

2025



WellSense
HEALTH PLAN



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
- Food & beverage
- Foot care
- Health supports
- Home diagnostics & patient aids for daily living
- Home health care
- Incontinence
- Oral care
- Pain relief
- Patient skin care
- Physical fitness & exercise equipment
- Skin care
- Smoking deterrents
- 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're here to help

Questions about your OTC Card?
Call 855-833-8125 (TTY: 711)
Hours: Monday-Friday 8AM-8PM
(Open daily Oct. 1 - March 31)

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 neuropathy & skin care
- Diabetes nutritional bars & diabetes candy
- Diabetes nutritional liquids
- Diabetes supplements
- Diabetic hosiery
- Mixed/miscellaneous diabetes care accessories
- Mixed/miscellaneous diabetes health & wellness
- Mixed/miscellaneous diabetes nutritionals
- Mixed/miscellaneous urine testing
- Sharps containers & supplies
- 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 & 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 & powders
- Douches
- Feminine anti-itch
- Feminine antifungal
- Feminine moisturizers
- Feminine pads
- Menstrual cups
- Pantyliner
- Reusable feminine protection
- Tampons
- Wipes & 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)

Food and beverage

- Bottled waters
- Breakfast foods (toaster pastries, cereal bars, granola & granola bars)
- Canned/jar fruits & vegetables (including salsa & non-processed beans)
- Canned meat
- Canned seafood
- Cereal (hot & cold), pancakes & waffles
- Cocoa, coffee & tea (dry or liquid)
- Dairy (milk, cheese, butter, sour cream & whipping cream)
- Dried fruit, fruit snacks
- Dry & liquid/concentrated drink mixes
- Dry beans
- Dry pasta
- Enhanced waters & sparkling water
- Fruits & vegetables (includes frozen)
- Herbs, spices & seasoning
- Ice
- Juices (includes frozen)
- Juices (including sparkling juices)

- Margarine
- Meats (includes frozen)
- Meats (poultry, ground beef, beef)
- Meats – processed (sausage, jerky, lunch meat)
- Nutritionally significant sauce (tomato, spaghetti, alfredo)
- Nuts, seeds & trail mix
- Oils & shortening
- Peanut butters & other nut butters
- Plant-based cheese
- Plant-based meats
- Prepared food (stews, pizza, heat & eat, soy burgers)
- Produce (fruits & vegetables)
- Rice & whole grains
- Seafood (includes frozen)
- Soup
- Soy & other nut milks
- Sport drinks (gatorade & others)
- Whole eggs & egg substitutes
- Yogurt

Foot care

- Antifungal creams & liquids
- Antifungal powders
- Antifungal sprays
- Ball of foot cushioning
- Corn & callus removers
- Corn, callus & bunion pads
- Foot pain relief
- Mixed/miscellaneous antifungal treatments
- Mixed/miscellaneous wart removers
- Nail fungus treatments
- 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
- 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

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

Smoking deterrents

- Mixed/miscellaneous smoking deterrents
- Nicotine gum & lozenges
- Nicotine patches

Sun care

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

Vitamins & dietary supplements

- Calcium
- Children's herbals
- Children's vitamins & minerals
- Colon cleanse & detox (non-weight loss)
- Coq10 only (ubiquinol)
- Echinacea
- Enzymes, amino acids & hormones
- Eye health vitamins
- Garlic
- General health prebiotics & probiotics
- Ginkgo biloba
- Ginseng
- Heart health & essential fatty acids (fish oil, flax, gla, etc.)
- Iron
- Joint health (including glucosamine)

- Menopause support (soy)
- Mixed/miscellaneous children's vitamins & dietary supplements
- Mixed/miscellaneous herbals & botanicals
- Mixed/miscellaneous mineral supplements
- Mixed/miscellaneous multivitamins
- Mixed/miscellaneous single entity vitamins
- Mixed/miscellaneous specialty supplements
- Multi-minerals
- Multivitamins
- St. John's wort
- Vitamin B & vitamin B complex
- Vitamin C
- Vitamin D
- Vitamin E

Weight management & nutritional foods

- Diuretics
- Food scales
- Food scales
- General health oral rehydration therapy
- Mixed/miscellaneous diuretics & weight loss cleansing & detox
- Mixed/miscellaneous nutritional foods
- Mixed/miscellaneous sport/energy
- Mixed/miscellaneous sugar & salt substitutes
- Mixed/miscellaneous weight management
- Nutritional bars
- Nutritional liquids
- Nutritional powders
- Sport/energy bars
- Sport/energy powders
- Sport/energy tabs & caps
- Sugar & salt substitutes
- Thickeners & pre-thickened beverages/foods
- Weight loss cleansing & detox
- Weight management bars
- Weight management foods, liquids & powders
- Weight management tabs & caps

* Visit mybenefitscenter.com for a full list of participating stores. Card can only be used for Qualified Purchases indicated by your plan provider everywhere Visa debit cards are accepted. Card is issued by Sutton Bank, pursuant to a license from Visa U.S.A. Inc. Please contact your Program Sponsor directly for a full list of Qualified Purchases. Visa is a registered trademark of Visa, U.S.A. Inc. All other trademarks and service marks belong to their respective owners. No Cash or ATM Access. Terms and conditions apply, contact your Plan Provider for details. All rights reserved.