

2025

# WellSense Health Plan

## Over-the-counter (OTC) item catalog



### Item categories:

Batteries  
Cold & allergy  
Compression support  
Diabetes care  
Digestive health  
Eye & ear care  
Feminine care  
First aid  
Foot care  
Health supports  
Home diagnostics &  
patient aids for daily living  
Home health care

Incontinence  
Nicotine replacement  
therapy  
Oral care  
Pain relief  
Patient skin care  
Physical fitness  
& exercise equipment  
Skin care  
Sun care  
Vitamins & dietary  
supplements  
Weight management  
& nutritional foods



### 3 easy ways to shop:

- 1 Shop online at:  
**mybenefitscenter.com**
- 2 Shop at participating stores  
like **CVS, Walmart and  
Walgreens.\***
- 3 Shop over the phone at:  
**833-875-1816 (TTY: 711)**



**We revolve around you.**

## Batteries

- Hearing aid batteries

## Cold & allergy

- Allergy liquids
- Allergy nasal sprays, drops & inhalers
- Allergy tabs & caps
- Asthma preparations
- Cold & flu preventatives/symptom reducers
- Cough, cold, flu & sinus liquids
- Cough, cold, flu & sinus tabs & caps
- Decongestant nasal sprays, drops & inhalers
- Medicated lip treatments
- Mixed/miscellaneous allergy
- Mixed/miscellaneous cough, cold, flu & sinus
- Mixed/miscellaneous cough drops, sore throat relief
- Mixed/miscellaneous nasal
- Mixed/miscellaneous respiratory treatments
- Nasal moisturizers & washes
- Nasal strips, dilators & snore relief
- Sore throat pain relief
- Throat & cough drops
- Vaporizers, humidifiers & accessories
- Vapor products (includes waterless vaporizers)

## Compression support

- Low compression-men's & unisex knee high (8-15 mmhg)
- Low compression-men's & unisex thigh high (8-15 mmhg)
- Low compression-waist high & pantyhose (8-15 mmhg)
- Low compression-women's knee high (8-15 mmhg)
- Low compression-women's thigh high (8-15 mmhg)
- Mixed/miscellaneous low compression (8-15mmhg)
- Mixed/miscellaneous moderate to high compression
- Moderate to high compression -men's & unisex knee high

- Moderate to high compression -men's & unisex thigh high
- Moderate to high compression-sleeves, garments & lymphdema treatments
- Moderate to high compression -waist high & pantyhose
- Moderate to high compression -women's knee high
- Moderate to high compression -women's thigh high

## Diabetes care

- Diabetes cough, cold & allergy
- Diabetes hosiery
- Diabetes neuropathy & skin care
- Diabetes nutritional bars
- Diabetes nutritional liquids
- Diabetes supplements
- Glucose tablets, gels, etc. Sharps containers & supplies
- Mixed/miscellaneous diabetes care accessories
- Mixed/miscellaneous urine testing
- Urine test strips
- Urine test tabs

## Digestive health

- Acid controllers
- Antacid liquids
- Antacid tabs & caps
- Anti-diarrheal liquids
- Anti-diarrheal tabs & caps
- Anti-gas
- Diarrhea-related oral rehydration therapy
- Digestive health prebiotics & probiotics
- Enemas, laxative suppositories, kits, etc.
- Fiber products
- Hemorrhoid treatments
- Hemorrhoid wipes & washes
- Lactose intolerance
- Laxative liquids & combination stool-softener products

- Mixed/miscellaneous anti-diarrheals
- Mixed/miscellaneous anti-gas
- Mixed/miscellaneous hemorrhoid preparations
- Mixed/miscellaneous laxatives
- Mixed/miscellaneous stomach & nausea remedies
- Multi-symptom products
- Nausea & motion sickness
- Non-liquid laxatives (non-fiber) & combination stool-softener products
- Stool softeners

## Ear & eye care

- Blue light blocking eyewear and device filters
- Dry eye relief
- Ear drops & syringes
- Eye relief products
- Eye wash
- Eyewear cleaner, wipes & cloths
- Gas permeable & hard lens care
- Hearing aids
- Lipofavonoids
- Magnifying glasses
- Mixed/miscellaneous contact lens care
- Mixed/miscellaneous ear care
- Mixed/miscellaneous eye preparations (includes sleep masks)
- Mixed/miscellaneous reading glasses & magnifying glasses
- Reading glasses
- Soft lens cleaners
- Soft lens multi-purpose solutions
- Soft lens rewetting drops
- Soft lens saline solutions

## Feminine care

- Deodorants and powders
- Douches
- Feminine antifungal
- Feminine pads
- Menstrual cups
- Pantliners

- Reusable feminine protection
- Tampons
- Wipes and external washes

## First aid

- Adhesive & liquid bandages
- Alginate & collagen dressings
- Chronic itch treatments
- Finger cots & splints
- First aid kits
- First aid tapes & adhesive wraps
- Foam dressings
- Gauze, non-stick & absorbent dressings
- General itch treatments
- Hydrocolloid & hydrogel dressings
- Hydrogen peroxide
- Jock itch treatments
- Lice treatments & accessories
- Mixed/miscellaneous antiparasitic treatments
- Mixed/miscellaneous first aid kits & supplies
- Mixed/miscellaneous itch treatments
- Mixed/miscellaneous wound & surgical dressings
- Mixed/miscellaneous wound treatments & skin relief (includes witch hazel)
- Mixed/miscellaneous wound washes & cleansers
- Pinworm & ringworm treatments
- Poison ivy, oak & sumac treatments
- Povidone iodine
- Protective gloves
- Rubbing alcohol
- Saline solutions & sprays
- Scar treatments
- Skin protectants (includes petroleum jelly)
- Topical antibiotics & antimicrobials
- Transparent dressings
- Wound, burn & skin treatments (includes epsom salt)

## Foot care

- Antifungal creams & liquids
- Antifungal powders
- Antifungal sprays
- Ball of foot cushioning
- Ball of foot inserts
- Corn & callus removers
- Corn, callus & bunion pads
- Foot pain relief
- Heel & arch insoles
- Heel cups, arch supports & orthotics
- Mixed/miscellaneous antifungal treatments
- Mixed/miscellaneous wart removers
- Nail fungus treatments
- Odor & wetness powders
- Odor & wetness sprays
- Plantar fasciitis products
- Wart remover pads & liquids

## Health supports

- Abdominal supports
- Ankle & foot
- Arm slings & cervical collars
- Elastic bandages
- Elbow & arm
- Electric heating pads
- Hand & wrist
- Hernia supports & suspensories
- Hot/cold therapy
- Joint warmers & arthritis
- Knee
- Mixed/miscellaneous abdominal supports & rib belts
- Mixed/miscellaneous braces
- Mixed/miscellaneous elastic bandages & athletic treatments
- Mixed/miscellaneous hot/cold therapy
- Mixed/miscellaneous orthopedic & surgical support
- Protective guards
- Rib belts
- Sacro & back braces
- Shoulder & clavicle braces
- Thigh, calf & shin

## Home diagnostics & patient aids for daily living

- Bathing & oral hygiene aids
- Blood pressure kits & accessories
- Cholesterol meters & testing kits
- Drug & alcohol tests
- Eating & drinking aids
- Grooming & dressing aids
- Home tests for colon cancer
- Medical alert ids & devices
- Medicine dosers, pillboxes, organizers & reminders
- Mixed/miscellaneous home diagnostics/tests
- Mixed/miscellaneous patient aids for daily living
- Mobility safety: stair rails, stair treads, temporary mobility ramps
- Night lights
- Pulse oximeters & heart rate monitors
- Reachers, grippers & lifts
- Reading, writing & telephone aids
- Stethoscopes & accessories
- Thermometers, fever strips & accessories
- Water filtration pitchers & filters

## Home health care

- Bathtub & toilet rails & frames
- Bathtub safety & accessories
- Canes for the visually impaired
- Elevated toilet seats & accessories
- Grab bars & handles
- Hand held showers
- Mixed/miscellaneous bathroom safety
- Mixed/miscellaneous specialized orthopedic braces/supports/splints
- Sitz baths & bidets
- Specialized ankle & foot braces/supports/splints
- Specialized elbow & arm braces/supports/splints
- Specialized knee hinged braces/supports/splints
- Specialized knee immobilizer braces/supports/splints
- Specialized shoulder & clavicle braces/supports/splints
- Specialized thigh & calf braces/supports/splints
- Specialized wrist & hand braces/supports/splints

## Incontinence

- Deodorizers
- Disposable briefs & undergarments
- Disposable pads, shields, guards & drip collectors
- Disposable underpads
- Disposable underwear
- Mixed/miscellaneous disposable incontinence
- Mixed/miscellaneous incontinence personal care
- Mixed/miscellaneous reusable incontinence
- Perineal - only antifungals
- Perineal - only cleansers & washes
- Perineal - only moisturizers, barriers & protectants
- Perineal - only wipes & towelettes
- Reusable garments
- Reusable underpads

## Nicotine replacement therapy

- Nicotine gum & lozenges
- Nicotine patches

## Oral care

- Battery toothbrushes & refills
- Dental gum
- Denture adhesives
- Denture cleaners & accessories
- Denture repair & pain relief
- Dry mouth
- Floss & flossers
- Gum care
- Interdental
- Manual toothbrushes
- Mixed/miscellaneous denture care
- Mixed/miscellaneous interdental, floss & gum care
- Mixed/miscellaneous oral remedies (includes fluoride treatments)
- Mixed/miscellaneous toothbrushes & accessories
- Mixed/miscellaneous toothpaste & treatments
- Oral pain relief & mouth sores
- Rechargeable toothbrushes & refills
- Regular toothpaste & tooth powder
- Sensitive toothpaste & treatments
- Temporary dental repair
- Whitening toothpaste

## Pain relief

- Adult acetaminophen
- Adult aspirin & combinations
- Adult ibuprofen & other anti-inflammatories
- Adult nighttime pain relief
- Adult specialty pain relief
- External muscle/joint pain relief creams, ointments & gels
- External muscle/joint pain relief lotions, liquids, roll-ons & sprays
- External muscle/joint pain relief patches & pads
- Feminine pain relief
- Mixed/miscellaneous external pain relief
- Mixed/miscellaneous internal pain relief
- Sleep aids & sedatives
- Stimulants
- TENS units & replacement pads

## Patient skin care

- Antifungals
- Mixed/miscellaneous patient skin support
- Moisturizers, barriers & protectants

## Physical fitness & exercise equipment

- Balls/stability devices (balls, boards, etc.)
- Cardio (aerobic steps, jump ropes)
- Foam rollers/massage devices
- Pedometers & fitness trackers
- Scales (includes body fat analyzers)
- Stationary bikes
- Steppers & ellipticals
- Strength/range of motion (bands, hand exercisers, etc.)
- Treadmills
- Weights

## Skin care

- Acne astringents & toners
- Acne creams, gels, lotions & patches
- Acne soaps & cleansers
- Mixed/miscellaneous facial & body acne medications
- Therapeutic bath & after bath

## Sun care

- Mixed/miscellaneous sun protection
- Sport sun protection
- Sun protection (< spf 50)
- Sun protection (spf 50+)

## Vitamins & dietary supplements

- Calcium
- Coq10 only (ubiquinol)
- Enzymes, amino acids & hormones
- Eye health vitamins
- General health prebiotics & probiotics
- Heart health & essential fatty acids (fish oil, flax, gla, etc.)
- Iron
- Joint health (including glucosamine)
- Menopause support (soy)
- Mixed/miscellaneous mineral supplements
- Mixed/miscellaneous multivitamins
- Mixed/miscellaneous single entity vitamins
- Multi-minerals
- Multivitamins
- Vitamin B & vitamin B complex
- Vitamin C
- Vitamin D
- Vitamin E

## Weight management & nutritional foods

- Diuretics
- Food scales
- Mixed/miscellaneous diuretics & weight loss cleansing & detox
- Nutritional liquids
- Nutritional powders
- Thickeners & pre-thickened beverages/foods
- Weight loss cleansing & detox
- Weight management tabs & caps

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## Questions about your OTC card?

Call 855-833-8128 (TTY: 711)

Monday - Friday, 8 a.m. - 8 p.m. (Open daily Oct. 1 - March 31)



**WellSense**  
HEALTH PLAN