



OTC Savings Guide

2022 Tufts Health Plan Senior Care Options



DailyCare+ Card



You get \$70 to spend every 3 months!

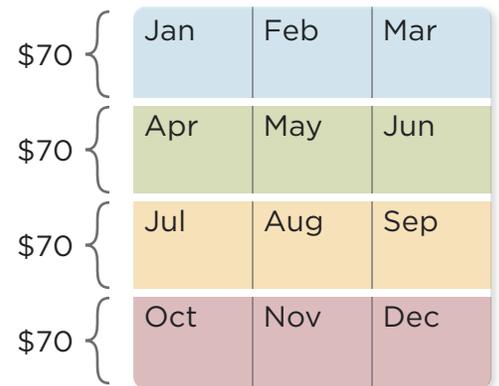
Once your coverage begins, you get \$70 to spend every calendar quarter on approved personal care and grocery products at participating stores. The list of items you can buy with your card is on the next page.

How it works

At the beginning of each of the four calendar quarters (see right), your card is loaded with \$70. That's \$280 a year!

Your balance does not carry over, so try to spend the full \$70 before the end of each calendar quarter.

Don't throw out your card—It will be reloaded at the start of the next calendar quarter.



3 easy ways to enjoy your benefits

Online—Go to www.thpmp.org/SCO-OTC, log in using your 19-digit DailyCare+ card number, and select the items you want to purchase. Place your order by completing the checkout process. Your order will be delivered at no additional cost.

By phone—Call **1-833-569-2330 (TTY: 711)** Mon-Fri, 8 a.m.-7 p.m., and a representative will take your order.

In-store—Swipe your card at the register at the following stores:



Covered Grocery Items

Dairy	Milk
	Whole eggs
	Egg substitutes
	Cheese
	Yogurt
	Margarine
	Butter
	Whipping cream
	Sour cream
Fresh foods	Fruits
	Vegetables
	Chicken
	Beef
	Seafood
	Sausage
	Jerky
	Lunch meat
	Bread/rolls
	Tortillas
	Ready-to-eat (soups, meals, sandwiches)
	Beverages
Tea	
Water	
Drink mixes	
Cocoa	

Beverages	Enhanced water
	Ice
	Sparkling water
	Soy/nut milks
	Fruit and vegetable juices including sparkling (apple, orange, V8, grape, and more)
Frozen foods	Fruits
	Vegetables
	Meats
	Seafood
	Medical meals
	Juice concentrate
	Prepared food (stews, pizza, heat & eat, soy burgers)
Dry goods	Baking/cooking supplies (baking powder, yeast, baking soda)
	Sugar (white, brown, and powdered)
	Flours, cornmeal, nut and seed flours, bread/biscuit mixes
	Condiments, sauces, dips, mayonnaise, salad dressing
	Dry mixes (side dish mixes, dinner mixes)

Dry goods	Prepared food (canned stews, heat & eat)
	Puddings/gelatin
	Crackers
	Beans
	Rice
	Whole grains
	Cereal (hot and cold)
	Pasta
	Pasta sauce
	Soup
	Nuts, seeds
	Trail mix
	Herbs/spices
	Seasoning
	Oils
	Shortening
	Peanut butter/nut butters
	Pancake/waffle mix
	Dried fruit
	Fruit snacks
Canned/jarred fruits and vegetables	
Salsa	
Canned meat/seafood	

Non-Covered Grocery Items (examples)

- Juice blends and punches (Hi-C, Capri Sun, etc.)
- Soda
- Sport drinks (Gatorade and others)
- Appetizers, french fries, onion rings, etc.
- Ice cream, frozen yogurt, sherbet
- Other desserts/sweets
- Breakfast foods (toaster pastries, cereal bars, granola and granola bars)
- Cake/cookie mixes, frosting, chocolate chips, marshmallows, decorations
- Jams, jellies, sweet spreads, syrup
- Bakery (pies, cakes, muffins, etc.)
- Deli (processed and fried)
- Lard
- Cookies
- Salty snacks

Some items may not be covered due to nutritional value.

If you have any questions about the items

covered, please visit www.otcnetwork.com or call Member Services at

 **1-855-670-5934**
(TTY: 711)

DailyCare+ Card (continued)

Covered Health and Hygiene Items	
Eye and ear care	Ear plugs & protection
Feminine personal care	Deodorants & powders
	Douches
	Feminine anti-itch
	Feminine moisturizers
	Wipes & external washes
Foot care	Odor & wetness powders
	Odor & wetness sprays
	Mixed/miscellaneous odor & wetness treatments
Hair care	Shampoo
	Conditioner
	Therapeutic shampoo, conditioner, & scalp treatment
Household products	Bath tissue
Oral care	Mouthwash
Patient cleansing and bathing	Cleansers & washes
	Wipes & towelettes
Physical fitness and exercise equipment	Scales (includes body fat analyzers)
Shaving and grooming	Razors & refills (disposable & reusable)
Skin care	Body cleansing liquids (body washes & gels)
	Hand & body cleansing bars (soap)
	Hand cleansing liquids
	Instant hand sanitizers
	Mixed/miscellaneous hand & body cleansing (towelettes, foaming, etc.)
	Beauty hand & body moisturizers
	Therapeutic hand & body moisturizers
	Therapeutic hand & body treatments

Non-Covered Items (examples)

- Alternative medicines (botanicals, herbals, probiotics, and nutraceuticals)
- Baby medicines
- Cosmetic products of any kind
- Supplements
- Hair color
- Perfumes
- Teeth whitening strips/treatment

Instant Savings card



You get \$88 to spend every 3 months!

Once your coverage begins, you get \$88 to spend every calendar quarter on health-related items at participating stores. The list of items you can buy with your card is in this booklet.

How it works

At the beginning of each of the four calendar quarters (see right), your card is loaded with \$88. That's \$352 a year!

Your balance does not carry over, so try to spend the full \$88 before the end of each calendar quarter.

Don't throw out your card—It will be reloaded at the start of the next calendar quarter.

\$88	Jan	Feb	Mar
\$88	Apr	May	Jun
\$88	Jul	Aug	Sep
\$88	Oct	Nov	Dec

3 easy ways to enjoy your benefits

Online—Go to www.thpmp.org/SCO-OTC, log in using your 19-digit Instant Savings card number, and select the items you want to purchase. Place your order by completing the checkout process. Your order will be delivered at no additional cost.

By phone—Call **1-833-569-2330 (TTY: 711)** Mon-Fri, 8 a.m.-7 p.m., and a representative will take your order.

In-store—Swipe your card at the register at the following stores:



What's covered with your Instant Savings card

In order to fully utilize your SCO Instant Savings card benefit, below is a list of the products that you can purchase with your card. Tufts Health Plan Senior Care Options has included color-coding to provide direction on how best to access each item. Please note, some items may also be available with a prescription from your provider and at no cost to you. Using this option would allow you to put your Instant Savings card quarterly allowance towards other covered items.

Color code:

-  Item can be purchased using your SCO Instant Savings card quarterly allowance.
-  Please check with your health care provider or Care Manager prior to purchasing the item using your SCO Instant Savings card quarterly allowance.
-  Item is covered with a prescription from your physician and at no cost to you. If you choose to purchase the item using your SCO Instant Savings card quarterly allowance, no prescription is needed.

Cold & Allergy	
Adult cough, cold & flu	Cough, cold & flu liquids
	Cough, cold & flu tabs
	Mixed/miscellaneous adult cough, cold & flu
	Cold & flu preventives/symptom reducers
	Brand name cough, cold & flu
	Generic cough, cold & flu
Cough drops, sore throat relief	Sore throat pain relief
	Throat & cough drops
	Mixed/miscellaneous cough drops, sore throat relief
	Brand name cough drops, sore throat relief
	Generic cough drops, sore throat relief
Allergy, sinus & combinations	Allergy, sinus & combination liquids
	Allergy, sinus & combination tabs
	Mixed/miscellaneous allergy, sinus & combinations
	Brand name allergy, sinus & combinations
	Generic allergy, sinus & combinations

Nasal	Nasal sprays, drops & inhalers	
	Nasal moisturizing products & washes	
	Nasal strips & snore relief	
	Mixed/miscellaneous nasal	
	Brand name nasal	
	Generic nasal	
Respiratory treatments	Vapor products (includes waterless vaporizers)	
	Vaporizers, humidifiers, & accessories	
	Mixed/miscellaneous respiratory treatments	
Compression Hosiery		
Support hose—low compression (8–15 mmhg)	Mixed/miscellaneous support hose & accessories	
	Men's support hose	
	Women's support hose (knee high)	
	Women's support hose (thigh high)	
	Women's support hose (full & maternity)	
	Athletic support socks	
	Brand name support hose	
	Generic support hose	
Medical support—high compression (over 15 mmhg)	Mixed/miscellaneous medical support & accessories	
	Knee high medical support	
	Thigh high medical support	
	Waist high medical support	
	Lymphedema treatments (sleeves, socks, pumps, etc.)	
	Women's high compression support hose (full & maternity)	
	Brand name medical support	
	Generic medical support	
Diabetes Care		
Diabetes care accessories	Mixed/miscellaneous diabetes care accessories	
	Alcohol swabs	
	Brand name diabetes care accessories	
	Generic diabetes care accessories	
Diabetes nutritionals & wellness	Diabetes supplements	
Diabetes health & personal care	Diabetes skin care & external pain relief	
Urine testing	Urine test strips	
	Urine test tablets	
	Mixed/miscellaneous urine testing	
	Brand name urine testing	
	Generic urine testing	

Digestive Health

Stomach remedies	Antacid liquids	
	Antacid tabs & other forms	
	Antacid effervescent	
	Multi-symptom & nausea products	
	Mixed/miscellaneous stomach remedies	
	Brand name antacids	
	Generic antacids	
Acid controllers	Acid controllers	
	Mixed/miscellaneous stomach acid controllers	
	Brand name acid controllers	
	Generic acid controllers	
Laxatives	Fiber products	
	Enemas, laxative suppositories, kits, etc.	
	Laxative tabs & powders (includes combination products)	
	Laxative liquids (includes combination products)	
	Stool softeners	
	Mixed/miscellaneous laxatives	
	Brand name laxatives	
	Generic laxatives	
Anti-diarrheals	Anti-diarrheal tabs	
	Anti-diarrheal liquids	
	Mixed/miscellaneous anti-diarrheals	
	Brand name anti-diarrheals	
	Generic anti-diarrheals	
Lactose intolerance & digestive aids	Lactose intolerance	
	Generic digestive aids	
	Digestive health prebiotics & probiotics	
Anti-gas	Anti-gas products	
	Mixed/miscellaneous anti-gas	
	Brand name anti-gas	
	Generic anti-gas	
Hemorrhoidal preparations	Hemorrhoidal treatments	
	Hemorrhoidal wipes & washes	
	Mixed/miscellaneous hemorrhoidal preparations	
	Brand name hemorrhoidal preparations	
	Generic hemorrhoidal preparations	

Eye & Ear Care

Contact lens care	Soft lens multi-purpose solutions	
	Soft lens disinfecting	
	Soft lens saline solutions	
	Soft lens cleaners	
	Soft lens rewetting drops	
	Gas permeable & hard lens care	
	Mixed/miscellaneous contact lens care	
	Brand name contact lens care	
	Generic contact lens care	
Reading glasses & magnifying glasses	Reading glasses	
	Magnifying glasses	
	Mixed/miscellaneous reading glasses & magnifying glasses	
Eye preparations	Eye relief products	
	Dry eye relief	
	Eye wash	
	Mixed/miscellaneous eye preparations (includes sleep masks)	
	Brand name eye preparations	
	Generic eye preparations	
Ear care	Ear drops & syringes	
	Mixed/miscellaneous ear care	
	Brand name ear care	
	Generic ear care	
	Hearing aids	
	Lipoflavonoids	

Electrical & Audio

Batteries	Hearing aid batteries (standard & high performance)	
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First Aid

First aid dressings	Adhesive & liquid bandages	
	First aid tapes	
	Gauze pads & dressings	
	Mixed/miscellaneous first aid dressings	
	Surgical bandages & surgical dressings	
	Brand name first aid dressings	
	Generic first aid dressings	

First aid treatments	Antibiotic products	
	Antiseptics & medicated products (includes alcohol, peroxide, epsom salt, etc.)	
	Mixed/miscellaneous first aid treatments	
	Skin remedies (includes burn & scar treatments)	
	Skin protectants (includes petroleum jelly)	
	Wound cleansers (salines)	
	Brand name first aid treatments	
	Generic first aid treatments	
Antiparasitic treatments	Lice treatments & accessories	
	Mixed/miscellaneous antiparasitic treatments & accessories	
	Brand name antiparasitic treatments	
	Generic antiparasitic treatments	
First aid kits & supplies	First aid kits	
	Mixed/miscellaneous first aid kits & supplies	
	Brand name first aid kits & supplies	
	Generic first aid kits & supplies	
Anti-itch treatments	Hydrocortisone products	
	Anti-itch treatments (excludes hydrocortisone), jock itch & insect bite remedies	
	Mixed/miscellaneous anti-itch treatments	
	Brand name anti-itch treatments	
	Generic anti-itch treatments	
Home Health Care		
Bathroom safety	Bathtub safety & accessories	
	Bathtub & toilet rails & frames	
	Elevated toilet seats & accessories	
	Grab bars & handles	
	Sitz baths & bidets	
	Hand held showers	
	Mixed/miscellaneous bathroom safety	

Home Diagnostics & Patient Aids For Daily Living

Patient aids for daily living	Nightlights, safety lights	
	Bathing & oral hygiene aids (example: bath seats, toothbrush modifiers)	
	Medical alert IDs & devices	
	Medicine dosers, pillboxes, pill cutters, organizers, & reminders	
	Reachers, grippers & lifts	
	Reading, writing & telephone aids	
	Mobility safety (stair rails, stair treads, temporary mobility ramps)	
	Grooming & dressing aids (example: dressing stick, long-handle shoehorn)	

Foot Care

Foot cushioning & treatments	Corn, callus & bunion pads	
	Corn & callus removers	
Antifungal treatments	Antifungal powders	
	Antifungal creams & liquids	
	Antifungal sprays	
	Nail fungus treatments	
	Mixed/miscellaneous antifungal treatments	
	Brand name antifungal treatments	
	Generic antifungal treatments	
Wart removers	Pads & liquids	
	Mixed/miscellaneous wart removers	
	Brand name pads & liquids	
	Generic pads & liquids	
Foot grooming & pain relief	Foot pain relief	

Health Supports

Braces	Ankle & foot	
	Hand & wrist	
	Elbow & arm	
	Knee	
	Thigh, calf, & shin	
	Joint warmers & arthritis	
	Mixed/miscellaneous braces	
	Brand name braces	
	Generic braces	

Hot/cold therapy	Hot/cold therapy	
	Mixed/miscellaneous hot/cold therapy	
	Brand name hot/cold therapy	
	Generic hot/cold therapy	
	Heating pads (electric)	

Incontinence

Disposable incontinence	Brand name disposable incontinence	
	Disposable underwear	
	Disposable briefs & undergarments	
	Disposable underpads	
	Disposable pads, shields, guards & drip collectors	
	Mixed/miscellaneous disposable incontinence	
	Generic disposable incontinence	

Reusable incontinence	Brand name reusable incontinence	
	Reusable garments	
	Reusable underpads	
	Mixed/miscellaneous reusable incontinence	
	Generic reusable incontinence	

Incontinence supplies	Brand name incontinence supplies	
	Perineal-only cleansers & washes	
	Perineal-only wipes & towelettes	
	Perineal-only moisturizers, barriers & protectants	
	Perineal-only antifungals	
	Deodorizers	
	Mixed/miscellaneous incontinence supplies	
	Generic incontinence supplies	

Oral Care

Toothpaste & treatments	Regular toothpaste & toothpowder	
	Sensitive toothpaste & treatments	
	Mixed/miscellaneous toothpaste & treatments	
	Brand name toothpaste & treatments	
	Generic toothpaste & treatments	

Toothbrushes	Manual toothbrushes	
	Battery toothbrushes & refills	
	Rechargeable toothbrushes & refills	
	Mixed/miscellaneous toothbrushes & accessories	
	Brand name toothbrushes	
	Generic toothbrushes	

Denture products	Denture adhesives
	Denture cleaners & accessories
	Denture repair & pain relief
	Mixed/miscellaneous denture products
	Brand name denture products
	Generic denture products
Interdental, gum care, etc.	Floss & flossers
	Interdental
	Gum care
	Dental gum
	Mixed/miscellaneous interdental, gum care, etc.
	Brand name interdental, gum care, etc.
	Generic interdental, gum care, etc.
Oral remedies	Oral pain relief & mouth sores
	Dry mouth products
	Temporary dental repair
	Mixed/miscellaneous oral remedies (includes fluoride treatments)
	Brand name oral remedies
	Generic oral remedies
Pain Relief	
Adult pain relief	Adult acetaminophen
	Feminine pain relief
	Adult aspirin & combinations
	Adult ibuprofen & other anti-inflammatories
	Mixed/miscellaneous adult pain relief
	Adult specialty (includes topical headache & fever relief)
	Brand name adult pain relief
	Generic adult pain relief
External pain relief	External muscle/joint pain relief patches & pads
	External muscle/joint pain relief rubs & liquids
	External muscle/joint pain relief liquids, roll-ons and sprays
	Mixed/miscellaneous external pain relief
	Brand name external pain relief
	Generic external pain relief

Patient Skin Care

Patient skin support	Moisturizers, barriers & protectants	
	Antifungals	
	Mixed/miscellaneous patient skin support	
	Brand name patient skin support	
	Generic patient skin support	

Physical Fitness & Exercise Equipment

Physical fitness	Pedometers, fitness trackers	
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Skin Care

Acne medications (face & body)	Acne creams, gels, lotions & patches	
	Acne soaps & cleansers	
	Acne astringents & pads	
	Mixed/miscellaneous acne medications	
	Brand name acne medications	
	Generic acne medications	

Smoking Deterrents

Nicotine patches, gum, etc.	Nicotine patches	
	Nicotine gum	
	Mixed/miscellaneous nicotine patches, gum, etc.	
	Brand name smoking deterrents	
	Generic smoking deterrents	

Sun Care

Adult sun protection (SPF 15+)	Sun protection (SPF 15-49)	
	Sun protection (SPF 50+)	
	Mixed/miscellaneous sun protection (SPF 15+)	
	Lip protection (sun care lines only)	
	Sport sun protection	
	Brand name sun protection (SPF 15+)	
	Generic sun protection (SPF 15+)	

Vitamins/Dietary Supplements

Multivitamins & multivitamins w/minerals	Adult multivitamins & multivitamins w/minerals	
	Eye health vitamins	
	Mixed/miscellaneous multivitamins & multivitamins w/minerals	
	Brand name multivitamins & multivitamins w/minerals	
	Generic multivitamins & multivitamins w/minerals	
Specialty supplements	Joint health (includes glucosamine)	
	Menopause support (soy)	
	Heart health & essential fatty acids (fish oil, flax, GLA, etc.)	
	General health prebiotics & probiotics	
	CoQ10 only (Ubiquinol)	
Single-entity vitamins	Vitamin B & vitamin B complex	
	Vitamin C	
	Vitamin E	
	Mixed/miscellaneous single-entity vitamins	
	Vitamin D	
	Brand name single-entity vitamins	
	Generic single-entity vitamins	
Mineral supplements	Calcium	
	Iron	
	Mixed/miscellaneous mineral supplements	
	Multi-mineral	
	Brand name mineral supplements	
	Generic mineral supplements	



If you have any questions about your Instant Savings or DailyCare+ card, please contact Tufts Health Plan Senior Care Options (HMO-SNP) Member Services at **1-855-670-5934 (TTY: 711)** for specific instructions on using this benefit. Representatives are available 8 a.m.–8 p.m., 7 days a week (Mon.–Fri. from Apr. 1–Sept. 30).

For card services, including checking your balance and finding an accepted retailer, call OTC Network at **1-888-682-2400** or go to **www.otcnetwork.com**. You can also view this information on your mobile phone with the OTC Network® app.

Benefits at Your Fingertips!

With the OTC Network® mobile app



Check card balance.



Choose a participating retailer.



Discover item eligibility by the scan of a barcode.

As an OTC Network® cardholder, you now have instant access to your card account. The OTC Network® mobile app allows you to keep track of your card balance and easily find eligible items when shopping at participating retailers—right at your fingertips, 24 hours a day, seven days a week.

For more OTC Network® card information, visit **www.otcnetwork.com**.

