGELS	24 CT	\$9.00
C55	896264	COLD AND FLU DAY AND NIGHT RELIEF SOFTGELS	48 CT	\$15.00
C56	890425	COLD AND FLU DAYTIME RELIEF SOFTGELS	16 CT	\$6.00
C57	338131	COLD AND FLU HBP RELIEF TABLETS	20 CT	\$8.00
C59	890411	COLD AND FLU MULTI-SYMPTOM NIGHTTIME RELIEF SOFTGELS	16 CT	\$6.00

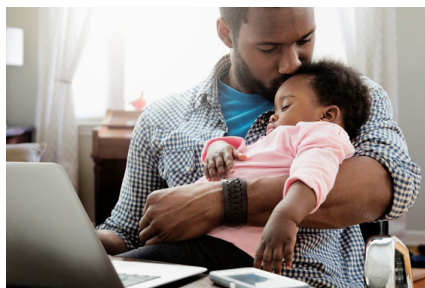
UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
C58	164257	COLD AND FLU MULTI-SYMPTOM DAY AND NIGHT RELIEF SOFTGELS	24 CT	\$9.00
C60	970808	COLD AND FLU SEVERE DAY AND NIGHT RELIEF SOFTGELS	24 CT	\$11.00
C61	362042	COLD AND FLU SEVERE DAYTIME RELIEF SOFTGELS	24 CT	\$12.00
C62	970805	COLD AND FLU SEVERE NIGHTTIME RELIEF SOFTGELS	24 CT	\$12.00
C63	970306	COLD AND FLU SEVERE RELIEF CAPLETS	24 CT	\$8.00
C64	974226	CORICIDIN HBP COLD AND FLU	20 CT	\$13.00
C66	244956	COUGH AND COLD HBP RELIEF TABLETS	16 CT	\$7.00
C67	551102	FLU HBP RELIEF MAXIMUM STRENGTH	20 CT	\$8.00
C68	442006	VICKS DAYQUIL SEVERE LIQUIDCAP	24 CT	\$16.00
C69	451200	VICKS NYQUIL SEVERE LIQUIDCAP	24 CT	\$16.00
<b>COUGH</b>				
C74	132213	CHEST CONGESTION AND COUGH HBP SOFTGELS	20 CT	\$8.00
C75	297885	CHEST CONGESTION RELIEF TABLETS	60 CT	\$9.00
C76	895137	COUGH AND CONGESTION SEVERE RELIEF LIQUID	6 OZ	\$13.00
C77	895138	DM MAXIMUM STRENGTH LIQUID	6 OZ	\$13.00
C78	430367	MUCINEX DM 1200MG EXTENDED RELEASE TABLETS	14 CT	\$23.00
C79	292925	MUCINEX DM 600MG EXTENDED RELEASE TABLETS	20 CT	\$21.00
C80	810461	MUCINEX FAST-MAX SEVERE CONGESTION AND COUGH RELIEF LIQUID	6 OZ	\$18.00
C81	236502	MUCUS DM EXTENDED RELEASE TABLETS	20 CT	\$14.00
C82	173270	MUCUS DM MAXIMUM STRENGTH EXTENDED RELEASE TABLETS	14 CT	\$16.00
C83	173321	MUCUS DM MAXIMUM STRENGTH EXTENDED RELEASE TABLETS	28 CT	\$26.00
C84	259459	MUCUS EXTENDED RELEASE TABLETS 1200MG	14 CT	\$16.00
C85	971824	TUSSIN CF LIQUID	4 OZ	\$7.00
C87	707516	TUSSIN DM LIQUID	4 OZ	\$6.00
C86	707512	TUSSIN DM LIQUID	8 OZ	\$10.00
C88	971823	TUSSIN DM NIGHTTIME	4 OZ	\$6.00
C89	477060	TUSSIN DM SUGAR FREE LIQUID	8 OZ	\$8.00
<b>COUGH DROPS</b>				
C94	379157	COUGH DROPS HONEY LEMON	160 CT	\$7.00
C95	654515	MUCINEX SORE THROAT AND COUGH RELIEF DROPS HONEY	40 CT	\$7.00
C96	694506	MUCINEX SORE THROAT AND COUGH RELIEF DROPS	40 CT	\$7.00
C97	179666	SUGAR FREE MENTHOL COUGH DROPS	140 CT	\$7.00
<b>DEVICES</b>				
C103	193592	DIGITAL THERMOMETER	1 CT	\$18.00
C16 ①	423796	INFRARED THERMOMETER	1 CT	\$49.00
C104	442271	PURE MISTAIRE HUMIDIFIER	1 CT	\$40.00
C17	155912	RIGID TIP DIGITAL THERMOMETER	1 CT	\$10.00
C105	277896	VAPOR STEAM COUGH SUPPRESSANT CAMPHOR	8 OZ	\$11.00
<b>FLU REMEDIES</b>				
C110	442927	COLD AND FLU HBP MULTI-SYMPTOM NIGHTTIME RELIEF LIQUID, CHERRY	12 OZ	\$9.00
C111	895139	COLD, FLU & SORE THROAT RELIEF MAX STRENGTH LIQUID	6 OZ	\$12.00
C112	548074	MAXIMUM STRENGTH SEVERE COLD LIQUID	6 OZ	\$12.00
C114	954406	SEVERE DAYTIME LIQUID	12 OZ	\$11.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
C115	180192	SEVERE NIGHTTIME LIQUID	12 OZ	\$11.00
C116	939419	VICKS DAYQUIL SEVERE LIQUID	12 OZ	\$16.00
C117	939406	VICKS NYQUIL SEVERE LIQUID	12 OZ	\$16.00
<b>HOMEOPATHIC</b>				
C123 ‡	382934	ZICAM COLD REMEDY QUICK DISSOLVE TABLETS	25 CT	\$16.00
<b>LIP CARE</b>				
C127	280974	BLISTEX LIP OINTMENT	0.35 OZ	\$4.00
C128	882775	CARMEX CLASSIC LIP BALM 3 PACK	1.05 OZ	\$5.00
C129	337401	COLD SORE TREATMENT	0.07 OZ	\$18.00
<b>NASAL/SINUS</b>				
C142	164183	NASAL MIST	1 OZ	\$7.00
C143	858828	NASAL MIST SEVERE	0.5 OZ	\$7.00
C144	858830	NASAL SPRAY	0.5 OZ	\$6.00
C145	857132	NASAL SPRAY	1 OZ	\$7.00
C135	953436	NASAL STRIPS LARGE	30 CT	\$11.00
C136	953437	NASAL STRIPS MEDIUM	30 CT	\$11.00
C146	938777	SINUS AND SEVERE CONGESTION RELIEF CAPLETS	20 CT	\$12.00
C147	408566	SINUS PAIN AND CONGESTION RELIEF CAPLETS	24 CT	\$6.00
C148	343398	SINUS PE PRESSURE AND PAIN RELIEF CAPLETS	24 CT	\$8.00
<b>SALINE</b>				
C153	891465	NASAL SPRAY SALINE	1.5 OZ	\$4.00
C154	277790	NASAL SPRAY SALINE 2 PACK	1.5 OZ	\$7.00
C155	896038	SINUS WASH REFILL SALINE PACKETS	100 CT	\$14.00
C156	896024	SINUS WASH SYSTEM NETI POT	1 CT	\$14.00
<b>SORE THROAT</b>				
C162	857378	CEPACOL EXTRA STRENGTH SORE THROAT LOZENGES, CHERRY	16 CT	\$6.00
C163	316620	SORE THROAT SPRAY	6 OZ	\$6.00
<b>COSMETICS</b>				
<b>COTTON</b>				
C177	365244	COTTON ROUNDS	1 CT	\$4.00
<b>TOOLS</b>				
C167	230332	NAIL CLIPPER	1 CT	\$5.00
C173	230363	SLANT TWEEZER	1 CT	\$4.00
<b>DEODORANT</b>				
<b>MENS</b>				
D1	140574	OLD SPICE DEODORANT	3.25 OZ	\$6.00
<b>WOMENS</b>				
D6	251549	SECRET CLINICAL STRENGTH ANTIPERSPIRANT	2.6 OZ	\$15.00
D7	374111	SECRET DEODORANT	2.4 OZ	\$9.00
<b>DIET NUTRITION</b>				
<b>PROTEIN SHAKES AND OTHER NUTRITIONAL ITEMS</b>				
A12	234978	BOOST HIGH PROTEIN NUTRITIONAL DRINK CHOCOLATE 6 PACK	8 OZ	\$12.00
A13	234977	BOOST HIGH PROTEIN NUTRITIONAL DRINK VANILLA 6 PACK	8 OZ	\$12.00
D13	204464	LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX	6 CT	\$14.00



UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
D14 	264399	OWYN PROTEIN SHAKE DARK CHOCOLATE 4 PACK	11.1 OZ	\$10.00
D15 	264635	OWYN PROTEIN SHAKE VANILLA 4 PACK	11.1 OZ	\$10.00
<b>DIGESTIVE HEALTH</b>				
<b>ANTACIDS</b>				
D33	690266	ANTACID CALCIUM CHEWABLE TABLETS, ASSORTED FRUIT	160 CT	\$9.00
D34	836320	ANTACID CALCIUM CHEWABLE TABLETS, ASSORTED FRUIT	96 CT	\$6.00
D35	230995	ANTACID ULTRA STRENGTH CHEWABLE TABLETS	72 CT	\$6.00
D36	860849	HEARTBURN RELIEF CHEWABLE TABLETS	100 CT	\$9.00
D37	164422	HEARTBURN RELIEF LIQUID MINT	12 OZ	\$9.00
D38	236859	MYLANTA MAXIMUM STRENGTH ANTACID PLUS ANTI-GAS LIQUID	12 OZ	\$12.00
D39	282267	TUMS CHEWY BITES	32 CT	\$8.00
<b>ANTI-GAS MEDICATIONS</b>				
D44	883928	GAS RELIEF EXTRA STRENGTH CHEWABLE TABLETS CHERRY	48 CT	\$12.00
D45	232981	GAS RELIEF EXTRA STRENGTH CHEWABLE TABLETS PEPPERMINT CRÈME	18 CT	\$6.00
D46	206805	GAS RELIEF EXTRA STRENGTH SOFTGELS	30 CT	\$5.00
D47	690035	GAS RELIEF ULTRA STRENGTH SOFTGELS	20 CT	\$4.00
<b>CHILDRENS DIGESTIVE HEALTH</b>				
C23	878852	CHILDREN'S ANTACID CHEWABLE TABLETS	24 CT	\$7.00
<b>DIARRHEA</b>				
D54	690041	ANTI-DIARRHEAL 2MG SOFTGELS	24 CT	\$8.00
D55	888495	ANTI-DIARRHEAL ORAL SOLUTION MINT	4 OZ	\$6.00
D52	672550	ANTI-DIARRHEAL 2MG CAPLETS	12 CT	\$5.00
D53	232907	ANTI-DIARRHEAL 2MG CAPLETS	24 CT	\$8.00
D56	737715	IMODIUM A-D CAPLETS	24 CT	\$18.00
<b>RELIEF OF GAS FROM BEANS AND MILK</b>				
D61	878020	BEANAID CAPSULES	30 CT	\$6.00
D62	267635	DAIRY RELIEF CAPLETS	60 CT	\$14.00
D63	690659	DAIRY RELIEF CHEWABLE TABLETS	60 CT	\$14.00
D64	372214	DAIRY RELIEF SOFTGELS	32 CT	\$9.00
D65	393041	LACTAID FAST ACT CAPLETS	32 CT	\$15.00
<b>FIBER SUPPLEMENTS</b>				
D70	930981	BENEFIBER POWDER	8.7 OZ	\$21.00
D73	318142	DAILY FIBER CAPSULES	100 CT	\$10.00
D71	252794	DAILY FIBER CAPSULES	160 CT	\$16.00
D72	348642	DAILY FIBER CAPSULES	320 CT	\$24.00
D74	958326	DAILY FIBER SUGAR FREE POWDER	10 OZ	\$12.00
D75	958332	DAILY FIBER SUGAR FREE POWDER	23.3 OZ	\$21.00
D76	690260	EASY FIBER POWDER	8.6 OZ	\$15.00
D77	567388	GREAT SHAPE FIBER POWDER	17.6 OZ	\$23.00
D78	198529	METAMUCIL FIBER THERAPY CAPSULES	160 CT	\$27.00
D79	883843	METAMUCIL SUGAR FREE FIBER SUPPLEMENT	15 OZ	\$24.00
<b>H2 BLOCKERS</b>				
D82	422050	ACID CONTROLLER MAXIMUM STRENGTH TABLETS	100 CT	\$27.00
D83	398671	ACID CONTROLLER MAXIMUM STRENGTH TABLETS	25 CT	\$10.00

The following are tips to consider if your child is not feeling well.



The following are tips to consider if your child is not feeling well. Contact your doctor if you want to use a new medication for your child.

- The doctor can tell you if it is safe to give your child.
- The doctor can help you figure out the right dose of a medicine.

For more information:

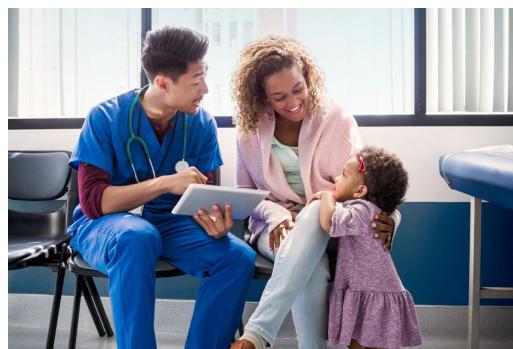
- If you need help finding a doctor, call us and we can help.
- We can even connect you to a nurse.

**Do not wait for a medicine to work if your child has an emergency!**



**Urgent care centers will treat minor problems like:**

- Mild burns and scrapes
- Mild strains and sprains
- Mild cough and sore throat
- Runny nose
- Ear pain
- Mild fever
- Rash and skin problems



**Signs of an emergency include:**

- Chest pain
- Trouble breathing
- Not eating or drinking
- Being very fussy
- Sleeping more than usual
- Cough for more than 2 weeks
- A cold that is getting worse
- Fever more than 100.3 in a baby, (less than 3 months old)
- Severe bleeding
- Blacking out






Your PCP is always the best place to start if you have health questions! If your doctor is busy and your child is sick, look on our website for urgent care services. Urgent care is for mild problems, and they can often see you on the same day. They have after hours and weekend services. There are even virtual options.

Remember, call your doctor if you are not sure if urgent care or the emergency room are right for your child.

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
D81	398672	ACID CONTROLLER MAXIMUM STRENGTH TABLETS	50 CT	\$17.00
D85	690256	ACID CONTROLLER TABLETS	30 CT	\$7.00
D84	116960	ACID CONTROLLER TABLETS	90 CT	\$19.00
D86	471127	HEARTBURN RELIEF TABLETS	60 CT	\$19.00
<b>HEMORRHOID TREATMENT</b>				
D92	317686	HEMORRHOIDAL COOLING GEL	0.9 OZ	\$7.00
D93	452277	HEMORRHOIDAL CREAM	1.8 OZ	\$11.00
D94	689613	HEMORRHOIDAL CREAM	1 OZ	\$7.00
D96	401472	HEMORRHOIDAL MEDICATED WIPES	48 CT	\$6.00
D95	913037	HEMORRHOIDAL MEDICATED WIPES	96 CT	\$11.00
D97	457931	HEMORRHOIDAL OINTMENT	1 OZ	\$7.00
D98	144212	HEMORRHOIDAL OINTMENT	2 OZ	\$10.00
D99	961468	HEMORRHOIDAL SUPPOSITORIES	12 CT	\$8.00
<b>LAXATIVES</b>				
D110	480996	BISACODYL LAXATIVE 10MG SUPPOSITORIES	4 CT	\$6.00
D111	166371	BISACODYL LAXATIVE 10MG SUPPOSITORIES	8 CT	\$12.00
D114	317857	BISACODYL LAXATIVE 5MG TABLETS	10 CT	\$3.00
D112	348639	BISACODYL LAXATIVE 5MG TABLETS	25 CT	\$4.00
D113	166363	BISACODYL LAXATIVE 5MG TABLETS	50 CT	\$10.00
D115	108597	DULCOLAX LAXATIVE TABLETS	25 CT	\$11.00
D116	108530	GLYCERIN SUPPOSITORIES	25 CT	\$4.00
D117	707940	LAXATIVE 25MG TABLETS	24 CT	\$6.00
D118	789407	MAGNESIUM CITRATE LAXATIVE LIQUID GRAPE	10 OZ	\$4.00
D119	494222	MILK OF MAGNESIA	12 OZ	\$7.00
D120	415361	MIRALAX POWDER	4.1 OZ	\$13.00
D122	713635	PURELAX POWDER	4.1 OZ	\$9.00
D121	713639	PURELAX POWDER	8.3 OZ	\$13.00
D123	707928	SENNA 8.6MG TABLETS	250 CT	\$20.00
D124	707942	SENNA 8.6MG TABLETS	50 CT	\$12.00
D125	304258	SENOLOT LAXATIVE TABLETS	50 CT	\$20.00
D126	488021	STOOL SOFTENER 100MG CAPSULES	30 CT	\$8.00
D129	310425	STOOL SOFTENER 100MG SOFTGELS	100 CT	\$12.00
D128	317683	STOOL SOFTENER 100MG SOFTGELS	25 CT	\$7.00
D127	689614	STOOL SOFTENER 100MG SOFTGELS	30 CT	\$4.00
D130	707930	STOOL SOFTENER 50MG TABLETS	100 CT	\$12.00
D131	918984	WOMEN'S BISACODYL 5MG TABLETS	25 CT	\$5.00
<b>MOTION SICKNESS</b>				
D137	139139	MOTION SICKNESS RELIEF TABLETS	12 CT	\$5.00
D136	452260	MOTION SICKNESS RELIEF TABLETS	16 CT	\$8.00
D138	690044	MOTION SICKNESS RELIEF TABLETS LESS DROWSY FORMULA	16 CT	\$8.00
D139	366919	NAUSEA RELIEF CHEWABLE TABLETS	42 CT	\$9.00
D140	109278	SEA BAND WRISTBANDS	2 CT	\$14.00
<b>MULTI SYMPTOM</b>				
D145	689598	BISMUTH CAPLETS	24 CT	\$5.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
D146	703368	BISMUTH CHEWABLE TABLETS CHERRY	30 CT	\$5.00
D147	195560	BISMUTH LIQUID	8 OZ	\$5.00
<b>PROBIOTICS</b>				
D152	206583	ALIGN PROBIOTIC CAPSULES	14 CT	\$20.00
D153	919052	DAILY PROBIOTIC 4 STRAINS 2 BILLION CPU	30 CT	\$23.00
D154	919055	DAILY PROBIOTIC 4 STRAINS 24 BILLION CPU	30 CT	\$21.00
D155	883948	DAILY PROBIOTIC 9 STRAINS CAPSULES	15 CT	\$15.00
D156	919047	DIGESTIVE PROBIOTIC CAPSULES	20 CT	\$20.00
<b>PROTON PUMP INHIBITORS</b>				
D161	272739	ESOMEPRAZOLE MAGNESIUM 20MG CAPSULES	14 CT	\$10.00
D162	272722	ESOMEPRAZOLE MAGNESIUM 20MG CAPSULES	42 CT	\$24.00
D163	481021	ESOMEPRAZOLE MAGNESIUM 20MG TABLETS	14 CT	\$10.00
D164	272733	ESOMEPRAZOLE MAGNESIUM 20MG TABLETS	28 CT	\$18.00
D166	883055	LANSOPRAZOLE 15MG CAPSULES	14 CT	\$10.00
D165	883053	LANSOPRAZOLE 15MG CAPSULES	28 CT	\$18.00
D167	883051	LANSOPRAZOLE 15MG CAPSULES	42 CT	\$24.00
D168	967601	NEXIUM 24 HOUR CAPSULES	42 CT	\$31.00
D170	488025	OMEPRAZOLE 20MG CAPSULES	14 CT	\$11.00
D169	488027	OMEPRAZOLE 20MG CAPSULES	28 CT	\$19.00
D171	451300	OMEPRAZOLE 20MG TABLETS	14 CT	\$11.00
D172	451305	OMEPRAZOLE 20MG TABLETS 3 PACK	14 CT	\$24.00
D173	352716	OMEPRAZOLE AND SODIUM BICARBONATE CAPSULES	14 CT	\$10.00
D174	250975	PRILOSEC 20MG 24HR RELIEF TABLETS	42 CT	\$30.00
<b>EXTERNAL PAIN</b>				
<b>BRACE</b>				
E13	259256	ANKLE STABILIZING SUPPORT	1 CT	\$23.00
E14	462609	ANKLE SUPPORT	1 CT	\$20.00
E15	151571	ANKLE SUPPORT SLEEVE L	1 CT	\$12.00
E16	151555	ANKLE SUPPORT SLEEVE M	1 CT	\$12.00
E17	151480	ANKLE SUPPORT SLEEVE S	1 CT	\$12.00
E20	467717	BACK COMPRESSION SUPPORT	1 CT	\$24.00
E22	453866	COPPER COMPRESSION ELBOW SLEEVE L	1 CT	\$15.00
E23	449079	COPPER FIT ICE COMPRESSION GLOVES L/XL	1 CT	\$22.00
E24	449080	COPPER FIT ICE COMPRESSION GLOVES S/M	1 CT	\$22.00
E26 	969837	COPPER FIT KNEE SLEEVE M	1 CT	\$13.00
E27 	969838	COPPER FIT KNEE SLEEVE XL	1 CT	\$13.00
E29	482566	ELBOW SUPPORT L	1 CT	\$20.00
E32	144056	HAND/WRIST COMPRESSION GLOVE L/XL	1 CT	\$15.00
E33	144057	HAND/WRIST COMPRESSION GLOVE S/M	1 CT	\$15.00
E41	152116	KNEE SUPPORT SLEEVE L	1 CT	\$14.00
E42	151894	KNEE SUPPORT SLEEVE M	1 CT	\$14.00
E43	472994	KNEE SUPPORT SLEEVE S	1 CT	\$14.00
E44	482556	KNEE SUPPORT SLEEVE XL	1 CT	\$14.00



UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
E45	482568	LEFT WRIST BRACE STABILIZING COMPRESSION L/XL	1 CT	\$25.00
E46	482567	LEFT WRIST BRACE STABILIZING COMPRESSION S/M	1 CT	\$25.00
E51	482571	RIGHT WRIST BRACE STABILIZING COMPRESSION L/XL	1 CT	\$25.00
E52	482569	RIGHT WRIST BRACE STABILIZING COMPRESSION S/M	1 CT	\$25.00
E54	835808	WRIST BRACE STABILIZING COMPRESSION ONE SIZE	1 CT	\$25.00
E55	963366	WRIST COMPRESSION SUPPORT	1 CT	\$10.00
E56	462605	WRIST SUPPORT DELUXE COMPRESSION ONE SIZE	1 CT	\$10.00
E57	902106	WRIST SUPPORT STRAP	1 CT	\$9.00
<b>HOSIERY</b>				
E38	942453	KNEE HIGH HOSIERY MODERATE COMPRESS L	1 CT	\$24.00
E39	342829	KNEE HIGH HOSIERY MODERATE COMPRESS M	1 CT	\$24.00
<b>HOT COLD</b>				
E1	324111	COLD COMPRESS	1 CT	\$6.00
E2	313072	FAULTLESS WATER BOTTLE	1 CT	\$18.00
E3	215314	HEATING PAD EXTRA LONG	1 CT	\$37.00
E4	215313	HEATING PAD STANDARD	1 CT	\$25.00
E5	318180	HOT AND COLD COMPRESS	1 CT	\$15.00
E6 	499911	HOT AND COLD COMPRESSION WRAP	1 CT	\$35.00
E7	844209	ICEBAG LARGE	1 CT	\$15.00
E8	455739	THERMACARE BACK PAIN HEAT THERAPY	3 CT	\$15.00
<b>PAIN RELIEF DEVICES</b>				
E62 	424311	COPPER POWER MASSAGER	1 CT	\$20.00
E65	459917	TENS REPLACEMENT PADS	4 CT	\$19.00
<b>MINDFULNESS</b>				
E30	400672	FOOT MASSAGER	1 CT	\$7.00
E31	400687	HAND THERAPY KIT	1 CT	\$13.00
<b>TAPE</b>				
E34 	455677	KINESIOLOGY ATHLETIC TAPE STRIPS	20 CT	\$11.00
E53	507013	SELF-GRIP ATHLETIC TAPE/BANDAGE 2X70IN	1 CT	\$6.00
<b>TOPICAL ANALGESIC</b>				
E71	459362	ARTHRITIS PAIN RELIEF CREAM	4 OZ	\$24.00
E73	211615	BIOFREEZE PAIN RELIEVING GEL	3 OZ	\$15.00
E74	209270	BIOFREEZE PAIN RELIEVING SPRAY	3 OZ	\$15.00
E75	214395	BIOFREEZE ROLL-ON	2.5 OZ	\$17.00
E76	695905	COLD AND HOT CREAM	3 OZ	\$6.00
E78	827058	COLD AND HOT PATCHES	3 CT	\$8.00
E77	957604	COLD AND HOT PATCHES	5 CT	\$6.00
E80	161764	DICLOFENAC SODIUM 1% TOPICAL GEL	1.7 OZ	\$9.00
E79	516173	DICLOFENAC SODIUM 1% TOPICAL GEL	5.2 OZ	\$21.00
E81	162527	ICY HOT LIDOCAINE CREAM	2.7 OZ	\$10.00
E82	977934	LIDOCAINE CREAM	2.7 OZ	\$7.00
E83	197229	LIDOCAINE PATCHES	5 CT	\$10.00
E84	371271	LIDOCAINE PATCHES	6 CT	\$12.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
E85	196728	LIDOCAINE PLUS ROLL-ON	3 OZ	\$11.00
E87	256563	LIDOCAINE ROLL-ON	2.5 OZ	\$8.00
E86	328522	LIDOCAINE ROLL ON WITH MENTHOL	2.5 OZ	\$8.00
E88	444770	MEDICATED HEAT PATCH	1 CT	\$2.00
E89	320989	MUSCLE RUB CREAM	2 OZ	\$5.00
E90	200964	MUSCLE RUB CREAM	3 OZ	\$7.00
E91	665933	PAIN RELIEF GEL	3 OZ	\$12.00
E92	610722	PAIN RELIEF ROLL-ON MENTHOL	2.5 OZ	\$13.00
E93	269146	PAIN RELIEF SPRAY	3 OZ	\$12.00
E94	240119	SALONPAS LIDOCAINE GEL PATCHES	6 CT	\$15.00
E95	287461	SALONPAS LIDOCAINE ROLL-ON	3 OZ	\$15.00
E96	775065	SALONPAS PATCHES	60 CT	\$13.00
E97	239673	SALONPAS PATCHES LARGE	6 CT	\$9.00
E99	343885	VOLTAREN ARTHRITIS PAIN RELIEVER GEL	5.3 OZ	\$28.00
<b>EYE CARE/ EAR CARE</b>				
<b>EAR CARE</b>				
E124	941579	EARWAX CARE KIT	1 CT	\$9.00
E125	110973	EARWAX REMOVAL DROPS	0.5 OZ	\$5.00
E126	457795	SILICONE EARPLUGS	12 CT	\$5.00
E127	694929	SOFT FOAM EARPLUGS	20 CT	\$5.00
E128	457496	SWIMMERS EAR SOLUTION	1 OZ	\$4.00
<b>EYE CARE</b>				
E104	209928	ALLERGY RELIEF EYE DROPS	0.5 OZ	\$7.00
E105	208334	ALLERGY RELIEF EYE DROPS	0.5 OZ	\$7.00
E106	171322	ARTIFICIAL TEARS LUBRICANT EYE DROPS	1 OZ	\$9.00
E134	857281	CONTACT LENS CASES	2 CT	\$4.00
E133	940154	CONTACT LENS CASES	4 CT	\$8.00
E150	976354	EYE HEALTH 50 SOFTGELS	90 CT	\$23.00
E107	453524	EYE ITCH RELIEF	0.17 OZ	\$14.00
E135	251591	EYE PATCH	1 CT	\$6.00
E136	251599	EYEGLOSS LENS CLEANER	4 OZ	\$4.00
E137	251597	EYEGLOSS REPAIR KIT	1 CT	\$4.00
E144	482149	EYELID CLEANSING WIPES	30 CT	\$19.00
E138	694692	LENS CLEANSING WIPES	100 CT	\$10.00
E110	881367	REFRESH TEARS LUBRICANT EYE DROPS 2 PACK	0.5 OZ	\$24.00
E139	643940	WARMING EYE COMPRESS	1 CT	\$10.00
<b>SOFT LENS CARE</b>				
E115	284000	CONTACT LENS REWETTING DROPS	0.5 OZ	\$6.00
E116	695755	CONTACT LENS SOLUTION	12 OZ	\$14.00
E117	695753	CONTACT LENS SOLUTION	4 OZ	\$5.00
E118	458126	SALINE CONTACT SOLUTION 2 PACK	12 OZ	\$7.00
<b>FACIAL CARE</b>				
<b>DERM CLEANSER</b>				
F1	432838	FOAMING FACIAL CLEANSER	12 OZ	\$11.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
F2	550598	HYDRATING FACIAL CLEANSER	12 OZ	\$10.00
<b>DERM MOISTURIZER</b>				
F8	632583	HYDRATING FACIAL LOTION	3 OZ	\$13.00
F9	327779	HYDRATING FACIAL SERUM	1 OZ	\$17.00
F10	929469	MOISTURIZING FACIAL LOTION	3 OZ	\$13.00
F11	988581	REPAIRING EYE CREAM	0.5 OZ	\$14.00
<b>FACIAL CLEANSER</b>				
F16	848287	OLAY GENTLE FOAMING CLEANSER	6.78 OZ	\$7.00
<b>FACIAL MOISTURIZERS</b>				
F21	763250	OLAY DAILY MOISTURIZER WITH SUNSCREEN SPF 15	6 OZ	\$13.00
F22	872079	OLAY REGENERIST HYDRATING MOISTURIZER	1.7 OZ	\$33.00
F23	397983	OLAY RETINOL24 NIGHT HYDRATING MOISTURIZER	1.7 OZ	\$37.00
<b>FEMININE CARE</b>				
<b>FULL SIZE PADS</b>				
F29	872990	KOTEX CLEAN WEAR ULTRA THIN PADS WITH WINGS	18 CT	\$7.00
F30	872985	KOTEX CLEAN WEAR ULTRA THIN PADS WITH WINGS HEAVY	16 CT	\$7.00
F31	927025	MAXI PADS LONG SUPER	42 CT	\$4.00
F32	692443	MAXI PADS REGULAR	48 CT	\$4.00
F33	127200	MAXI PADS WITH WINGS LONG SUPER	32 CT	\$4.00
F34	842800	MAXI PADS WITH WINGS OVERNIGHT	36 CT	\$6.00
F35	872912	ULTRA THIN PADS LONG SUPER	40 CT	\$4.00
F36	836891	ULTRA THIN PADS WITH WINGS REGULAR	36 CT	\$4.00
<b>INTIMATE CLEANSING</b>				
F41	289061	CLEANSING WIPES FLUSHABLE FRAGRANCE FREE	32 CT	\$5.00
F54	318718	ITCH RELIEF VAGINAL CREME	1 OZ	\$6.00
<b>LUBRICANTS/ MOISTURIZERS</b>				
F47	418121	PERSONAL LUBRICANT	5.6 OZ	\$9.00
<b>MEDICATION</b>				
F52	420684	AZO MAXIMUM STRENGTH TABLETS	12 CT	\$10.00
F53	325394	CRANBERRY 450MG TABLETS	100 CT	\$14.00
F55	740732	MENSTRUAL PMS RELIEF	32 CT	\$7.00
F56	110601	PAMPRIN MENSTRUAL RELIEF TABLETS	20 CT	\$8.00
F57	738694	URINARY PAIN RELIEF	12 CT	\$5.00
F58	234554	URINARY PAIN RELIEF TABLETS	30 CT	\$8.00
F59 ‡	870916	UTI TEST STRIPS	3 CT	\$9.00
<b>PREGNANCY TEST KITS</b>				
F66	326808	PREGNANCY TEST	1 CT	\$6.00
<b>SMALL SIZE PADS</b>				
F73	470890	THINX FOR ALL MENSTRUAL BRIEFS BLACK L	1 CT	\$17.00
F74	664121	THINX FOR ALL MENSTRUAL BRIEFS BLACK M	1 CT	\$17.00
F75	625028	THINX FOR ALL MENSTRUAL BRIEFS BLACK S	1 CT	\$17.00
F76	501914	THINX FOR ALL MENSTRUAL BRIEFS BLACK XL	1 CT	\$17.00
<b>TAMPONS</b>				
F84	722537	MENSTRUAL CUP SIZE A	1 CT	\$22.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
F85	634864	MENSTRUAL CUP SIZE B	1 CT	\$22.00
F86	416639	TAMPONS MULTIPACK	34 CT	\$6.00
<b>VAGINAL ANTIFUNGALS</b>				
F91	721062	MICONAZOLE 1 DAY VAGINAL INSERT AND CREAM	1 CT	\$18.00
F92	333336	MICONAZOLE 7 DAY VAGINAL CREAM	7 CT	\$11.00
<b>FIRST AID</b>				
<b>ACCESSORIES</b>				
F97	455049	ARM SLING	1 CT	\$17.00
F99	337274	FINGER INJURY KIT	1 CT	\$6.00
F101	310272	VELCRO FINGER SPLINT	2 CT	\$6.00
<b>ADHESIVE BANDAGES</b>				
F106	257974	ADVANCED HEALING HYDROCOLLOID BANDAGES	8 CT	\$6.00
F107	241483	ANTIBACTERIAL ASSORTED BANDAGES	120 CT	\$12.00
F109	875957	ANTIBACTERIAL BANDAGES HEAVY DUTY FABRIC	20 CT	\$4.00
F108	951341	ANTIBACTERIAL BANDAGES HEAVY DUTY FABRIC	60 CT	\$8.00
F110	488598	ASSORTED BANDAGES VALUE PACK	200 CT	\$11.00
F98	259370	BUTTERFLY CLOSURES	12 CT	\$3.00
F111	383505	CLEAR BANDAGES	45 CT	\$4.00
F113	951344	FLEXIBLE FABRIC ANTIBACTERIAL BANDAGES	100 CT	\$9.00
F112	875952	FLEXIBLE FABRIC ANTIBACTERIAL BANDAGES	20 CT	\$3.00
F114	875951	FLEXIBLE FABRIC ANTIBACTERIAL BANDAGES	30 CT	\$3.00
F115	482019	HEAVY DUTY WATERPROOF BANDAGES	10 CT	\$4.00
F116	336846	LIQUID BANDAGE	0.3 OZ	\$6.00
F117	717967	SENSITIVE SKIN ADHESIVE BANDAGES	20 CT	\$5.00
F118	702514	SHEER BANDAGES ASSORTED	80 CT	\$4.00
F119	259372	WATERPROOF FINGER BANDAGES	20 CT	\$4.00
F179	894077	WATERPROOF TRANSPARENT DRESSINGS	8 CT	\$7.00
<b>INSECTICIDE &amp; PEST</b>				
H164	407571	OFF! FAMILY CARE INSECT REPELLENT	4 OZ	\$11.00
<b>IODINE</b>				
F121	602441	IODINE	1 OZ	\$5.00
<b>LICE</b>				
F122	178608	LICE KILLING SHAMPOO	8 OZ	\$15.00
F123	870947	LICE SOLUTION KIT	1 CT	\$19.00
<b>TREATMENTS</b>				
F130	617928	ANTIBIOTIC PAIN AND SCAR OINTMENT	1 OZ	\$11.00
F132	219634	BACITRACIN OINTMENT	1 OZ	\$7.00
F133	109405	CALAMINE PLUS LOTION	6 OZ	\$7.00
F134	955322	CALAMINE PLUS SPRAY	4.1 OZ	\$10.00
F135	731192	CORTIZONE-10 ECZEMA CARE LOTION	3.5 OZ	\$14.00
F137	482649	EPSOM SALT	22 OZ	\$5.00
F138	963880	EXEDERM FLARE CONTROL CREAM	2 OZ	\$15.00
F139	832864	FREEZE WART REMOVER	12 CT	\$17.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
F140	373019	HYDROCORTISONE 1% CREAM	1 OZ	\$6.00
F141	690242	HYDROCORTISONE 1% INTENSIVE HEALING CREAM	1 OZ	\$5.00
F142	373092	HYDROCORTISONE 1% OINTMENT	1 OZ	\$6.00
F143	550749	ITCH RELIEF CREAM	1 OZ	\$5.00
F144	334700	JOCK ITCH RELIEF CREAM	0.5 OZ	\$10.00
F145	311533	MERTHIOLATE	2 OZ	\$5.00
F146	531343	PETROLEUM JELLY	2.5 OZ	\$4.00
F147	444797	RUBBING ALCOHOL WIPES	40 CT	\$6.00
F149	322430	TRIPLE ANTIBIOTIC AND PAIN RELIEF OINTMENT	0.5 OZ	\$6.00
F148	702498	TRIPLE ANTIBIOTIC AND PAIN RELIEF OINTMENT	1 OZ	\$9.00
F150	219626	TRIPLE ANTIBIOTIC OINTMENT	1 OZ	\$8.00
F151	618348	TRIPLE ANTIBIOTIC PAIN & SCAR OINTMENT	0.5 OZ	\$7.00
F152	351170	WART REMOVAL	0.5 OZ	\$9.00
F153	482021	WART REMOVER CLEAR STRIPS	14 CT	\$8.00
F154	946095	WITCH HAZEL SPRAY	6 OZ	\$9.00
F156	219642	ZINC OXIDE OINTMENT	1 OZ	\$4.00
WOUND CARE				
F161	830970	CLOTH TAPE 1IN X 10YD	2 CT	\$6.00
F162	547273	DERMOPLAST PAIN AND ITCH SPRAY	2.75 OZ	\$15.00
F163	893119	GAUZE PADS 2X2 STERILE	25 CT	\$4.00
F164	935683	GAUZE PADS 2X3 NON-STICK	25 CT	\$6.00
F165	893120	GAUZE PADS 3X3 STERILE	25 CT	\$5.00
F166	893125	GAUZE PADS 3X4 NON-STICK	10 CT	\$5.00
F167	893121	GAUZE PADS 4X4 STERILE	25 CT	\$7.00
F168	894104	GAUZE ROLL 4IN X 2YDS	1 CT	\$4.00
F169	102994	HIBICLENS LIQUID	8 OZ	\$15.00
F170	330703	LIDOCAINE BURN RELIEF GEL	8 OZ	\$7.00
F171	991269	NITRILE EXAM GLOVES LARGE	50 CT	\$15.00
F172	991272	NITRILE EXAM GLOVES ONE SIZE FITS MOST	100 CT	\$30.00
F173	336795	NON-IRRITATING PAPER TAPE FOR SENSITIVE SKIN	1 CT	\$4.00
F174	615637	PAIN-FREE 1IN WRAP	2 CT	\$5.00
F175	210000	PAIN-FREE 2IN WRAP	1 CT	\$6.00
F176	249816	SCAR GEL	0.7 OZ	\$20.00
F177	489905	SURGICAL FACE MASKS	25 CT	\$14.00
F178	964606	WATERPROOF ADHESIVE TAPE 1/2IN X 5YD	1 CT	\$2.00
F180	270351	WATERPROOF TRANSPARENT DRESSINGS ASSORTED	10 CT	\$9.00
F181	270304	WATERPROOF TRANSPARENT DRESSINGS LARGE	4 CT	\$14.00
F182	998839	WOUND CARE KIT SMALL/MEDIUM 30 PIECES	1 CT	\$15.00
F183	209024	WOUND WASH	6 OZ	\$5.00
FITNESS				
A32 ① ‡	864739	DIGITAL BODY SCALE	1 CT	\$16.00
D25	674284	FOAM ROLLER	1 CT	\$20.00
D26	654969	GAIAM CLASSIC SPEED ROPE	1 CT	\$12.00



UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
D27	635468	GAIAM RESTORE LOOP BANDS	3 CT	\$15.00
D28	374765	HAND HELD MASSAGER	1 CT	\$13.00
<b>FOOT CARE</b>				
<b>ANTIFUNGAL</b>				
F188	859684	ANTI-FUNGAL POWDER	2.5 OZ	\$9.00
F190	334067	ATHLETE'S FOOT ANTIFUNGAL POWDER SPRAY	4.6 OZ	\$10.00
F189	521682	ATHLETE'S FOOT ANTIFUNGAL CREAM	1 OZ	\$12.00
F191	211003	CLOTRIMAZOLE 1% CREAM	0.5 OZ	\$7.00
F192	743609	FUNGAL NAIL RENEWAL TREATMENT	0.33 OZ	\$25.00
<b>CORN/ CALLOUS/ BUNION</b>				
F200	139231	CORN AND CALLOUS REMOVER KIT	1 CT	\$6.00
F201	334560	GEL TOE PROTECTOR	1 CT	\$6.00
F202	669939	GEL TOE SPACERS VALUE PACK	6 CT	\$9.00
F203	314468	MEDICATED CORN CUSHION	9 CT	\$5.00
F204	894580	MOLESKIN PADDING	2 CT	\$5.00
F205	267828	WART REMOVER LIQUID	0.5 OZ	\$10.00
<b>FOOT PAIN RELIEF</b>				
F215	894776	PLANTAR FASCIITIS GEL ARCH SLEEVE	1 CT	\$12.00
<b>INSOLES</b>				
F220	489144	DOUBLE AIR FOAM CUSHIONING INSOLES ONE SIZE	1 CT	\$4.00
F221	439596	MEN'S GEL HEEL CUSHION	1 CT	\$8.00
F222	439653	WOMEN'S GEL HEEL CUSHION	1 CT	\$8.00
<b>ODOR/ WETNESS</b>				
F227	229790	FOOT POWDER	10 OZ	\$9.00
F228	334566	ODOR CONTROL SPRAY POWDER	4 OZ	\$8.00
<b>HAIR ACCESSORIES</b>				
<b>GROOMING</b>				
H1	447036	CONAIR HAIR PICK	3 CT	\$4.00
H2	516310	HAIR BRUSH	1 CT	\$4.00
H3	371303	HAIR COMBS	3 CT	\$4.00
H4	226674	SHOWER CAPS	4 CT	\$10.00
<b>HAIR CARE</b>				
<b>HAIR REGROWTH</b>				
H10	242125	WOMEN'S HAIR REGROWTH TREATMENT SOLUTION	2 OZ	\$25.00
<b>SHAMPOO/ CONDITIONER</b>				
H15	952394	DANDRUFF SHAMPOO	14.2 OZ	\$6.00
H16	248570	HEAD & SHOULDER CLASSIC CLEAN	12.5 OZ	\$7.00
H17	971257	NIZORAL ANTI-DANDRUFF SHAMPOO	4 OZ	\$14.00
H18	887911	PANTENE PRO-V DAILY MOISTURE CONDITONER	10.4 OZ	\$6.00
H19	887910	PANTENE PRO-V DAILY MOISTURE SHAMPOO	12 OZ	\$6.00
H20	970245	SCALP RELIEF SERUM	2.5 OZ	\$9.00
<b>HAND &amp; BODY</b>				
<b>HAND &amp; FOOT</b>				
H25	275530	EUCERIN ADVANCED REPAIR HAND CREAM	2.7 OZ	\$6.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
<b>THERAPEUTIC</b>				
H31	147648	ADVANCED HEALING OINTMENT	2 OZ	\$4.00
H32	399584	AQUAPHOR HEALING OINTMENT	14 OZ	\$25.00
H33	329818	CERAVE DIABETICS' DRY SKIN CREAM	8 OZ	\$12.00
H34	212846	CERAVE ECZEMA RELIEF CREAMY OIL	8 OZ	\$20.00
H35	270085	CERAVE PSORIASIS CREAM	8 OZ	\$26.00
H37	905369	ECZEMA CARE MOISTURIZING CREAM	12 OZ	\$15.00
H36	282867	ECZEMA CARE MOISTURIZING CREAM	7.3 OZ	\$12.00
H38	992500	ECZEMA RELIEF CREAM	8 OZ	\$10.00
H39	457492	EUCERIN ADVANCED REPAIR LOTION	16.9 OZ	\$15.00
H40	483135	INTENSE DRY SKIN THERAPY LOTION	16.9 OZ	\$9.00
H41	246784	SCAR GEL	1.76 OZ	\$20.00
H42	447703	SKIN THERAPY LOTION	5.5 OZ	\$6.00
H65	193503	GOLD BOND DIABETICS' DRY SKIN LOTION	4.5 OZ	\$11.00
<b>HOME DIAGNOSTICS</b>				
<b>CARE AND ACCESSORIES</b>				
H63	130344	ALCOHOL PREP PADS	100 CT	\$3.00
H66	418797	NEUROPATHY RUBBING OIL	2 OZ	\$23.00
H68	882127	SHARPS CONTAINER	1 CT	\$14.00
<b>GLUCOSE TABLETS</b>				
H73	149650	GLUCOSE TABLETS ORANGE	10 CT	\$2.00
H74	149647	GLUCOSE TABLETS ORANGE	50 CT	\$6.00
H75	149616	GLUCOSE TABLETS RASPBERRY	50 CT	\$6.00
H80 ‡	306412	KETONE TEST STRIPS	50 CT	\$11.00
H81	732550	LANCETS MICRO-THIN 33 GAUGE	100 CT	\$7.00
H82 ‡	149668	LANCETS THIN 28 GAUGE	100 CT	\$7.00
H83	235157	LANCETS ULTRA-THIN 30 GAUGE	100 CT	\$7.00
H84	343477	LANCING DEVICE	1 CT	\$9.00
<b>HOME HEALTH CARE</b>				
<b>AIDES FOR DAILY LIVING</b>				
H94	868916	3X GLASS POCKET MAGNIFIER	1 CT	\$9.00
H96	792517	INFLATABLE RUBBER CUSHION SEAT	1 CT	\$18.00
H99 🚚	493768	SAFER LOCK BOX	1 CT	\$17.00
<b>BATH SAFETY</b>				
H108	741740	MEDLINE HANDHELD SHOWER HEAD	1 CT	\$22.00
H110 🚚	861900	RUBBER BATH MAT	1 CT	\$20.00
H113	792495	SUCTION GRAB BAR	1 CT	\$18.00
<b>CANES/ CRUTCHES</b>				
H119	980705	CANE TIP 3/4IN BLACK	1 CT	\$5.00
<b>COMMODOES/ TOILETTE SEATS</b>				
H128	792500	COMMODE LINERS	12 CT	\$17.00
H129	741737	MALE URINAL	1 CT	\$13.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
<b>HOUSEHOLD</b>				
<b>CLEANERS</b>				
H145	942211	ANTIBACTERIAL DISINFECTANT SPRAY	12.5 OZ	\$6.00
H146	962813	DISINFECTING WIPES	75 CT	\$6.00
<b>FACIAL TISSUE</b>				
H151	265212	FACIAL TISSUES 8 PACK	10 CT	\$3.00
H152	860410	KLEENEX SLIM PACK TISSUE 3 PACK	10 CT	\$3.00
H153	390195	WALLET FACIAL TISSUES 6 PACK	10 CT	\$5.00
<b>HOUSEWARES</b>				
<b>LIGHTS</b>				
H158	278510	INDOOR NIGHT LIGHTS	2 CT	\$8.00
<b>LAUNDRY</b>				
<b>DETERGENT</b>				
H170	279013	LAUNDRY DETERGENT PACKS	24 CT	\$9.00
<b>QUIT SMOKING SUPPORT</b>				
<b>LOZENGE</b>				
N1	398300	NICOTINE LOZENGES 2MG SUGAR FREE CITRUS	20 CT	\$12.00
N3	971448	NICOTINE LOZENGES 2MG SUGAR FREE MINT	20 CT	\$12.00
N2	331733	NICOTINE LOZENGES 2MG SUGAR FREE MINT	48 CT	\$27.00
N4	398338	NICOTINE LOZENGES 4MG SUGAR FREE CITRUS	20 CT	\$12.00
N6	971444	NICOTINE LOZENGES 4MG SUGAR FREE MINT	20 CT	\$12.00
N5	331727	NICOTINE LOZENGES 4MG SUGAR FREE MINT	48 CT	\$27.00
<b>NICOTINE GUM</b>				
N11	968554	NICOTINE GUM 2MG SUGAR FREE ASSORTED FRUIT	20 CT	\$12.00
N12	720014	NICOTINE GUM 2MG SUGAR FREE ORIGINAL FLAVOR	20 CT	\$12.00
N13	968555	NICOTINE GUM 4MG SUGAR FREE ASSORTED FRUIT	20 CT	\$12.00
N14	979096	NICOTINE GUM 4MG SUGAR FREE MINT	20 CT	\$12.00
N15	720035	NICOTINE GUM 4MG SUGAR FREE ORIGINAL FLAVOR	20 CT	\$12.00
<b>NICOTINE PATCHES</b>				
N20	173013	NICOTINE TRANSDERMAL 14MG PATCH STEP 2	14 CT	\$39.00
N21	133177	NICOTINE TRANSDERMAL 21MG PATCH STEP 1	14 CT	\$39.00
N22	338618	NICOTINE TRANSDERMAL 7MG PATCH STEP 3	14 CT	\$39.00
<b>ORAL HYGIENE</b>				
<b>DENTAL FLOSS</b>				
O9	469085	DENTAL FLOSS MINT 43.7YD	43.7 OZ	\$4.00
O10	933844	DENTAL FLOSS MINT 43.7YD	43.7 OZ	\$6.00
O11	454381	FLOSS PICKS	90 CT	\$3.00
O12	853023	FLOSS PICKS MINT	150 CT	\$4.00
O13	454376	FLOSS PICKS MINT	90 CT	\$3.00
O14	978931	FLOSS PICKS SENSITIVE	90 CT	\$3.00
O15	378509	KIDS' FLOSSERS	75 CT	\$4.00
<b>DENTURE</b>				
O19	230196	DENTURE ADHESIVE CREAM	2.4 OZ	\$5.00
O20	213330	DENTURE CLEANSER EFFERVESCENT TABLETS	40 CT	\$3.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
O21	122340	DENTURE CLEANSER EFFERVESCENT TABLETS MINT	84 CT	\$7.00
O22	235332	FIXODENT ULTRA DENTURE ADHESIVE CREAM	2.2 OZ	\$8.00
<b>INTERDENTAL</b>				
O29	902457	COMFORT NIGHTTIME DENTAL GUARDS	2 CT	\$20.00
O30	695117	DENTAL TOOL KIT	1 CT	\$8.00
O31	246932	EASEBETWEEN GENTLE PICKS	120 CT	\$9.00
O36	377971	INTERDENTAL PICKS ADVANCED SUPER SOFT	60 CT	\$6.00
O37	572131	TONGUE BRUSHES	2 CT	\$6.00
<b>MANUAL TOOTHBRUSHES</b>				
O42	974657	CHILDREN'S STRIPE TOOTHBRUSHES	2 CT	\$4.00
O43	682983	CLEAN PRO TOOTHBRUSHES SOFT	6 CT	\$6.00
O44	956360	CLEAR PRO TOOTHBRUSHES MEDIUM	3 CT	\$3.00
O45	756402	CROSS ANGLE MULTIPRO TOOTHBRUSHES MEDIUM	2 CT	\$6.00
O46	813099	LIGHT-UP TIMER TOOTHBRUSH	2 CT	\$6.00
O47	972670	ORAL-B SENSITIVE SOFT TOOTHBRUSHES	2 CT	\$8.00
O48	956183	PULSATING TOOTHBRUSH MEDIUM	2 CT	\$11.00
O49	453008	PULSATING TOOTHBRUSH SOFT	2 CT	\$11.00
O50	822225	TOOTHBRUSH COVERS	4 CT	\$2.00
O51	910693	TOOTHBRUSH SOFT	1 CT	\$1.00
O52	897755	TOOTHBRUSHES MEDIUM	2 CT	\$6.00
O53	248185	ULTIMATE CLEAN TOOTHBRUSHES SOFT	10 CT	\$10.00
<b>MOUTHWASH</b>				
O58	336263	ANTISEPTIC MOUTHWASH BLUE MINT	8.45 OZ	\$4.00
O59	212209	LISTERINE COOL MINT MOUTHWASH	8.4 OZ	\$5.00
O60	877796	PEROXIDE SORE MOUTH CLEANSER	8 OZ	\$6.00
<b>ORAL ANALGESIC</b>				
O65	258802	MOUTH SORE RINSE	16 OZ	\$8.00
O67	997166	ORAL ANESTHETIC LIQUID	0.5 OZ	\$7.00
O68	933834	ORAL PAIN RELIEF GEL	0.33 OZ	\$6.00
O69	695108	TEMPORARY LOST FILLING AND LOOSE CAP REPAIR	1 CT	\$4.00
O70	933833	TOOTHACHE AND GUM RELIEF GEL	0.25 OZ	\$9.00
<b>PORTABLE BREATH CARE</b>				
O75	379375	BIOTENE DRY MOUTH LOZENGES SUGAR FREE MINT	27 CT	\$10.00
O76	497555	BIOTENE MOISTURIZING MOUTH SPRAY	1.5 OZ	\$10.00
O77	259189	DRY MOUTH MELTING DISCS	40 CT	\$9.00
O78	998700	MOISTURIZING ORAL SPRAY 2 PACK	0.25 OZ	\$3.00
<b>POWER TOOTHBRUSHES</b>				
O86	341166	EASYFLEX REPLACEMENT BRUSH HEADS	3 CT	\$25.00
O1	214174	ORAL-B COMPLETE BATTERY TOOTHBRUSH	1 CT	\$9.00
O2	214176	ORAL-B COMPLETE REPLACEMENT BRUSH HEADS	2 CT	\$9.00
O3	725922	ORAL-B PRO-HEALTH CLINICAL POWER TOOTHBRUSH	1 CT	\$20.00
O4	808698	PROFESSIONAL CLEAN POWER TOOTHBRUSH WITH REPLACEMENT BRUSH HEAD	1 CT	\$9.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
<b>TOOTHPASTE</b>				
O99	795997	BIOTENE TOOTHPASTE	4.3 OZ	\$10.00
O100	237416	COLGATE SENSITIVE WHITENING ANTICAVITY TOOTHPASTE	6 OZ	\$7.00
O101	237544	COLGATE STAIN FIGHTER ANTICAVITY TOOTHPASTE	4.2 OZ	\$5.00
O102	100032	CREST CAVITY PROTECTION FLUORIDE ANTICAVITY TOOTHPASTE	5.7 OZ	\$3.00
O103	705527	CREST COMPLETE TOOTHPASTE WITH SCOPE	5.4 OZ	\$5.00
O104	234585	CREST COMPLETE TOOTHPASTE WITH SCOPE 2 PACK	5.4 OZ	\$8.00
O106	234697	CREST SENSITIVE AND ENAMEL SHIELD TOOTHPASTE	4.3 OZ	\$5.00
O107	246165	CREST TARTAR PROTECTION TOOTHPASTE	5.7 OZ	\$3.00
O108	502119	GUM HEALTH TOOTHPASTE	4.1 OZ	\$5.00
O109	452206	KID'S CREST FLUORIDE ANTICAVITY TOOTHPASTE	4.6 OZ	\$4.00
O110	369717	PARODONTAX TOOTHPASTE	3.4 OZ	\$10.00
O111	368775	SENSITIVE TOOTHPASTE	3.4 OZ	\$5.00
O112	307117	SENSITIVE TOOTHPASTE EXTRA WHITENING	4 OZ	\$5.00
O113	414261	SENSODYNE PRONAMEL TOOTHPASTE	4 OZ	\$9.00
O115	201228	SENSODYNE TOOTHPASTE	4 OZ	\$9.00
<b>WHITENING KITS</b>				
O120	942304	CREST WHITENING STRIPS	10 CT	\$25.00
O121	857242	TEETH WHITENING PEN	1 CT	\$12.00
<b>PAIN RELIEVERS</b>				
<b>ACETAMINOPHEN</b>				
P1	301424	ACETAMINOPHEN 325MG TABLETS	100 CT	\$8.00
P2	879536	ACETAMINOPHEN 500MG CAPLETS	225 CT	\$13.00
P3	371914	ACETAMINOPHEN 500MG CAPLETS	100 CT	\$8.00
P4	686584	ACETAMINOPHEN 500MG CAPLETS	24 CT	\$5.00
P5	317581	ACETAMINOPHEN 500MG GELCAPS	100 CT	\$9.00
P6	317583	ACETAMINOPHEN 500MG GELCAPS	50 CT	\$7.00
P7	695051	ACETAMINOPHEN 500MG LIQUID CHERRY	8 OZ	\$8.00
P8	132704	ACETAMINOPHEN 500MG TABLETS	100 CT	\$9.00
P9	193588	ARTHRITIS PAIN RELIEF 650MG CAPLETS	100 CT	\$9.00
P10	199239	ARTHRITIS PAIN RELIEF 650MG CAPLETS	24 CT	\$6.00
P11	154641	TYLENOL EXTRA STRENGTH CAPLETS 500MG	24 CT	\$7.00
<b>APOTHECARY</b>				
P18	460706	4-A-DAY WEEKLY PILL CASE	1 CT	\$11.00
P19	715123	7-DAY PILL BOX	1 CT	\$2.00
P20	217709	AM/PM PILL CASE	1 CT	\$2.00
P21	728132	EAR SYRINGE AND NASAL ASPIRATOR	2 CT	\$6.00
P22 	643906	MEDICAL ID BRACELET	1 CT	\$10.00
C33	715154	ORAL SYRINGE	1 CT	\$4.00
P23	869091	PILL CRUSHER	1 CT	\$10.00
P24	460696	TABLET CUTTER	1 CT	\$7.00
P25	715130	WEEKLY AM/PM PILL PLANNER	1 CT	\$10.00



# Oral Health for Women Who are Pregnant



Dental care is important and safe during pregnancy. The changes that happen in the body during pregnancy can lead to different types of swelling and issues in the mouth. The health of a mother affects the health of a baby. For example, the germs that cause tooth infections (cavities) can be passed from a mother to her child.

## 6 Oral Tips for Women Who are Pregnant

- See a dentist as early in your pregnancy as possible
- Brush teeth twice a day with fluoridated toothpaste
- Floss once a day
- Choose healthy snacks and avoid foods and drinks containing sugar
- Drink fluoridated tap water

If you are pregnant and don't have a dentist, please contact us. Women who are pregnant have dental benefits at no cost to you.

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
<b>ASPIRIN</b>				
P29	152314	ASPIRIN 325MG TABLETS	100 CT	\$5.00
P30	695034	BACK AND BODY EXTRA STRENGTH CAPLETS	100 CT	\$10.00
P45	906001	EXCEDRIN MIGRAINE RELIEF	100 CT	\$16.00
P46	109017	HEADACHE RELIEF CAPLETS	100 CT	\$10.00
P47	695041	HEADACHE RELIEF GELTABS	80 CT	\$10.00
P48	695036	MIGRAINE RELIEF CAPLETS	100 CT	\$10.00
P49	185226	MIGRAINE RELIEF CAPLETS	24 CT	\$5.00
<b>BACK/ LEG ANALGESICS</b>				
P35	389200	NERVIVE NERVE RELIEF TABLETS	30 CT	\$28.00
<b>CHILD'S ANALGESICS</b>				
C28	291741	CHILDREN'S ACETAMINOPHEN 160MG CHEWABLE TABLETS GRAPE	24 CT	\$6.00
C29	521351	CHILDREN'S ACETAMINOPHEN 160MG LIQUID BUBBLEGUM	4 OZ	\$6.00
C30	261925	CHILDREN'S IBUPROFEN 100MG LIQUID BERRY	4 OZ	\$6.00
C31	191238	CHILDREN'S IBUPROFEN 100MG LIQUID BUBBLEGUM	4 OZ	\$6.00
C32	196330	CHILDREN'S IBUPROFEN 100MG LIQUID GRAPE	4 OZ	\$8.00
<b>HEART HEALTH</b>				
P54	140897	ASPIRIN 325MG TABLETS	125 CT	\$8.00
P56	547802	ASPIRIN 81MG CHEWABLE TABLETS ORANGE	36 CT	\$2.00
P55	126148	ASPIRIN 81MG CHEWABLE TABLETS ORANGE	36 CT	\$8.00
P60	230268	ASPIRIN 81MG TABLETS	120 CT	\$5.00
P59	346248	ASPIRIN 81MG TABLETS	200 CT	\$11.00
P57	126623	ASPIRIN 81MG TABLETS	300 CT	\$11.00
P61	419423	ASPIRIN 81MG TABLETS	32 CT	\$3.00
P58	271531	ASPIRIN 81MG TABLETS	500 CT	\$14.00
P62	695200	BAYER ASPIRIN 81MG TABLETS	300 CT	\$18.00
<b>IBUPROFEN</b>				
P67	164020	ADVIL 200MG TABLETS	50 CT	\$9.00
P68	144778	IBUPROFEN 200MG CAPLETS	100 CT	\$9.00
P69	374714	IBUPROFEN 200MG MINI SOFTGELS	80 CT	\$9.00
P71	306397	IBUPROFEN 200MG SOFTGELS	80 CT	\$9.00
P72	213634	IBUPROFEN 200MG SOFTGELS	160 CT	\$15.00
P74	923748	IBUPROFEN 200MG TABLETS	500 CT	\$19.00
P73	713233	IBUPROFEN 200MG TABLETS	200 CT	\$13.00
P75	371948	IBUPROFEN 200MG TABLETS	50 CT	\$4.00
P76	678107	IBUPROFEN MIGRAINE 200MG SOFTGELS	20 CT	\$4.00
P77	951775	MOTRIN IB 200MG COATED CAPLETS	225 CT	\$21.00
<b>NAPROXEN</b>				
P82	695196	ALEVE 220MG CAPLETS	90 CT	\$15.00
P83	483469	ALEVE 220MG TABLETS	50 CT	\$10.00
P84	263652	NAPROXEN SODIUM 220MG CAPLETS	90 CT	\$9.00
P85	879445	NAPROXEN SODIUM 220MG TABLETS	200 CT	\$15.00
P87	299470	NAPROXEN SODIUM 220MG TABLETS	24 CT	\$4.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
P86	299472	NAPROXEN SODIUM 220MG TABLETS	50 CT	\$7.00
P88	340744	NAPROXEN SODIUM 220MG TABLETS BACK AND MUSCLE PAIN	24 CT	\$4.00
<b>PAIN RELIEVER GEL</b>				
P40	441099	PAIN RELIEVER GEL	3.5 OZ	\$15.00
<b>PMS</b>				
P93	456231	MENSTRUAL PAIN RELIEF	24 CT	\$6.00
<b>SLEEP AIDS</b>				
P98	245414	ACETAMINOPHEN PM 500MG CAPLETS	24 CT	\$5.00
P99	124886	ACETAMINOPHEN PM 500MG CAPLETS	100 CT	\$10.00
P100	475817	IBUPROFEN PM 200MG CAPLETS	20 CT	\$5.00
P101	263674	MELATONIN 10MG CAPSULES	120 CT	\$18.00
P102	268542	MELATONIN 10MG GUMMIES STRAWBERRY	60 CT	\$13.00
P103	376137	MELATONIN 10MG TABLETS	60 CT	\$11.00
P104	892422	MELATONIN 12MG TABLETS	90 CT	\$15.00
P105	419642	MELATONIN 3MG TABLETS	120 CT	\$9.00
P106	343538	MELATONIN 5MG GUMMIES STRAWBERRY	60 CT	\$11.00
P107	454600	MELATONIN 5MG TABLETS	120 CT	\$11.00
P108	866534	MELATONIN 5MG TABLETS	90 CT	\$9.00
P109	374425	NAPROXEN SODIUM PM CAPLETS	20 CT	\$6.00
P110	918867	SLEEP-AID 25MG SOFTGELS	24 CT	\$8.00
P111	960108	SLEEP-AID 25MG TABLETS	96 CT	\$16.00
P112	918861	SLEEP-AID 50MG LIQUID BERRY	12 OZ	\$8.00
P113	933380	SLEEP-AID 50MG LIQUID BERRY	6 OZ	\$5.00
P114	222633	SLEEP-AID 50MG SOFTGELS	200 CT	\$30.00
P115	864199	SLEEP-AID 50MG SOFTGELS	32 CT	\$9.00
P116	882205	VICKS ZZZQUIL NIGHTTIME SLEEP-AID LIQUICAPS	24 CT	\$12.00
P117	882207	VICKS ZZZQUIL NIGHTTIME SLEEP-AID LIQUID WARMING BERRY	12 OZ	\$12.00
P118	233770	VICKS ZZZQUIL PURE ZZZS GUMMIES WILDBERRY VANILLA	48 CT	\$20.00
<b>PERSONAL CLEANSING</b>				
<b>BODY WASH</b>				
P128	103571	AVEENO SKIN RELIEF BODY WASH FRAGRANCE FREE	12 OZ	\$10.00
P131	341102	MOISTURIZING BODY WASH	22 OZ	\$7.00
P132	448047	NIVEA MEN'S SENSITIVE BODY WASH	16.9 OZ	\$7.00
P133	264733	SENSITIVE SKIN BODY WASH	22 OZ	\$7.00
<b>HAND SANITIZER</b>				
P140	669862	PURELL HAND SANITIZER	4 OZ	\$4.00
<b>SOAP</b>				
P123	809971	IVORY BAR SOAP 10 PACK	3.1 OZ	\$10.00
P145	485926	SOFTSOAP LIQUID HAND SOAP	7.5 OZ	\$3.00
<b>TALCUMS/ DUST POWDER</b>				
P150	227230	MEDICATED BODY POWDER	10 OZ	\$7.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
<b>PERSONAL INTIMACY</b>				
<b>CONDOMS</b>				
P158	238881	TROJAN ULTRA THIN LUBRICATED CONDOMS	3 CT	\$4.00
<b>FEMALE CONTRACEPTIVE</b>				
P166	981074	VCF VAGINAL CONTRACEPTIVE GEL PRE FILLED APPLICATORS	10 CT	\$15.00
<b>PERSONAL LUBRICANTS</b>				
P172	347656	PERSONAL LUBRICANT LIQUID	2.5 OZ	\$9.00
<b>READING GLASSES</b>				
R1 	592158	READERS +1.50 - ASSORTED	1 CT	\$20.00
R3 	712934	READERS +2.00 - ASSORTED	1 CT	\$20.00
R5 	923978	READERS +2.50 - ASSORTED	1 CT	\$20.00
R7 	600741	READERS +2.75 - ASSORTED	1 CT	\$20.00
R9 	639298	READERS +3.25 - ASSORTED	1 CT	\$20.00
R2 	583101	READERS +1.50 - BLACK	1 CT	\$14.00
R4 	630719	READERS +2.00 - BLACK	1 CT	\$14.00
R6 	604172	READERS +2.50 - BLACK	1 CT	\$14.00
R8 	706600	READERS +2.75 - BLACK	1 CT	\$14.00
R10 	632602	READERS +3.25 - BLACK	1 CT	\$14.00
<b>SHAVING NEEDS</b>				
<b>DISPOSABLE RAZORS</b>				
S1	339521	2 BLADE DISPOSABLE RAZORS	3 CT	\$3.00
S2	339520	DISPOSABLE RAZORS	3 CT	\$3.00
S3	235378	GILLETTE SENSOR 3 DISPOSABLE RAZORS	4 CT	\$9.00
S4	313622	GILLETTE WOMEN'S SENSITIVE DISPOSABLE RAZORS	3 CT	\$10.00
S5	995726	MEN'S DISPOSABLE RAZORS	12 CT	\$7.00
<b>SHAVE CREAMS</b>				
S15	103655	GILLETTE MEN'S FOAMY SHAVE CREAM	11 OZ	\$4.00
<b>SUNCARE</b>				
<b>AFTER SUN/ BURN</b>				
S20	985326	AFTERSUN ALOE VERA GREEN GEL	20 OZ	\$7.00
S21	401538	AFTERSUN ALOE VERA SOOTHING SPRAY	6 OZ	\$10.00
<b>CHILD/ BABY</b>				
S26	401537	CHILDREN'S CLEAR SPRAY SUNSCREEN SPF 50	6 OZ	\$9.00
S27	197863	COPPERTONE BABY TEAR FREE SUNSCREEN SPF 50	6 OZ	\$13.00
<b>GENERAL PROTECTION SKIN</b>				
S30	822572	SPORT SUNSCREEN SPF 100 CONTINUOUS SPRAY	5.5 OZ	\$10.00
S31	478059	SPORT SUNSCREEN SPF 50 CONTINUOUS SPRAY	6 OZ	\$9.00
S32	308277	SPORT SUNSCREEN SPF 50 LOTION	8 OZ	\$10.00
S33	794661	SPORT SUNSCREEN SPF 70 CONTINUOUS SPRAY	6 OZ	\$10.00
S35	720856	ULTRA SHEER DRY TOUCH SUNBLOCK SPF 45	3 OZ	\$10.00
S36	478041	ULTRA SHEER SUNSCREEN LOTION SPF 55	3 OZ	\$10.00
<b>VITAMINS</b>				
<b>BONE JOINT CARE</b>				
V74 ‡	349455	GLUCOSAMINE CHONDROITIN + D3 CAPLETS	100 CT	\$31.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
V75 ‡	145514	GLUCOSAMINE CHONDROITIN REGULAR STRENGTH TABLETS	150 CT	\$25.00
V77 ‡	247303	GLUCOSAMINE CHONDROITIN TRIPLE STRENGTH CAPLETS	120 CT	\$42.00
V76 ‡	451093	GLUCOSAMINE CHONDROITIN TRIPLE STRENGTH CAPLETS	240 CT	\$66.00
V78 ‡	166790	GLUCOSAMINE CHONDROITIN TRIPLE STRENGTH CAPLETS	80 CT	\$32.00
V79 ‡	247302	GLUCOSAMINE CHONDROITIN WITH MSM DOUBLE STRENGTH TABLETS	90 CT	\$28.00
<b>CALCIUM</b>				
V23 ‡	889908	CALCIUM 500MG + D3 25MCG GUMMIES	50 CT	\$12.00
V22 ‡	287250	CALCIUM 500MG + D3 25MCG GUMMIES	60 CT	\$12.00
V27 ‡	145485	CALCIUM CITRATE + D3 TABLETS	120 CT	\$15.00
V28 ‡	244798	CALCIUM MAGNESIUM + ZINC TABLETS	100 CT	\$5.00
<b>COENZYME</b>				
V70 ‡	122869	COQ-10 50MG SOFTGELS	45 CT	\$12.00
V67 ‡	184708	COQ-10 100MG SOFTGELS	45 CT	\$27.00
V68 ‡	710797	COQ-10 200MG SOFTGELS	108 CT	\$54.00
V69 ‡	459957	COQ-10 400MG SOFTGELS	39 CT	\$49.00
V86 ‡	968084	QUNOL ULTRA COQ-10 100MG SOFTGELS	30 CT	\$28.00
V87 ‡	968085	QUNOL ULTRA COQ-10 100MG SOFTGELS	60 CT	\$45.00
<b>COGNITIVE</b>				
V58 ‡	592601	5-FUNCTION BRAIN HEALTH SOFTGELS	30 CT	\$30.00
V59 ‡	632558	6-FUNCTION BRAIN HEALTH SOFTGELS	30 CT	\$44.00
V65	714451	COGNITIVE HEALTH EXTRA STRENGTH CAPSULES	30 CT	\$35.00
V80	181022	NEURIVA BRAIN PERFORMANCE CAPSULES	30 CT	\$35.00
V84 ‡	888292	PREVAGEN REGULAR STRENGTH CAPSULES	30 CT	\$43.00
<b>EAR/ EYE</b>				
V43 ‡	341637	INNER EAR PLUS CAPLETS	100 CT	\$28.00
V44 ‡	797751	LUTEIN 40MG SOFTGELS	30 CT	\$19.00
V47 ‡	460687	NATURAL LUTEIN 20MG SOFTGELS	60 CT	\$16.00
V51 ‡	449050	VISION HEALTH SUPPLEMENT	60 CT	\$19.00
<b>FISH OIL</b>				
V71	357343	FISH OIL 1000MG SOFTGELS	120 CT	\$13.00
V72 ‡	849036	FISH OIL 1000MG SOFTGELS	200 CT	\$16.00
V73 ‡	366732	FISH OIL 1200MG SOFTGELS	200 CT	\$20.00
V81 ‡	308698	OMEGA-3 FISH OIL ENHANCED WITH KRILL OIL 500MG SOFTGELS	80 CT	\$35.00
V82 ‡	717912	OMEGA-3 KRILL OIL 350MG ANTARCTIC PURE SOFTGELS	60 CT	\$26.00
V83 ‡	870668	OMEGA-3 KRILL OIL 500MG ANTARCTIC PURE SOFTGELS	45 CT	\$28.00
<b>HAIR/ SKIN/ NAILS</b>				
V66 ‡	271097	COLLAGEN + VITAMIN C TABLETS	120 CT	\$13.00
V41 ‡	928914	HAIR, SKIN & NAILS CAPLETS	200 CT	\$22.00
V42 ‡	460133	HAIR, SKIN & NAILS CAPLETS	60 CT	\$12.00
<b>HERBAL SUPPLEMENTS</b>				
V1 ‡	710800	5-HTP 200MG CAPSULES	30 CT	\$12.00
V3	432062	BLACK ELDERBERRY GUMMIES	60 CT	\$19.00
V4 ‡	710802	CINNAMON 1000MG CAPSULES	180 CT	\$16.00



# Helpful Tips When Pregnant

Early care and regular visits are very important

- Keep all your appointments. We can help you find a doctor or get to your appointments
- Avoid alcohol and nicotine; you should not drink or smoke while you are pregnant
- If you have had a problem with drugs or alcohol, your doctor can talk to you about ways to help
- Eat a healthy diet
- Exercise regularly. Speak to your doctor before beginning any exercise program
- Make a birth plan to help you have the delivery you want
- Find out when your doctor wants to see you after delivery

## Hear Her Texas



<https://www.dshs.texas.gov/maternal-child-health/programs-activities-maternal-child-health/hear-her-texas>



### Urgent Maternal Warning Signs:

- Headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about hurting yourself or your baby
- Changes in your vision
- Fever
- Trouble breathing
- Chest pain or fast-beating heart
- Severe belly pain that doesn't go away
- Severe nausea and throwing up (not like morning sickness)
- Baby's movements stopping or slowing during pregnancy
- Vaginal bleeding or fluid leaking during or after pregnancy
- Swelling, redness, or pain of your leg
- Extreme swelling of your hands or face
- Overwhelming tiredness

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
V5 ‡	305663	CRANBERRY 500MG CAPSULES	60 CT	\$16.00
V6 ‡	184707	FLAXSEED OIL 1000MG SOFTGELS	100 CT	\$11.00
V7 ‡	277439	FLAXSEED OIL 1000MG SOFTGELS	250 CT	\$23.00
V8 ‡	273868	GARLIC 400MG ODORLESS TABLETS	200 CT	\$11.00
V9 ‡	305315	GINGER ROOT 550MG CAPSULES	100 CT	\$15.00
V10 ‡	452271	MENOPAUSE SUPPORT CAPLETS	28 CT	\$19.00
V11 ‡	273799	SAW PALMETTO 450MG CAPSULES	250 CT	\$27.00
V12 ‡	337711	TURMERIC CURCUMIN 500MG CAPSULES	60 CT	\$10.00
<b>IRON/ MAGNESIUM/ ZINC</b>				
V30 ‡	246181	MAGNESIUM 250MG CAPLETS	100 CT	\$4.00
V34 ‡	965748	TRIPLE MAGNESIUM COMPLEX CAPSULES	120 CT	\$10.00
<b>MULTI VITAMINS</b>				
V40 ‡	808702	CHILDREN'S MULTIVITAMIN GUMMIES	70 CT	\$7.00
V46 ‡	378592	MEN'S MULTIVITAMIN	120 CT	\$11.00
V45 ‡	448404	MEN'S 50+ ADVANCED MULTIVITAMIN TABLETS	65 CT	\$8.00
V48 ‡	459960	ONE DAILY WOMEN'S 50 PLUS ADVANCED VITAMIN	100 CT	\$11.00
V49 ‡	255042	ONE DAILY WOMEN'S FORMULA VITAMIN	100 CT	\$9.00
V52 ‡	448393	WOMEN'S 50+ ADVANCED MULTIVITAMIN TABLETS	65 CT	\$8.00
V53 ‡	378615	WOMEN'S MULTIVITAMIN	120 CT	\$11.00
<b>PRENATAL</b>				
V50 ‡	252577	PRENATAL VITAMIN TABLETS	100 CT	\$11.00
<b>SUPPLEMENTS</b>				
V32 ‡	250191	POTASSIUM GLUCONATE 650MG CAPLETS	100 CT	\$6.00
V85 ‡	382098	PROSTATE MAX+ CAPLETS	60 CT	\$27.00
<b>VIT A/ D/ K</b>				
V93 ‡	162640	VITAMIN D3 10,000IU SOFTGELS	60 CT	\$16.00
V95 ‡	346754	VITAMIN D3 1000IU SOFTGELS	100 CT	\$9.00
V94 ‡	695912	VITAMIN D3 1000IU SOFTGELS	300 CT	\$16.00
V96 ‡	710787	VITAMIN D3 2000IU SOFTGELS	100 CT	\$9.00
V97 ‡	277289	VITAMIN D3 400IU SOFTGELS	100 CT	\$4.00
V98 ‡	717911	VITAMIN D3 5000IU SOFTGELS	100 CT	\$14.00
<b>VITAMIN B</b>				
V106 ‡	933919	B-12 5000MCG MICROLOZENGES CHERRY	30 CT	\$14.00
V107 ‡	343572	B-12 5000MCG MICROTABLET	100 CT	\$15.00
V109 ‡	965747	BIOTIN 10,000MCG SOFTGELS	60 CT	\$12.00
V110 ‡	931260	BIOTIN 5000MCG TABLETS	150 CT	\$22.00
V111 ‡	300258	FOLIC ACID 800MCG TABLETS	100 CT	\$4.00
V113 ‡	145626	SUPER B COMPLEX WITH VITAMIN C CAPLETS	100 CT	\$12.00
V112 ‡	300260	SUPER B COMPLEX WITH VITAMIN C CAPLETS	300 CT	\$29.00
<b>VITAMIN C</b>				
V118 ‡	973804	AIRSHIELD ADULT IMMUNITY GUMMY	42 CT	\$11.00

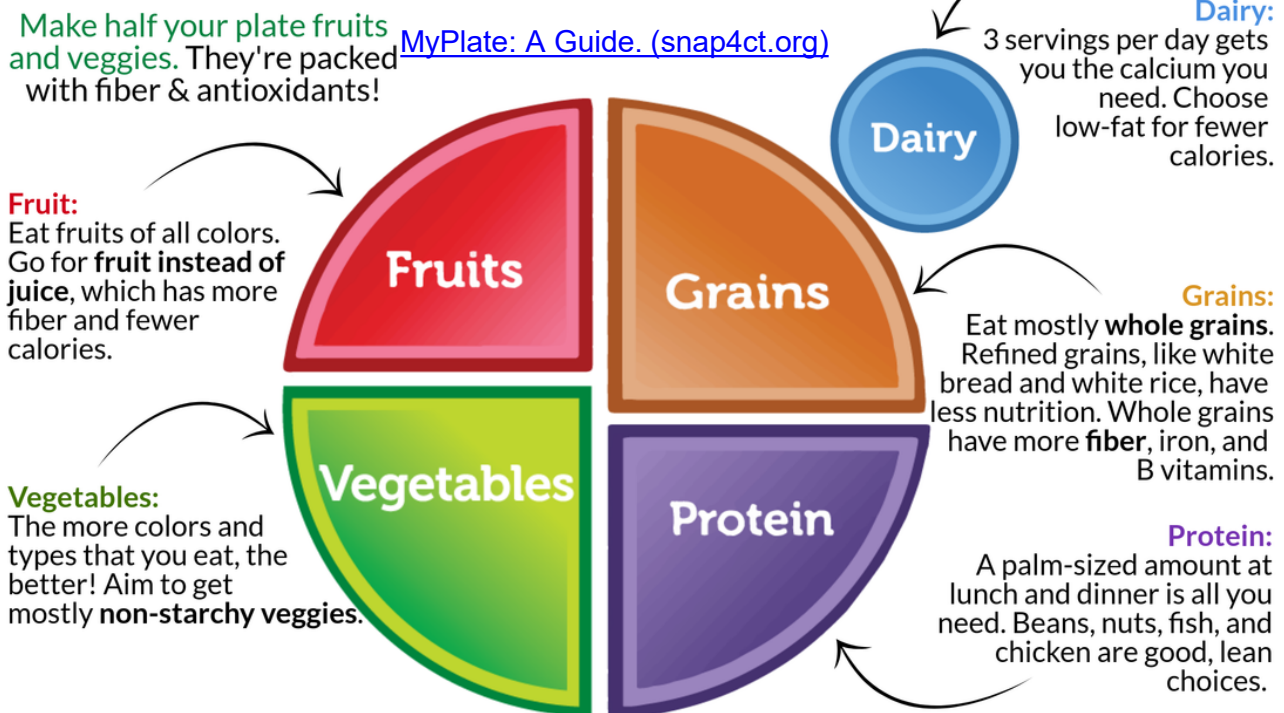
UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
V119 ‡	446547	AIRSHIELD IMMUNITY GUMMIES	63 CT	\$19.00
VITAMIN E				
V130 ‡	243204	VITAMIN E 1000IU SOFTGELS	50 CT	\$18.00

**IMPORTANT:** Item list is subject to change. In the event an item is out of stock, an item of similar or greater value will be substituted in your order. If an item is recalled by the manufacturer for any reason, it will be removed from the product offering immediately.

# MyPlate shows the proportions of each food group for meals

- Meet Nutritional needs primarily from foods and beverages
- Drink Water first for your thirst
- Choose a variety of options from each food group
- Pay attention to Portion size
- Drink and eat less sodium, saturated fat, and added sugars

## MyPlate: A Guide



## Shift your sweet tooth

Choose foods with little or no added sugars and drink water or unsweetened sparkling water in place of soda or juice. Fruits are naturally sweet and packed with nutrients.



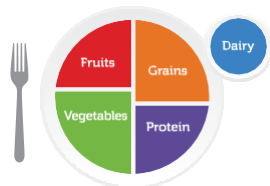
## Go easy on the salt

Choose fresh foods when possible or low-sodium packaged foods. Add flavor to foods with spices and herbs and skip the saltshaker at the table.





Start *simple*  
with **MyPlate**



## Healthy Snacking With MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.



### Prep ahead

Portion snack foods into reusable containers when you get home from the store so they're ready to grab-and-go.



### Make it a combo

Use the food groups to build a satisfying snack: yogurt and berries, apple with nut butter, or whole-grain crackers with turkey and avocado.



### Eat vibrant vegetables

Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.



### Wash and enjoy

Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.



### Stock your fridge

Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.





# MyPlate Food Categories

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
<b>DAIRY</b>				
<b>ALTERNATIVE MILK</b>				
G15 ★	910410	BLUE DIAMOND ALMOND BREEZE UNSWEETENED VANILLA	64 OZ	\$7.00
G17 ★	457605	HORIZON ORGANIC HIGH VITAMIN D	1 CT	\$7.00
G18 ★	629862	LACTAID 2% MILK	64 OZ	\$7.00
G19 ★	727846	LACTAID WHOLE MILK	64 OZ	\$7.00
<b>MILK GALLONS</b>				
G48 ★	666891	2% MILK GALLON	128 OZ	\$7.00
G49 ★	663864	WHOLE MILK GALLON	128 OZ	\$7.00
<b>MILK HALF GALLONS</b>				
G54 ★	666628	2% MILK HALF GALLON	64 OZ	\$4.00
G55 ★	664235	WHOLE MILK HALF GALLON	64 OZ	\$4.00
<b>FRUITS/ VEGETABLES</b>				
<b>CANNED VEGETABLES</b>				
G144	402197	BUSH'S ORIGINAL BAKED BEANS	16 OZ	\$3.00
<b>CANNED/ DRIED FRUIT</b>				
G147	614233	DRIED PLUMS PITTED PRUNES	18 OZ	\$7.00
G149	184552	MOTT'S ORIGINAL APPLE SAUCE	4 OZ	\$4.00
G151	365523	SUN-MAID RAISINS	13 OZ	\$4.00
<b>CONDIMENTS</b>				
G175	347261	HEINZ TOMATO KETCHUP	32 OZ	\$7.00
<b>HEALTHY SNACKS</b>				
G273	365986	SOLELY ORGANIC DRIED MANGO STRIPS	5 OZ	\$7.00
<b>SALTY SNACKS</b>				
G316	194877	BANANA & STRAWBERRY FREEZE-DRIED CRISPS	1 OZ	\$4.00
G321	995850	DELUXE MIXED FRUIT FREEZE-DRIED FRUIT CRISPS	1 OZ	\$4.00
G322	203935	DRIED ORGANIC MANGO	4 OZ	\$6.00
G323	183574	DRIED PHILIPPINE MANGOES	10 OZ	\$9.00
G324	880785	DRIED PHILIPPINE MANGOES	5 OZ	\$6.00
G326	995847	FUJI APPLE CRISPS	1 OZ	\$4.00
G345	995851	STRAWBERRY CRISPS	1 OZ	\$4.00
<b>GRAINS</b>				
<b>BREAD &amp; PASTRY</b>				
G70 ★	486150	BAKER'S CHOICE 100% WHOLE WHEAT BREAD	16 OZ	\$4.00
G71 ★	456573	BAKER'S CHOICE WHITE BREAD	16 OZ	\$4.00
<b>BREAKFAST</b>				
G97	797329	GENERAL MILLS CEREALS CINNAMON TOAST CRUNCH	18.8 OZ	\$8.00
G98	703277	GENERAL MILLS CHEERIOS CEREAL	8.9 OZ	\$7.00
G99	813576	GENERAL MILLS CINNAMON TOAST CRUNCH CEREAL	12 OZ	\$7.00
G100	558865	GENERAL MILLS COCOA PUFFS WHOLE GRAIN CEREAL	10.4 OZ	\$6.00
G102	731695	GENERAL MILLS HONEY NUT CHEERIOS CEREAL	10.8 OZ	\$7.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
G101	703276	GENERAL MILLS HONEY NUT CHEERIOS CEREAL	18.8 OZ	\$8.00
G103	465994	GENERAL MILLS MULTI GRAIN CHEERIOS CEREAL	12 OZ	\$7.00
G104	706276	GREAT GRAINS RAISINS, DATES & PECANS	16 OZ	\$8.00
G105	273722	KELLOGG'S CORN FLAKES BREAKFAST CEREAL	9.6 OZ	\$6.00
G106	720656	KELLOGG'S FROOT LOOPS BREAKFAST CEREAL	7.9 OZ	\$6.00
G107	103604	KELLOGG'S FROSTED FLAKES BREAKFAST CEREAL	10.9 OZ	\$6.00
G108	112032	KELLOGG'S FROSTED MINI-WHEATS BREAKFAST CEREAL	14.1 OZ	\$6.00
G114	674195	KELLOGG'S RAISIN BRAN BREAKFAST CEREAL	24 OZ	\$8.00
G116	184524	KELLOGG'S SPECIAL K RED BERRIES BREAKFAST CEREAL	11.7 OZ	\$6.00
G125	731232	LUCKY CHARMS CEREAL	10.5 OZ	\$7.00
G133	115849	POST COCOA PEBBLES CEREAL	11 OZ	\$6.00
G134	618940	POST FRUITY PEBBLES CEREAL FAMILY SIZE	19.5 OZ	\$8.00
G135	106274	POST HONEY BUNCHES OF OATS HONEY ROASTED CEREAL	12 OZ	\$6.00
G136	198594	POST HONEY BUNCHES OF OATS WITH ALMONDS	14.5 OZ	\$6.00
G137	207612	QUAKER CAP'N CRUNCH'S CRUNCH BERRIES CEREAL	11.7 OZ	\$6.00
<b>CRACKERS</b>				
G246	194708	CHEEZ-IT EXTRA TOASTY CHEESE CRACKERS	7 OZ	\$4.00
G248	872556	CHEEZ-IT ORIGINAL CHEESE CRACKERS	7 OZ	\$4.00
G247	204789	CHEEZ-IT ORIGINAL CHEESE CRACKERS	21 OZ	\$8.00
G249	204210	CHEEZ-IT ORIGINAL CHEESE CRACKERS GRAB BAG	7 OZ	\$4.00
G250	159574	CHEEZ-IT WHITE CHEDDAR CHEESE CRACKERS	7 OZ	\$4.00
G251	588794	CLUB CRACKERS SNACK STACKS	12.5 OZ	\$5.00
G252	297868	CLUB ORIGINAL CRACKERS	13.7 OZ	\$5.00
G255	695734	NABISCO ORIGINAL WHEAT THINS	8.5 OZ	\$5.00
G258	742956	NABISCO PREMIUM SALTINE CRACKERS	16 OZ	\$5.00
G256	850310	NABISCO PREMIUM SALTINE CRACKERS	13.6 OZ	\$5.00
G257	169490	NABISCO PREMIUM SALTINE CRACKERS	4 OZ	\$3.00
G260	493508	RITZ ORIGINAL CRACKERS	13.7 OZ	\$5.00
<b>DRY GROCERY</b>				
G188	107300	MINUTE INSTANT WHITE RICE	14 OZ	\$4.00
<b>HEAT &amp; SERVE</b>				
G203	190903	UNCLE BEN'S ORIGINAL READY RICE, JASMINE	8.5 OZ	\$4.00
G204	503309	UNCLE BENS WHOLE GRAIN BROWN RICE	8.8 OZ	\$4.00
<b>PASTA/ SAUCE</b>				
G217	542007	BARILLA PENNE PASTA	16 OZ	\$3.00
G218	409739	BARILLA ROTINI PASTA	16 OZ	\$3.00
G219	273598	BARILLA SPAGHETTI	16 OZ	\$3.00
<b>GROCERY OTHER</b>				
<b>BAKING NEEDS</b>				
G87	721552	GRANULATED SUGAR	60 OZ	\$5.00
G88	351798	ORGANIC RAW HONEY	12 OZ	\$10.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
G89	698060	PANCAKE SYRUP	12 OZ	\$4.00
<b>BREAKFAST</b>				
G96	845296	FIBER ONE CHOCOLATE FUDGE BROWNIES	0.89 OZ	\$5.00
G109	742904	KELLOGG'S NUTRI-GRAIN SOFT BAKED BREAKFAST BARS, APPLE CINNAMON	1.3 OZ	\$5.00
G110	813568	KELLOGG'S NUTRI-GRAIN SOFT BAKED BREAKFAST BARS, BLUEBERRY	1.3 OZ	\$5.00
G111	795971	KELLOGG'S NUTRI-GRAIN SOFT BAKED BREAKFAST BARS, STRAWBERRY	1.3 OZ	\$5.00
G112	541607	KELLOGG'S POP-TARTS FROSTED TOASTER PASTRIES, BROWN SUGAR CINNAMON	13.5 OZ	\$4.00
G113	545012	KELLOGG'S POP-TARTS FROSTED TOASTER PASTRIES, STRAWBERRY	13.5 OZ	\$4.00
G115	196977	KELLOGG'S SPECIAL K PASTRY CRISP BARS, STRAWBERRY	0.88 OZ	\$4.00
G117	489497	KIND FAMILY PACK GRANOLA, OATS AND HONEY	17 OZ	\$12.00
G118	480879	KIND FAMILY PACK GRANOLA, PEANUT BUTTER	17 OZ	\$12.00
G119	380353	KIND MINIS, DARK CHOCOLATE NUTS & SEA SALT	0.7 OZ	\$10.00
G120	827616	KIND THINS BARS - CARAMEL, ALMOND AND SEA SALT	0.74 OZ	\$11.00
G121	337762	KIND THINS, DARK CHOCOLATE NUTS & SEA SALT	0.74 OZ	\$12.00
G122	792956	KIND THINS, PEANUT BUTTER DARK CHOCOLATE	0.74 OZ	\$12.00
G123	381267	LARABAR BARS, CHOCOLATE CHIP COOKIE DOUGH	1.6 OZ	\$9.00
G124	875732	LARABAR BARS, PEANUT BUTTER CHOCOLATE CHIP	1.6 OZ	\$9.00
G126	184498	NATURE VALLEY GRANOLA BARS OATS 'N HONEY	1.49 OZ	\$5.00
G127	381155	NATURE VALLEY PROTEIN CHEWY BARS - PEANUT BUTTER DARK CHOCOLATE	1.42 OZ	\$11.00
G128	319424	NATURE VALLEY SWEET & SALTY GRANOLA BARS - ALMOND	1.2 OZ	\$5.00
G130	961245	NATURE VALLEY SWEET & SALTY GRANOLA BARS - PEANUT	1.2 OZ	\$5.00
G129	230874	NATURE VALLEY SWEET & SALTY GRANOLA BARS - DARK CHOCOLATE, PEANUT & ALMOND	1.24 OZ	\$5.00
G131	237356	NATURE VALLEY TRAIL MIX BARS FRUIT & NUT	1.2 OZ	\$5.00
<b>CANNED/ DRIED FRUIT</b>				
G152	387813	WELCH'S MIXED FRUIT FLAVORED FRUIT SNACKS POUCHES	0.8 OZ	\$8.00
<b>COFFEE/ TEA</b>				
G157	383713	BIGELOW HERBAL TEA BAGS WITH PROBIOTICS - LEMON GINGER	18 CT	\$4.00
G159	433439	DUNKIN DONUTS GROUND COFFEE ORIGINAL BLEND MEDIUM ROAST	12 OZ	\$12.00
G158	502187	COFFEEMATE POWDERED COFFEE CREAMER	16 OZ	\$6.00
G161	479729	DUNKIN DONUTS K-CUP PODS ORIGINAL BLEND ROAST COFFEE MEDIUM	10 CT	\$11.00
G160	467031	DUNKIN' DONUTS K-CUP PODS - ORIGINAL MEDIUM ROAST	12 OZ	\$12.00
G162	472859	FOLGERS CLASSIC ROAST INSTANT COFFEE	33.7 OZ	\$15.00
G163	354531	FOLGERS INSTANT COFFEE CRYSTALS CLASSIC ROAST	8 OZ	\$9.00
G165	577850	MAXWELL HOUSE GROUND COFFEE - MEDIUM ROAST	30.6 OZ	\$18.00
G167	479687	MAXWELL HOUSE GROUND INSTANT COFFEE - MEDIUM ROAST	8 OZ	\$10.00
G166	861983	MAXWELL HOUSE GROUND COFFEE WAKE UP ROAST	30.6 OZ	\$14.00
G164	370694	MAXWELL HOUSE GROUND COFFEE - DECAFF	29.3 OZ	\$19.00
G168	442624	MAXWELL HOUSE INSTANT COFFEE - ORIGINAL	8 OZ	\$9.00
G169	947379	TWININGS HERBAL TEA BAGS - LEMON AND GINGER	20 CT	\$4.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
G170	429571	TWININGS OF LONDON 100% PURE BLACK TEA BAGS	20 CT	\$4.00
<b>CONDIMENTS</b>				
G176	355285	HIDDEN VALLEY ORIGINAL RANCH SALAD DRESSING & TOPPING GLUTEN FREE	16 OZ	\$6.00
G177	183342	ORGANIC APPLE CIDER VINEGAR	32 OZ	\$5.00
<b>COOKIES</b>				
G254	252353	NABISCO FIG NEWTONS	6.5 OZ	\$3.00
<b>CRACKERS</b>				
G253	339124	HONEY MAID HONEY GRAHAMS	14.4 OZ	\$6.00
G259	510568	RITZ ORIGINAL CRACKERS	11.8 OZ	\$5.00
G261	435537	RITZ ORIGINAL CRACKERS	3.47 OZ	\$3.00
<b>DESSERTS</b>				
G182	240972	WELCH'S FRUIT SNACKS MIXED FRUIT	0.8 OZ	\$4.00
<b>ETHNIC FOOD</b>				
G194	190136	NUTELLA HAZELNUT SPREAD W/ SKIM MILK & COCOA	13 OZ	\$5.00
<b>HEALTHY SNACKS</b>				
G266	299668	HIGHKEY MINI COOKIES, CHOCOLATE CHIP	2 OZ	\$5.00
G267 🚚	330230	HIGHKEY MINI COOKIES, SNICKERDOODLE	2 OZ	\$5.00
G268	311551	HIPPEAS ORGANIC CHICKPEA PUFFS, VEGAN WHITE CHEDDAR FLAVORED	4 OZ	\$4.00
G269	589280	LESSEREVIL ORGANIC POPCORN, HIMALAYAN GOLD	4.6 OZ	\$4.00
G270	325352	LESSEREVIL ORGANIC POPCORN, HIMALAYAN PINK SALT	4.6 OZ	\$4.00
G271	547370	QUINN CREAMY PEANUT BUTTER FILLED PRETZEL NUGGETS	7 OZ	\$5.00
G272	403674	QUINN MAPLE ALMOND BUTTER FILLED PRETZEL NUGGETS	5 OZ	\$5.00
G274	435893	WHISPS CHEESE CRISPS CHEDDAR	2.12 OZ	\$4.00
<b>HEAT &amp; SERVE</b>				
G199	105685	DINTY MOORE BEEF STEW	20 OZ	\$4.00
G200	962359	KRAFT MACARONI & CHEESE BIG CUP	4.1 OZ	\$3.00
<b>ISOTONICS</b>				
G1	332710	ELECTROLYTE MAX ELECTROLYTE SOLUTION, BERRY FROST	33.8 OZ	\$4.00
G2	652138	ELECTROLYTE MAX ELECTROLYTE SOLUTION, CHERRY POMEGRANATE	33.8 OZ	\$4.00
<b>MISCELLANEOUS</b>				
G209 ★	957771	100% CANOLA OIL COOKING SPRAY	5 OZ	\$5.00
G210 ★	193128	EXTRA VIRGIN OLIVE OIL	17 OZ	\$10.00
G211 ★	183318	ORGANIC EXTRA VIRGIN COCONUT OIL	14 OZ	\$11.00
G212 ★	974599	WESSON VEGETABLE OIL	40 OZ	\$8.00
<b>NUTS</b>				
G280	961793	BLUE DIAMOND ALMONDS, LIGHTLY SALTED	16 OZ	\$10.00
G285	492669	DAVID PUMPKIN SEEDS	5 OZ	\$5.00
G288	385047	PLANTERS PARTY PACK COCKTAIL PEANUTS	16 OZ	\$6.00
G308	275195	WONDERFUL PISTACHIOS NO SHELLS, ROASTED AND LIGHTLY SALTED	6 OZ	\$9.00
G309	275175	WONDERFUL PISTACHIOS NO SHELLS, ROASTED AND SALTED	6 OZ	\$9.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
<b>SALTY SNACKS</b>				
G314	967457	ANGIE'S BOOMCHICKAPOP POPCORN	5 OZ	\$5.00
G315	998561	ANGIE'S BOOMCHICKAPOP POPCORN, SWEET & SALTY KETTLE CORN	7 OZ	\$5.00
G317	228057	CLASSIC BLEND TRAIL MIX	8 OZ	\$3.00
G318	958483	CLASSIC BLEND TRAIL MIX, VALUE SIZE	28 OZ	\$8.00
G319	920705	DARK CHOCOLATE, FRUIT & NUT TRAIL MIX	6 OZ	\$4.00
G320	102238	DAVID ORIGINAL SUNFLOWER SEEDS	5.25 OZ	\$3.00
G325	966050	FRUIT & NUTTY PROBIOTIC TRAIL MIX	6 OZ	\$4.00
G327	966052	HEAVENLY LIGHT POPCORN	5 OZ	\$4.00
G334	120456	MINI PRETZEL TWISTS	18 OZ	\$4.00
G336	698754	OMEGA-3 TRAIL MIX	13 OZ	\$8.00
G337	966054	OMEGA-3 TRAIL MIX	6 OZ	\$4.00
G338	235393	PEANUT BUTTER LOVER'S TRAIL MIX	8 OZ	\$4.00
G339	426212	PIRATE'S BOOTY BAKED RICE AND CORN PUFFS, AGED WHITE CHEDDAR	4 OZ	\$4.00
G340	909324	SENSIBLE PORTIONS SEA SALT GARDEN VEGGIE STRAWS	5 OZ	\$5.00
G341	961446	SKINNYPOP POPCORN ORIGINAL	4.4 OZ	\$5.00
G342	990975	SKINNYPOP WHITE CHEDDAR POPCORN	4.4 OZ	\$5.00
G343	304023	SNACK FACTORY PRETZEL CRISPS	7.2 OZ	\$4.00
G344	534131	SPICY SRIRACHA HEAVENLY LIGHT POPCORN	5 OZ	\$4.00
G346	921948	SWEET & SALTY TRAIL MIX	10 OZ	\$4.00
<b>SOUP</b>				
G230	701793	CAMPBELL'S CHUNKY CHICKEN NOODLE SOUP	18.6 OZ	\$4.00
G231	730630	CAMPBELL'S CHUNKY CLASSIC CHICKEN NOODLE SOUP	18.6 OZ	\$4.00
G232 ★	380123	NISSIN TOP RAMEN BEEF FLAVORED RAMEN NOODLE SOUP	3 OZ	\$3.00
G233 ★	743434	NISSIN TOP RAMEN NOODLE SOUP, CHICKEN FLAVOR	18 OZ	\$3.00
G234 ★	169968	PROGRESSO CHICKEN NOODLE SOUP	19 OZ	\$5.00
G235 ★	403081	PROGRESSO RICH & HEARTY CHICKEN & HOMESTYLE NOODLES SOUP	19 OZ	\$5.00
G236	559194	SWANSON CHICKEN BROTH	32 OZ	\$4.00
<b>SUGAR SUBSTITUTE</b>				
G241	195266	STEVIA IN THE RAW PACKETS	100 CT	\$7.00
<b>PROTEIN</b>				
<b>DRY GROCERY</b>				
G187	354757	JIF CREAMY PEANUT BUTTER	16 OZ	\$4.00
G189	517573	SKIPPY CREAMY PEANUT BUTTER	16.3 OZ	\$4.00
<b>EGGS</b>				
G31 ★	339062	NELLIES FREE RANGE EGGS	12 CT	\$7.00
<b>HEAT &amp; SERVE</b>				
G201	969600	SPAM CLASSIC	12 OZ	\$5.00
G202	492541	SPAM LITE	12 OZ	\$5.00
<b>SALTY SNACKS</b>				
G329	340106	JACK LINK'S BEEF JERKY	2.85 OZ	\$7.00



UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
G328	340107	JACK LINK'S BEEF JERKY	2.85 OZ	\$7.00
G333	173911	JACK LINK'S TENDER BITES, TERIYAKI BEEF STEAK	2.85 OZ	\$7.00
G347	956900	TERIYAKI BEEF JERKY	2.85 OZ	\$6.00
<b>SHELF STABLE SEAFOOD</b>				
G225	432544	BUMBLE BEE TUNA SALAD WITH CRACKERS	3.5 OZ	\$3.00

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## Extra Support for Monthly Periods

Aetna Better Health of Texas covers certain over-the-counter period (menstrual) care products as part of your OTC benefit. You can get monthly care items like pads, tampons, cleansing wipes and more.



### Take Charge of Your Health

An annual checkup is important. Your doctor can help answer questions about:

- How to get to a healthy weight and stay there
- How to manage your stress
- What to do if you plan to have children
- Disease screenings and treatments

# Period Promise

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
<b>ADULT CARE</b>				
<b>CARE &amp; ACCESSORIES</b>				
A23	458004	ADULT CARE WIPES	192 CT	\$12.00
<b>PADS</b>				
A53	150744	WOMEN'S PROTECTIVE PADS, MAX LONG	39 CT	\$13.00
A21	240487	WOMEN'S PROTECTIVE PADS, MODERATE	20 CT	\$6.00
A54	535872	WOMEN'S PROTECTIVE PADS, MODERATE	66 CT	\$13.00
A57	699083	WOMEN'S THIN FIT PROTECTIVE PADS, HEAVY	48 CT	\$13.00
A58	181771	WOMEN'S THIN FIT PROTECTIVE PADS, MODERATE	66 CT	\$13.00
<b>PANTS</b>				
A72	489350	WOMEN'S UNDERWEAR MAX, L	18 CT	\$14.00
A74	489330	WOMEN'S UNDERWEAR MAX, S/M	20 CT	\$14.00
A76	973821	WOMEN'S UNDERWEAR MAX, XL	16 CT	\$14.00
<b>EXTERNAL PAIN</b>				
<b>HOT COLD</b>				
E3	215314	HEATING PAD EXTRA LONG	1 CT	\$37.00
E4	215313	HEATING PAD STANDARD	1 CT	\$25.00
<b>TOPICAL ANALGESIC</b>				
E78	827058	COLD AND HOT PATCHES	3 CT	\$8.00
E77	957604	COLD AND HOT PATCHES	5 CT	\$6.00
<b>FEMININE CARE</b>				
<b>FULL SIZE PADS</b>				
F29	872990	KOTEX CLEAN WEAR ULTRA THIN PADS WITH WINGS	18 CT	\$7.00
F30	872985	KOTEX CLEAN WEAR ULTRA THIN PADS WITH WINGS HEAVY	16 CT	\$7.00
F31	927025	MAXI PADS LONG SUPER	42 CT	\$4.00
F32	692443	MAXI PADS REGULAR	48 CT	\$4.00
F33	127200	MAXI PADS WITH WINGS LONG SUPER	32 CT	\$4.00
F34	842800	MAXI PADS WITH WINGS OVERNIGHT	36 CT	\$6.00
F35	872912	ULTRA THIN PADS LONG SUPER	40 CT	\$4.00
F36	836891	ULTRA THIN PADS WITH WINGS REGULAR	36 CT	\$4.00
<b>INTIMATE CLEANSING</b>				
F41	289061	CLEANSING WIPES FLUSHABLE FRAGRANCE FREE	32 CT	\$5.00
F54	318718	ITCH RELIEF VAGINAL CREME	1 OZ	\$6.00
<b>LUBRICANTS/ MOISTURIZERS</b>				
F47	418121	PERSONAL LUBRICANT	5.6 OZ	\$9.00
<b>MEDICATION</b>				
F52	420684	AZO MAXIMUM STRENGTH TABLETS	12 CT	\$10.00
F53	325394	CRANBERRY 450MG TABLETS	100 CT	\$14.00
F55	740732	MENSTRUAL PMS RELIEF	32 CT	\$7.00
F56	110601	PAMPRIN MENSTRUAL RELIEF TABLETS	20 CT	\$8.00
F57	738694	URINARY PAIN RELIEF	12 CT	\$5.00
F58	234554	URINARY PAIN RELIEF TABLETS	30 CT	\$8.00

UPC	SKU	ITEM DESCRIPTION	SIZE	PRICE
<b>PREGNANCY TEST KITS</b>				
F66	326808	PREGNANCY TEST	1 CT	\$6.00
<b>SMALL SIZE PADS</b>				
F73	470890	THINX FOR ALL MENSTRUAL BRIEFS BLACK L	1 CT	\$17.00
F74	664121	THINX FOR ALL MENSTRUAL BRIEFS BLACK M	1 CT	\$17.00
F75	625028	THINX FOR ALL MENSTRUAL BRIEFS BLACK S	1 CT	\$17.00
F76	501914	THINX FOR ALL MENSTRUAL BRIEFS BLACK XL	1 CT	\$17.00
<b>TAMPONS</b>				
F84	722537	MENSTRUAL CUP SIZE A	1 CT	\$22.00
F85	634864	MENSTRUAL CUP SIZE B	1 CT	\$22.00
F86	416639	TAMPONS MULTIPACK	34 CT	\$6.00
<b>HAIR ACCESSORIES</b>				
<b>GROOMING</b>				
H1	447036	CONAIR HAIR PICK	3 CT	\$4.00
H2	516310	HAIR BRUSH	1 CT	\$4.00
H4	226674	SHOWER CAPS	4 CT	\$10.00
<b>HAIR CARE</b>				
<b>SHAMPOO/ CONDITIONER</b>				
H20	970245	SCALP RELIEF SERUM	2.5 OZ	\$9.00
<b>PAIN RELIEVERS</b>				
<b>NAPROX</b>				
P84	263652	NAPROXEN SODIUM 220MG CAPLETS	90 CT	\$9.00
P88	340744	NAPROXEN SODIUM 220MG TABLETS BACK AND MUSCLE PAIN	24 CT	\$4.00
<b>PMS</b>				
P93	456231	MENSTRUAL PAIN RELIEF	24 CT	\$6.00
<b>SLEEP AIDS</b>				
P109	374425	NAPROXEN SODIUM PM CAPLETS	20 CT	\$6.00

**IMPORTANT:** Item list is subject to change. In the event an item is out of stock, an item of similar or greater value will be substituted in your order. If an item is recalled by the manufacturer for any reason, it will be removed from the product offering immediately.



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[illegible]



Items purchased through this program may be reported back to the program sponsor for their operations and administration of the program.