

MEMORIAL HERMANN® Health Plan

MEMORIAL HERMANN ADVANTAGE
HMO

2022 OTC Benefits

Over-the-counter benefits catalog



How do I order?



Order Online

Visit
<https://athome.medline.com/MHHP>
to place your order online.



Order by Phone

Call 833-511-9844 (TTY: 711)
OTC Advocates are
available Monday-Friday
8 a.m.-7 p.m. ET,
to assist you.



Order by Mail

Complete an **order form**
and mail it to the
address at the
bottom of the form.

Please have your Member ID handy when placing an order online or over the phone

About the Benefit

With your Memorial Hermann Medicare Advantage Plus HMO membership or Memorial Hermann Advantage Jefferson HMO membership you can get up to **\$25 worth of healthcare products every quarter.**

- Please allow 7 to 10 business days for your product(s) to arrive.
- Your order will be applied to the quarter in which your order is received. For example, if you mail your order form on June 29, but we receive it on July 1, your order total will be applied to your third-quarter benefit.
- Any unused benefit expires at the end of the quarter and cannot be carried over to the next quarter.
- You are allowed only one order per quarter.
- You may order additional products over your quarterly allowance and pay with a credit card. You can order by phone or online. We do not accept cash, checks or credit cards by mail.
- Due to the personal nature of these products, returns are not accepted, however, if you receive a damaged item, please call OTC Benefit Services within 30 days.
- Items may be substituted throughout the year based on product availability.

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Apparel & Protective Gear

Gloves

Item No.	Description	Pkg.	Color	Price
2038	CURAD Nitrile Exam Gloves One Size 100Ct	1/BX	Blue	\$10.00

First Aid

Bandages

Item No.	Description	Pkg.	Color	Price
1050	CoFlex LF2 NS Quick-Stick Cohesive Wrap Tan 2inx5yd 1Ct	1/EA	Tan	\$3.00
1929	Medline Sterile Conform Stretch Gauze Bandage 4x75in 1Ct	1/EA	-	\$1.00
1042	CURAD Flex-Fabric Adhesive Bandages Knuckle 100Ct	100/BX	Natural	\$5.00



2038

CURAD Nitrile Exam Gloves One Size 100Ct

Blue, nonsterile, medical-grade gloves provide durable protection with a soft touch. Great for first aid, home health care, daily diabetic care, pet care and more.



1042

CURAD Flex-Fabric Adhesive Bandages Knuckle 100Ct

Breathable woven design conforms gently to contours and stretches as you move. Holds tight yet removes easily. 1.5 x 3 inch knuckle shape.

1641	CURAD Plastic Adhesive Bandages 2x4 50Ct	50/BX	Natural	\$5.00
1640	Medline NS Swift-Wrap Elastic Bandages 2inx5yd 1Ct	1/EA	White	\$2.00
1642	CURAD Flex-Fabric Adhesive Bandages Fingertip 100Ct	100/ BX	Natural	\$5.00
1057	CURAD FlexSEAL Spray Bandage 1.35oz 1Ct	1/EA	-	\$6.00
1636	CURAD Plastic Adhesive Bandages 3/4x3 80Ct	1/BX	Tan	\$3.00
1891	CURAD Adhesive Bandage Variety Pack 200 Bandages	1/BX	Assorted	\$9.00
1927	Medline NS Swift-Wrap Elastic Bandages 4inx5yd 1Ct	1/EA	White	\$2.00
1043	CURAD Plastic Waterproof Bandage 1x3 100Ct	100/ BX	Natural	\$5.00
1921	CURAD Silicone Adhesive Bandages 0.75x3 50Ct	50/BX	Natural	\$9.00
1638	CURAD QuickStop! Bandages Assorted Sizes 30Ct	1/BX	-	\$4.00

Dressings & Gauze

Item No.	Description	Pkg.	Dimensions	Price
1916	CURAD 25-Piece Wound Care Kit	1/BX	-	\$6.00

Kits

Item No.	Description	Pkg.	-	Price
1056	CURAD 175-Piece Complete First Aid Kit 1Ct	1/EA	-	\$10.00
1930	Rapid Care 37-Piece All-In-One First Aid Kit	1/EA	-	\$3.00

Sponges

Item No.	Description	Pkg.	Dimensions	Price
1069	Caring St Woven Cotton Gauze Sponges 12ply 4x4 10Ct	10/PK	4 x 4in	\$1.00

Tapes

Item No.	Description	Pkg.	Dimensions	Price
1066	CURAD Tear-to-Fit Clear Plastic Tape 2inx10yd 1Ct	1/RL	2in x 10yd	\$3.00
1062	CURAD Paper Medical Tape 2inx10yd 1Ct	1/RL	2in x 10yd	\$2.00
1931	CURAD Heavy-Duty Cloth Tape 1in x 10yd 1Ct	1/EA	1in x 10yd	\$5.00

Wound Care

Item No.	Description	Pkg.	-	Price
1058	CURAD Germ Shield Antimicrobial Wound Gel 0.5oz 1Ct	1/EA	-	\$5.00
1046	Medi-First Antiseptic Spray 2oz 1Ct	1/EA	-	\$5.00
1513	Medline Protective Armsleeve White 18inL 1Pair	1/PR	-	\$13.00
1514	Medline Protective Leg Sleeve White 15inL 1Pair	1/PR	-	\$17.00

Wound Cleansers

Item No.	Description	Pkg.	Ounce	Price
1637	CURAD Sterile Nonstick Pad 3x4 20Ct	1/BX	-	\$6.00
1073	Medline 70% Isopropyl Alcohol 16oz 1Ct	1/EA	-	\$2.00
1072	Medline 3% Hydrogen Peroxide 32oz Bottle 1Ct	1/EA	32	\$2.00
1914	Medline 3% Hydrogen Peroxide 4oz Bottle 1Ct	1/EA	4	\$2.00
1044	Medline Isopropyl Alcohol Prep Pad 1.125x2.375 200Ct	200/BX	-	\$3.00



1046

Medi-First Antiseptic Spray 2oz 1Ct

No-sting formula with 0.1% benzalkonium chloride and 5.0% benzocaine helps treat minor cuts and scrapes.



1514

Medline Protective Leg Sleeve White 15inL 1Pair

Multipurpose sleeve holds dressings, provides warmth and acts as a protective layer for fragile skin. 93% cotton, 7% Lycra spandex.



1637

CURAD Sterile Nonstick Pad 3x4 20Ct

Large pad covers and protects wounds while keeping them dry. Ideal for light bleeding, large surface abrasions or burns and post-surgical wounds.

Home Diagnostics

Blood Pressure

Item No.	Description	Pkg.	Size Group	Price
1650	Medline Auto Digital Blood Pressure Monitor Univer 1Ct	1/EA	-	\$23.00
1933	Medline Deluxe Digital Wrist Blood Pressure Monitor 1Ct	1/EA	Universal	\$18.00

Diabetes Monitors

Item No.	Description	Pkg.	-	Price
1093	Medline Stainless Medical Alert Bracelet Diabetic 1Ct	1/EA	-	\$11.00
1092	Medline Stainless Medical Alert Bracelet Heart 1Ct	1/EA	-	\$11.00

Measuring Devices

Item No.	Description	Pkg.	-	Price
1087	Conair Digital Food Scale 1Ct	1/EA	-	\$24.00
1938	Medline Slim Heart Rate Monitor Pedometer Watch 1Ct	1/EA	-	\$25.00
1649	Medline Mechanical Bathroom Floor Scale 300lb Cap 1Ct	1/EA	-	\$16.00
1651	Medline Heart Rate Monitor Pedometer Watch 1Ct	1/EA	-	\$24.00

No SubCategory

Item No.	Description	Pkg.	-	Price
1766	Medline Stainless Medical Alert Bracelet Seizure 1Ct	1/EA	-	\$11.00

Thermometers

Item No.	Description	Pkg.	Color	Price
1089	Medline Oral Digital Thermometer 1Ct	1/EA	White	\$4.00
1100	Medline Infrared Talking Ear / Forehead Thermometer	1/EA	Gray/White	\$30.00

Incontinence

Select the Size

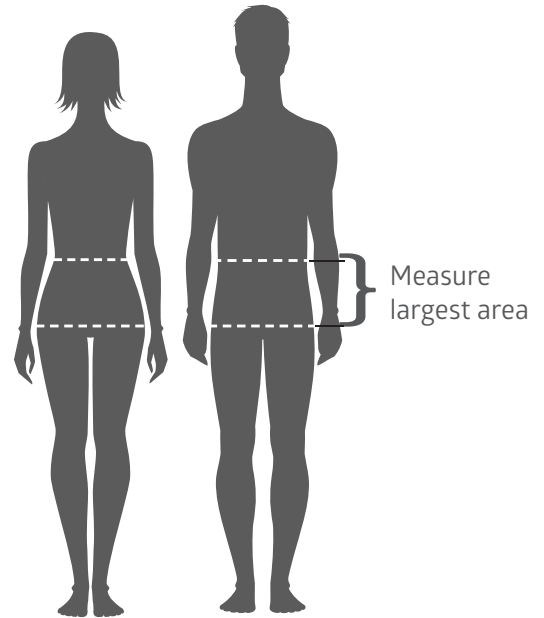
Selecting the right size is critical for containment.

Bladder Control Pads and Liner Sizing

One size fits all. Continue to Step 3.

Briefs, Protective Underwear and Knit Pant Sizing

For briefs, underwear and pants, measure the hips or waist (select the larger of the two) as follows:



Step 1

Measure the largest area from hip bone to hip bone and over the abdomen (see illustration above).

Example:

Hip bone to hip bone =
19 inches (48.3 cm)

Step 2

Double the measurement in Step 1 and add two inches.

Example:

19 inches (48.3 cm) x 2 = 38 inches (96.5 cm)

38 inches (96.5 cm) + 2 inches (5 cm) = 40 inches (102 cm)

Step 3

Using this number, select the product size from the chart below.

Example:

40 inches (102 cm) = Medium or Regular brief

Brief Size Selection

☒ **Small** = 20–33" (51–81 cm)

☐ **Medium** = 32–42" (81–107 cm)

☒ **Regular** = 40–50" (102–127 cm)

☒ **Large** = 48–58" (122–147 cm)

☒ **X-Large** = 57–66" (150–168 cm)

☒ **XX-Large** = 60–69" (152–175 cm)

☐ **Bariatric** = 65–90" (165–229 cm)

Protective Underwear Size Selection

☐ **Small** = 20–28" (51–71 cm)

☐ **Medium** = 28–40" (71–102 cm)

☐ **Large** = 40–56" (102–142 cm)

☐ **X-Large** = 56–68" (142–173 cm)

☐ **XX-Large** = 68–80" (173–203 cm)

Briefs

Item No.	Description	Pkg.	Absorbency	Price
1114	Medline FitRight Ultra Disposable Briefs XL 20Ct	20/BG	Heavy	\$16.00
1113	Medline FitRight Ultra Disposable Briefs M 20Ct	20/BG	Heavy	\$16.00
1112	Medline FitRight Ultra Disposable Briefs L 20Ct	20/BG	Heavy	\$16.00
1423	Medline FitRight Ultra Disposable Briefs 2XL 20Ct	20/BG	Heavy	\$17.00
1408	Medline FitRight Ultra Stretch Disp Brief M/Reg 20Ct	20/BG	Heavy	\$17.00
1424	Medline FitRight Ultra Disposable Briefs Regular 20Ct	20/BG	Heavy	\$16.00
1425	Medline FitRight Ultra Disposable Briefs S 20Ct	20/BG	Heavy	\$16.00
1409	FitRight Ultra Stretch Disposable Brief L/XL/2XL 20Ct	20/BG	Heavy	\$18.00

Liners & Pads

Item No.	Description	Pkg.	Absorbency	Price
1817	Medline ContourPlus Bladder Pad Moderate 5.5x10.5 28Ct	28/BG	Moderate	\$5.00
1104	Medline Bladder Pads Light Absorbency 20Ct	20/BG	Light	\$5.00
1105	Medline ContourPlus Bladder Pad Ultimate 8x17 28Ct	28/BG	Ultimate	\$9.00
1412	Medline FitRight Bladder Pads 3.5x9 Light 20Ct	20/BG	Light	\$4.00
1411	Medline FitRight Active Guards for Men 6x11 52Ct	52/BG	Light	\$19.00
1108	Medline FitRight Plus Incontinence Liner 13x30 20Ct	20/BG	Heavy	\$11.00
1816	Medline ContourPlus Bladder Pad Maximum 6.5x13.5 28Ct	28/BG	Maximum	\$6.00

Tips for choosing incontinence products:

Thicker isn't always better. There are products available with superabsorbent polymers that are thin and discreet while offering excellent protection. Superabsorbent polymers are as tiny as salt crystals but can absorb and retain extremely large amounts of fluid relative to their mass.

Bladder pads are not the same as feminine hygiene pads. Bladder control pads have unique superabsorbent polymers that allow them to absorb urine quickly.

Bladder pads are not for women only. Men with light urinary incontinence can also benefit from products that are thin, discreet and absorbent. Today's bladder control pads are comfortable for both men and women.

Protective Underwear

Item No.	Description	Pkg.	Size	Price
1608	Medline FitRight Super Disposable Underwear XL 20Ct	20/BG	XLarge	\$21.00
1607	Medline FitRight Super Disposable Underwear L 20Ct	20/BG	Large	\$18.00
1606	Medline FitRight Super Disposable Underwear M 20Ct	20/BG	Medium	\$18.00

Underpads

Item No.	Description	Pkg.	Dimensions	Price
1427	Premium Disposable Polymer Underpads 30x30 10Ct	10/BG	30 x 30in	\$5.00
1119	Medline Pro Plus Best Polymer Underpad 23x36 10Ct	10/BG	23 x 36in	\$4.00
1614	Medline Sofnit 300 Reusable Underpad 34x36 Pink 1Ct	1/EA	34 x 36in	\$6.00

Medications Over The Counter

Anti-Fungal & Anti-Itch

Item No.	Description	Pkg.	Form	Price
1120	Dr. Sheffield's Athlete's Foot Cream 0.5oz 1Ct	1/TB	Cream	\$4.00
1045	Dr. Sheffield Anti-Itch Diphenhydramine Cream 1.2oz 1Ct	1/EA	Cream	\$3.00
1024	Fluticasone Propionate Nasal Spray 50mcg 1Ct	1/EA	Spray	\$15.00
1248	Medline Soothe & Cool Inzo Antifungal Cream 5oz 1Ct	1/EA	Cream	\$7.00
1059	CURAD Hydrocortisone Anti-Itch Cream 1oz 1Ct	1/EA	Cream	\$3.00
1202	Miconazole Nitrate 2% 7-Day Vaginal Cream With Applicator	1/EA	Cream	\$9.00
1195	GoodSense Hemorrhoid Ointment 2oz 1Ct	1/EA	Cream	\$5.00
1432	Podiatrists' Choice Callus Control Cream 4oz 1Ct	1/EA	Cream	\$13.00
1074	GoodSense Complete Lice Treatment Kit 1Ct	1/KT	Gel	\$16.00
1925	CURAD Triple Antibiotic Ointment Pain Relief 1oz 1Ct	1/EA	Cream	\$5.00
1048	Ben's DEET Tick and Insect Repellent 3.4oz 1Ct	1/EA	Spray	\$7.00

1083	CURAD Triple First Aid Antibiotic Ointment 1oz 1Ct	1/EA	Cream	\$3.00
1138	Gold Bond Medicated Foot Powder 4oz	1/EA	Powder	\$5.00
1075	Natrapel DEET-Free Insect Repellent 3.4oz Spray 1Ct	1/EA	Spray	\$9.00
1053	CURAD Bacitracin Antibiotic Ointment Zinc 1oz 1Ct	1/EA	Cream	\$3.00

Cough, Cold & Allergy

Item No.	Description	Pkg.	Form	Price
2079	Major Decongestant Free Cough & Cold Relief 16Ct	1/BX	Tablet	\$5.00
1602	Major Sugar-Free Cherry Sore Throat Spray 6oz 1Ct	1/BT	Spray	\$5.00
1016	Allergy Relief Antihistamine Tablets 4mg 24Ct	24/BX	Tablet	\$4.00
1775	GoodSense Children's Allergy Relief Liquid 4oz 1Ct	1/EA	Liquid	\$4.00
1869	Levocetirizine 24-Hour Allergy Relief 5mg 35Ct	1/BT	Tablet	\$19.00
1867	GoodSense Day Cold Flu Multi-Symptom Liquid 12oz 1Ct	1/BT	Liquid	\$6.00
1868	Mucus Relief DM Cough Suppressant Guaifenesin 600 mg 40Ct	1/BX	-	\$23.00
1026	Medicated Chest Rub 3.53oz 1Ct	1/EA	-	\$3.00
1018	GoodSense Cold Max Day/Night Cold Relief Tablets 20CT	1/BT	Tablet	\$6.00
1029	Maximum Strength Phenylephrine Nasal Decongestant 10mg 36Ct	1/BX	Tablet	\$4.00
1015	Fexofenadine 24-Hour Allergy Relief Tablet 30Ct	1/BT	Tablet	\$15.00
1776	Diphenhydramine Allergy Relief Caplets 25mg 100Ct	1/BT	Caplet	\$5.00
1022	CURAD Breathe Clear Nasal Strips 30Ct	1/BX	-	\$8.00
1871	GoodSense Sore Throat Spray Menthol 6oz 1Ct	1/EA	Spray	\$5.00
1031	Robafen CF Multi-Symptom Cough & Cold Medicine 4oz 1Ct	1/EA	Liquid	\$5.00
1028	Guaifenesin Mucus Relief Tablet 400mg 100Ct	1/EA	Tablet	\$6.00
1013	Loratadine 24-Hour Allergy Relief Tablet 30Ct	1/BT	Tablet	\$4.00
1021	GoodSense Sugar-Free Black Cherry Cough Drops 25Ct	1/BG	Lozenge	\$3.00
1030	Dr. Sheffield's 12-Hr Nasal Decongestant Spray 1oz 1Ct	1/EA	Spray	\$4.00
1033	Reliable-1 Saline Nasal Spray 3oz 1Ct	1/EA	Spray	\$4.00
1034	GoodSense Sore Throat Lozenges Cherry 18Ct	1/EA	Lozenge	\$4.00
1600	GoodSense Cough Drops 7.5mg Menthol Honey Lemon 30Ct	1/EA	Lozenge	\$3.00

1870	GoodSense Nighttime Cough Cold Flu Medicine 12oz 1Ct	1/BT	Liquid	\$7.00
1012	Cetirizine Allergy Relief Tablets 10mg 90Ct	1/BT	Tablet	\$8.00
1603	Liquid Cough Syrup Guaifenesin Dextromethorphan 16oz 1Ct	1/BT	Liquid	\$7.00

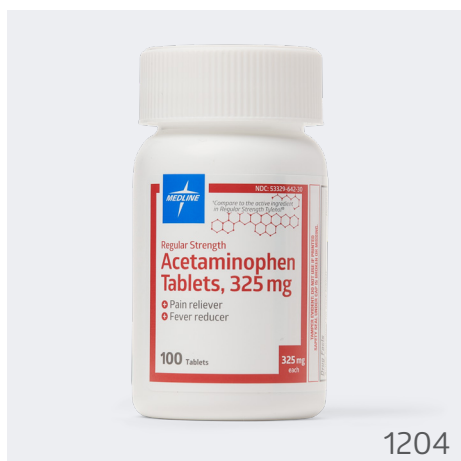
Medication Aids

Item No.	Description	Pkg.	Color	Price
1695	Medline 7-Day Pill Organizer Clear 1X/Day	1/EA	Clear	\$4.00
1698	Medline 7-Day Pill Organizer Multicolor 2X/Day	1/EA	Multicolor	\$9.00
1694	Medline Pill Crusher 1Ct	1/BX	Blue	\$6.00
1984	Medline Combo Medication Pill Crusher and Splitter 1Ct	1/EA	Blue	\$6.00
1095	Medline Pill Splitter with Storage 1Ct	1/BX	Blue	\$4.00
1091	Medline 7-Day Pill Reminder Organizer 1Ct	1/EA	Clear	\$5.00
1987	Medline 7-Day Pill Organizer Lock Orange 1X/Day	1/EA	Multicolor	\$6.00
1985	Graduated Medicine Spoon and Dropper Set 1Ct	1/EA	-	\$7.00
1693	Silicone Pill Bottle Opener 1Ct	1/EA	Blue	\$6.00
1986	Medicine Pill Bottle Opener with Magnifying Glass 1Ct	1/EA	-	\$7.00

Pain & Fever Relief

Item No.	Description	Pkg.	Strength	Price
2032	Daily Solutions Ice Blue Pain Menthol 2% Gel 8oz 1Ct	1/EA	-	\$6.00
1192	Capsaicin Analgesic Pain Relief Cream 2.1oz Tube 1Ct	1/EA	-	\$8.00
2033	ActivICE Topical Pain Reliever 3oz Roll-On 1Ct	1/EA	-	\$9.00
1708	CareAll Muscle Joint Vanishing Scent Gel Menthol 3oz 1Ct	1/TB	-	\$4.00
2034	Medline ActivICE Topical Pain Reliever 4oz Spray 1Ct	1/EA	-	\$10.00
1191	Low-Dose Enteric-Coated Aspirin Tablet 81mg 300Ct	300/BT	81 mg	\$5.00
2050	TriDerma Pain Relief Cream 4oz 1Ct	1/EA	-	\$16.00
1707	Akron Pharma Hemorrhoid Hygiene Pads w Witch Hazel 100Ct	1/EA	-	\$7.00
1886	After Bite Bug Itch Relief Pen 0.5oz 1Ct	1/EA	-	\$6.00
1067	GoodSense Epsom Salt 16oz 1Ct	1/BT	-	\$4.00
1207	Acetaminophen / Aspirin / Caffeine Pain Relief 100Ct	1/BT	-	\$8.00

1206	Acetaminophen PM Extra-Strength Caplets 500mg 50Ct	1/EA	500 mg	\$4.00
1257	GeriCare Aspirin Tablets 325mg 100Ct	1/EA	325 mg	\$3.00
1710	TheraCare Max Strength Pain Relief 4% Lidocaine Patch 5Ct	1/BX	-	\$7.00
1715	Medline Chewable Aspirin Tablets 81mg 36Ct	1/BT	81 mg	\$2.00
1205	Medline Naproxen Sodium Tablet 220mg 100Ct	1/BT	220 mg	\$8.00
1904	GoodSense X-Strength Medicated Cold/Hot Patch Large 5Ct	1/BX	-	\$6.00
1198	Medline Ibuprofen Tablets 200mg 100Ct	1/EA	200 mg	\$4.00
1204	Medline Acetaminophen Reg Strength Tablet 325mg 100Ct	1/EA	325 mg	\$3.00
1712	Beyond BodiHeat 12-Hour Pain Relief Heat Pads 4Ct	1/BX	-	\$6.00
1646	MyDerm Bite Relief Benzocaine Ointment 1.75oz 1Ct	1/EA	-	\$7.00
1714	Cooling Migraine Headache Pads 3Ct	1/BX	-	\$4.00
1209	Ultra Strength Muscle Rub Cream 3oz 1Ct	1/EA	-	\$5.00
1197	GoodSense Hemorrhoid Suppositories 24Ct	24/BX	-	\$7.00
1644	Medi-First Insect Sting Relief Pads 10Ct	1/BX	-	\$6.00
1190	Adult Low-Dose Enteric Aspirin Tablet 81mg 120Ct	1/BT	81 mg	\$3.00
1643	GoodSense X-Strength Medicated Cold/Hot Patch Small 5Ct	1/BX	-	\$5.00



1204

Medline Acetaminophen Reg Strength Tablet 325mg 100Ct

Acetaminophen tablet helps temporarily relieve minor aches and pains and temporarily reduce fever.



1209

Ultra Strength Muscle Rub Cream 3oz 1Ct

For temporary relief of minor aches and pains of muscles and joints. Active ingredient is 10% menthol.



1644

StingEze Insect Bite Relief Cream Pen Applicator 1Ct

Portable, pen-style applicator with sponge tip lets you easily apply first aid antiseptic/analgesic cream to insect bites. Helps relieve swelling from mosquito and spider bites and bee stings.

Stomach Remedies

Item No.	Description	Pkg.	Strength	Price
1218	Flavored Reg Strength Alkum Antacid Tablets 500mg 150Ct	1/EA	500 mg	\$5.00
1239	Bismatrol Chewable Antacid Tablets 200mg 30Ct	1/BX	200 mg	\$5.00
1216	GoodSense Effervescent Antacid + Pain Relief Tablets 36Ct	1/BX	-	\$6.00
1231	GeriCare Milk of Magnesia 12oz 1Ct	1/BT	-	\$4.00
1215	Famotidine Acid Reducer Heartburn Tablet 10mg 30Ct	1/BX	10 mg	\$5.00
1731	GeriCare Chewable Gas Relief Tablets 80mg 100Ct	1/EA	80 mg	\$7.00
1234	Medline Senna Natural Vegetable Laxative Tablets 8.6mg 100Ct	1/BT	8.6 mg	\$4.00
2059	Omeprazole Delayed-Release Antacid Tablet 20mg 42Ct	1/BX	20 mg	\$15.00
2055	Flavored Extra Strength Alkum Antacid Tablet 750mg 96Ct	1/EA	750 mg	\$5.00
1221	Guardian PinkBismuth Stomach Relief Liquid 8oz 1Ct	1/BT	-	\$5.00
2060	GoodSense ClearLax Powder Laxative 17.9oz 1Ct	1/EA	-	\$13.00
2058	GoodSense Anti-Nausea Liquid Medicine Cherry 4oz 1Ct	1/BT	-	\$5.00
2057	Lansoprazole Delayed Release Acid Reducer 15mg 42Ct	1/BX	15 mg	\$26.00
1240	Docusate Sodium Stool Softener Softgel 100mg 100Ct	1/EA	100 mg	\$4.00
1733	Loperamide Anti-Diarrheal Caplets 2mg 12Ct	1/EA	2 mg	\$3.00
1232	GoodSense Motion Sickness Tablets 50mg 12Ct	1/BX	50 mg	\$3.00
1237	Medline Pure & Gentle Saline Enema Laxative 4.5oz 1Ct	1/EA	-	\$2.00
2070	Meclizine Antihistamine Anti-Nausea Tablet 25mg 8Ct	1/BX	25 mg	\$3.00
1217	Geri-Lanta Reg Strength Antacid & Antigas Liquid 12oz 1Ct	1/BT	-	\$5.00
1222	Ultra Calcium Carbonate Antacid Soft Chew 1177mg 36Ct	1/BG	1177 mg	\$7.00

Stop Smoking

Item No.	Description	Pkg.	Strength	Price
1726	GoodSense Nicotine Gum 2mg Mint 110Ct	110/BX	2 mg	\$30.00
1210	GoodSense Nicotine Gum 4mg Mint 110Ct	110/BX	4 mg	\$30.00

Mobility

Braces & Supports

Item No.	Description	Pkg.	Size	Price
1177	Medline Standard Back Support with Suspenders L 1Ct	1/EA	Large	\$19.00
1176	Medline Neoprene Slip-On Elbow Support S 1Ct	1/EA	Small	\$8.00
1509	CURAD Performance Elastic Pull-Over Wrist Support XL 1Ct	1/EA	XLarge	\$5.00
1169	CURAD Performance Elastic Pull-Over Knee Support S 1Ct	1/EA	Small	\$5.00
1705	Medline Carpal Tunnel Glove with Flexible Splint S 1Ct	1/EA	Small	\$12.00
1703	Medline Carpal Tunnel Glove with Flexible Splint L 1Ct	1/EA	Large	\$12.00
2021	CURAD Back Support with Dual-Pulley System L/XL 1Ct	1/EA	Large/Xlarge	\$22.00
1512	Medline Neoprene Slip-On Elbow Support XL 1Ct	1/EA	XLarge	\$8.00
1167	CURAD Performance Elastic Pull-Over Knee Support L 1Ct	1/EA	Large	\$6.00
2020	CURAD Back Support with Dual-Pulley System 2XL 1Ct	1/EA	2XLarge	\$22.00
1704	Medline Carpal Tunnel Glove with Flexible Splint M 1Ct	1/EA	Medium	\$12.00
1165	IMAK RSI Smart Glove PM Carpal Tunnel Night Brace	1/EA	Universal	\$30.00
1168	CURAD Performance Elastic Pull-Over Knee Support M 1Ct	1/EA	Medium	\$6.00
2022	CURAD Back Support with Dual-Pulley System S/M 1Ct	1/EA	Small/Medium	\$22.00
2024	Medline Standard Back Support with Suspenders 2XL 1Ct	1/EA	2XLarge	\$19.00

1174	Medline Neoprene Slip-On Elbow Support L 1Ct	1/EA	Large	\$8.00
1180	Medline Standard Back Support with Suspenders XL 1Ct	1/EA	XLarge	\$20.00
1175	Medline Neoprene Slip-On Elbow Support M 1Ct	1/EA	Medium	\$8.00
1184	CURAD Performance Elastic Pull-Over Wrist Support L 1Ct	1/EA	Large	\$5.00
1741	CURAD Adjustable Knee Support Patella Cutout 1Ct	1/EA	Universal	\$18.00
1503	CURAD Performance Figure 8 Elastic Ankle Wrap 1Ct	1/EA	Universal	\$13.00
1504	CURAD Performance Dual Strap Elbow Support Microban 1Ct	1/EA	Universal	\$7.00
1510	CURAD Performance Elastic Pull-Over Wrist Support M 1Ct	1/EA	Medium	\$5.00
1511	CURAD Performance Elastic Pull-Over Wrist Support S 1Ct	1/EA	Small	\$5.00
1507	CURAD Performance Elastic Pull-Over Knee Support XL 1Ct	1/EA	XLarge	\$6.00
1508	CURAD Universal Thumb Brace Retail 1Ct	1/EA	Universal	\$10.00
1506	CURAD Performance Elastic Pull-Over Knee Support 2XL 1Ct	1/EA	2XLarge	\$6.00

Canes

Item No.	Description	Pkg.	Color	Price
1990	Medline Aluminum Quad Cane Sm Base 300lb Cap Black 1Ct	1/EA	Black	\$16.00
1145	Medline Folding T-Handle Aluminum Cane 250lb Black 1Ct	1/EA	Black	\$11.00
1147	Medline Offset Handle Aluminum Cane 300lb Cap Black 1Ct	1/EA	Black	\$8.00

Fall Prevention

Item No.	Description	Pkg.	Weight Capacity	Price
1005	Medline Rubber Bath Mat 13.4x29 White 1Ct	1/EA	-	\$13.00
1008	Medline Nonslip Tub and Stair Safety Treads 8Ct	1/EA	-	\$5.00
1635	Medline Handheld Shower Kit 1Ct	1/EA	-	\$21.00
1772	Medline Plug-In LED Nightlight 2Ct	2/PK	-	\$9.00
1004	Medline Guardian Economy Raised Toilet Seat 1Ct	1/EA	250 lbs	\$20.00

Fitness & Rehab

Item No.	Description	Pkg.	Color	Price
1041	Medline Accu-Therm Reusable Hot/Cold Gel Pack 5x10 1Ct	1/EA	-	\$3.00
1934	Deluxe Electric Moist Heat Pad	1/EA	-	\$30.00
1639	CURAD Hot or Cold Therapy Water Bottle 1Ct	1/BX	Red	\$6.00

Personal Care

Arthritis

Item No.	Description	Pkg.	Size	Price
1702	CURAD Arthritis Relief Compression Gloves M 1Pair	1/PR	Medium	\$9.00
1701	CURAD Arthritis Relief Compression Gloves L 1Pair	1/PR	Large	\$9.00
1993	CURAD Arthritis Relief Compression Gloves S 1Pair	1/PR	Small	\$9.00

Compression Garments

Item No.	Description	Pkg.	Color	Price
1434	CURAD Knee Compression Dress Sock 8-15mmHg Black Sm 1Pr	1/EA	Black	\$17.00
1128	CURAD Knee Compression Hosiery 8-15mmHg Blk M Reg 1Pr	1/EA	Black	\$12.00

Compression Garment Sizing Guide



Length
Measure from the bend in the knee to the bottom of the heel.

Calf Circumference
Measure around the widest point of the calf.

Ankle Circumference
Measure around the ankle bones.

Ankle	Calf	Size
7"-7 7/8"	10"-13"	A
8"-8 7/8"	12"-15"	B
9"-9 7/8"	14"-17"	C
10"-10 7/8"	16"-19"	D
11"-11 7/8"	18"-21"	E
12"-12 7/8"	20"-23"	F
13"-13 7/8"	22"-26"	G

1131	CURAD Knee Compression Hosiery 8-15mmHg Tan Small Regular 1Pr	1/EA	Tan	\$12.00
1435	CURAD Knee Compression Dress Sock 15-20mmHg Black M 1Pr	1/EA	Black	\$17.00
1438	CURAD Knee Compression Hosiery 8-15mmHg Blk XL Reg 1Pr	1/PR	Black	\$12.00
1126	CURAD Knee Compression Hosiery 8-15mmHg Blk Lg Regular 1Pr	1/EA	Black	\$12.00
1127	CURAD Knee Compression Hosiery 8-15mmHg Tan Lg Regular 1Pr	1/EA	Tan	\$12.00
1130	CURAD Knee Compression Hosiery 8-15mmHg Blk Sm Reg 1Pr	1/EA	Beige	\$12.00
1129	CURAD Knee Compression Hosiery 8-15mmHg Tan M Regular 1Pr	1/EA	Tan	\$12.00
1437	CURAD Knee Compression Hosiery 8-15mmHg Tan XL Regular 1Pr	1/PR	Tan	\$12.00
1436	CURAD Knee Compression Dress Sock 8-15mmHg Black Lg 1Pr	1/EA	Black	\$17.00

Eye & Ear Care

Item No.	Description	Pkg.	Ounce	Price
1037	Ketotifen Fumarate Eye Itch Relief Drops 0.17oz 1Ct	1/EA	0.17	\$14.00
1036	GoodSense Irritation Relief Eye Drops 15 mL 1Ct	1/EA	0.5	\$3.00
1920	Medline Eye Pillow	1/EA	-	\$12.00
1035	Dr. Sheffield's Ear Wax Removal Drops 15mL 1Ct	1/EA	0.5	\$3.00
1885	Ultra Lubricant Eye Drops 0.5oz 1Ct	1/EA	-	\$7.00

Feminine Care

Item No.	Description	Pkg.	Absorbency	Price
1815	Fiore Light Daily Panty Liners Long 40Ct	40/BX	Light	\$5.00

Hand Sanitizers

Item No.	Description	Pkg.	Ounce	Price
1401	Hand-E-Foam Alcohol-Free Hand Sanitizer 8oz 1Ct	1/EA	8	\$11.00
1071	Medline Spectrum Advanced Hand Sanitizer Wipes 6x6.75 160Ct	1/EA	-	\$10.00
1070	Germ-X Moisturizing Hand Sanitizer 8oz	1/EA	8	\$4.00

Leg & Foot Care

Item No.	Description	Pkg.	Size	Price
1982	Powerstep UltraStretch Night Sock Reg 1Ct	1/EA	Regular	\$28.00
1974	Silipos Therastep Gel Toe Protector 1Ct	1/EA	-	\$7.00
1469	Moleskin Plus Sheet 4-1/8 x 3-3/8 4Ct	1/PK	-	\$5.00
1471	Medline Plantar Fasciitis Relief Sleeve L 1Ct	1/EA	Large	\$13.00
1433	GoodSense Corn Cushions 9Ct	1/PK	Universal	\$4.00
1440	Medline Gel Hallux Bunion Guard 1Ct	1/EA	One Size Fits Most	\$5.00
1468	GoodSense Lamb's Wool Toe Padding 3/8oz 1Ct	1/EA	-	\$6.00
1245	Remedy Phytoplex Antifungal Powder Miconazole 3oz 1Ct	1/EA	-	\$6.00
1470	Medline Plantar Fasciitis Relief Sleeve XL 1Ct	1/EA	XLarge	\$13.00
1664	GoodSense Medicated Corn Removers 9Ct	1/PK	-	\$5.00



1982

Powerstep UltraStretch Night Sock Reg 1Ct

Soft, lightweight alternative to a night splint helps speed up recovery from plantar fasciitis, achilles tendonitis and overuse injuries. Fits up to 16in. dia. calf.



1468

GoodSense Lamb's Wool Toe Padding 3/8oz 1Ct

Helps provide cushioning and pain relief between toes. Patients with diabetes or poor circulation should consult their doctor prior to use.

1981	Powerstep UltraStretch Night Sock L 1Ct	1/EA	Large	\$28.00
1473	Medline Plantar Fasciitis Relief Sleeve S 1Ct	1/EA	Small	\$8.00
1442	Medline Gel Toe Straighteners 4Ct	1/EA	-	\$10.00
1132	CURAD Mediplast Wart Remover Pads 2x3 1Ct	1/EA	-	\$2.00
1472	Medline Plantar Fasciitis Relief Sleeve M 1Ct	1/EA	Medium	\$8.00
1441	Medline Gel Hammer Toe Crest 1Ct	1/EA	-	\$7.00

Oral Care

Item No.	Description	Pkg.	Color	Price
1879	Polident 3 Minute Antibacterial Daily Denture Cleanser 240Ct	1/PK	-	\$22.00
1479	Aim Cavity Protection Mint Gel Toothpaste 5.5oz 1Ct	1/TB	-	\$3.00
1880	Disposable Tongue Scraper with Brush Twin-Pack	1/PK	Multicolor	\$5.00
1162	Super Poligrip Original Denture Adhesive Cream 2.4oz 1Ct	1/EA	Pink	\$11.00
1485	Extra Strength Denture Adhesive Mint 2oz 1Ct	1/TB	Blue	\$4.00
1882	Adult Toothbrush with Soft Bristles Twin-Pack	1/PK	-	\$4.00
2317	Klutch Denture Adhesive Powder 1.75oz	1/EA	Multi	\$12.00
1494	Fresh Mint Sensitive Teeth Toothpaste 4.3oz 1Ct	1/TB	-	\$3.00
1157	GoodSense Mint Flossers 90Ct	1/BG	-	\$3.00
1483	Biotene Dry Mouth Fluoride Toothpaste 4.3oz 1Ct	1/EA	-	\$12.00
1873	Waxed Dental Floss Mint 100yd 2Ct	1/PK	-	\$6.00
1487	GUM Proxabrush Go-Betweens Teeth Cleaners 10Ct	1/PK	-	\$7.00
1155	Denture Cleanser Tablets 90Ct	90/BX	-	\$7.00
1161	Pepsodent Complete Care Toothpaste 5.5oz 1Ct	1/TB	-	\$3.00
1482	Biotene Dry Mouth Moisturizing Spray 1.5oz 1Ct	1/EA	-	\$12.00
1160	Dr. Sheffield's Oral Toothache Relief Gel .33oz 1Ct	1/TB	-	\$3.00
1480	Biotene Alcohol-Free Dry Mouth Mouthwash 16oz 1Ct	1/EA	-	\$12.00
1484	Ascent Adult Toothbrush Medium Bristles 2Ct	1/PK	-	\$2.00
1163	Medline Super Soft Wrapped Adult Toothbrush 1Ct	1/EA	Light Blue	\$2.00
1876	Denture Brush With Easy-Grip Handle Medium 1Ct	1/PK	Multicolor	\$4.00
1152	Medtech Oral BrushPicks 275Ct	1/PK	-	\$5.00

Skin Care & Hair Care

Item No.	Description	Pkg.	Ounce	Price
2048	Medline Remedy Intensive Skin Therapy Repair Cream 32oz 1Ct	1/EA	32	\$20.00
2053	Remedy Enlivaderm Hydrating Serum 4oz 1Ct	1/EA	4	\$8.00
2054	SPF 50 Sunscreen Sport Stick 0.65oz 1Ct	1/EA	0.65	\$6.00
2051	Remedy Intensive Skin Therapy Calazime Skin Protectant Paste 4oz 1Ct	1/EA	4	\$7.00
1518	Remedy Phytoplex Skin Cream Moisturizer Scented 16oz 1Ct	1/EA	16	\$8.00
1246	Remedy Phytoplex Skin Cream Moisturizer Scented 8oz 1Ct	1/EA	8	\$5.00
1115	Remedy Phytoplex Z-Guard Skin Protectant Paste 4oz 1Ct	1/EA	4	\$6.00
2316	Remedy Phytoplex Barrier Cream Cloths with Dimethicone 48Ct	1/PK	-	\$6.00
1429	Remedy Phytoplex Hydrating Body Lotion Cleanser 8oz 1Ct	1/EA	8	\$6.00
1428	Remedy Phytoplex No-Rinse Foam Cleanser 8oz 1Ct	1/EA	8	\$5.00
2046	Remedy Intensive Skin Hydraguard-D Barrier Cream 4oz 1Ct	1/EA	4	\$6.00
1051	Medline Nonsterile Cotton Balls Medium 1in 200Ct	200/BG	-	\$3.00
1158	Medicated Lip Treatment 2Ct	1/PK	0.25	\$3.00
1490	GoodSense SPF 45 Lip Balm Tropical 1Ct	1/EA	0.15	\$3.00
1491	GoodSense Lip Balm Regular 1Ct	1/EA	0.15	\$3.00
1645	Major Calamine Lotion 6oz 1Ct	1/BT	6	\$5.00
1076	CareAll Petroleum Jelly 13oz 1Ct	1/EA	13	\$4.00
2045	MyDerm Aloe Gel 16oz 1Ct	1/BT	16	\$5.00
1718	Medline Soothe & Cool Cornstarch Body Powder 14oz 1Ct	1/EA	14	\$4.00

Cleanse



**Hydrating
Cleansing Foam**
1428

Moisturize



**Nourishing
Skin Cream**
1246

Barrier



**Remedy®
Intensive Skin
Therapy**
2046

Protect



Z-Guard
1115

1716	Gentell Vitamin A&D+E Ointment 13oz 1Ct	1/EA	13	\$6.00
2191	Simply Soft Cotton Swabs 300Ct	1/PK	-	\$3.00
1250	Medline Soothe & Cool Moisturize Body Lotion 8oz 1Ct	1/EA	8	\$3.00
1720	GoodSense Soothing Oatmeal Bath Treatment 8Ct	1/BX	1.5	\$8.00
1252	Solar Screen SPF 30 Ultra Sunscreen Lotion 8oz 1Ct	1/BT	8	\$9.00
1251	MyDerm Aloe Gel Lidocaine Pain Reliever 8oz 1Ct	1/BT	8	\$7.00
1430	Medline Soothe & Cool No-Rinse Body Cleanser 8oz 1Ct	1/EA	8	\$3.00
1605	Gentell Zinc Oxide Skin Protectant Ointment 16oz 1Ct	1/EA	16	\$11.00

Wipes & Cloths

Item No.	Description	Pkg.	Container Type	Price
1103	Medline FitRight Aloe Personal Wipes Scented 100Ct	1/PK	Soft Pack with Flip Top Lid	\$5.00
1719	Medline FitRight Aloe Quilted Personal Wipes 48Ct	1/PK	Soft Pack with Flip Top Lid	\$3.00
1117	ReadyFlush SELECT Biodegradable Flushable Wipes 48Ct	1/PK	Soft Pack with Flip Top Lid	\$5.00
1926	Pharma-C-Wipes 3% Hydrogen Peroxide Wipes 40Ct	1/EA	-	\$6.00
1858	Medline FitRight Aloe Personal Wipes Unscented 100Ct	1/PK	Soft Pack with Flip Top Lid	\$5.00

ReadyFlush® Scented Wipes — 1117

Premoistened with a rinse-free formula that cleans, moisturizes and soothes skin. Formula is pH balanced, hypoallergenic and does not contain alcohol.



Dispersible and biodegradable



Respiratory

Oxygen Therapy

Item No.	Description	Pkg.	-	Price
1097	Soft-Touch Finger Pulse Oximeter	1/EA	-	\$26.00

Vitamins & Supplements

Fish Oils & Omegas

Item No.	Description	Pkg.	Strength	Price
1280	Fish Oil Softgels 1000mg 90Ct	1/BT	1000 mg	\$9.00

Letter Vitamins

Item No.	Description	Pkg.	Strength	Price
1271	Folic Acid Supplement 400mcg 100Ct	1/BT	400 mcg	\$4.00
1750	Vitamin C-500 Chewable Tablets 500mg 110Ct	1/BT	500 mg	\$6.00
2063	Beta Carotene 25,000 IU With Vitamin A 100Ct	1/BT	25000 IU	\$8.00
1751	ImmuBlast Immune System Chewable Tablet 32Ct	1/BT	-	\$6.00
1295	Vitamin D3 Tablets 50mcg 250Ct	1/BT	2000 IU	\$6.00
1286	21st Century Vitamin A Softgels 10,000IU 110Ct	1/EA	10000 IU	\$7.00
2075	Vitamin C Liquid 500mg/5mL 16oz	1/BT	500 mg	\$19.00
2074	Vitamin B-50 Complex Tablets 60Ct	1/BT	-	\$6.00
1292	GeriCare Vitamin B-6 Tablet 100mg 100Ct	1/EA	100 mg	\$5.00
2076	21st Century Vitamin C 500mg Tablets 250Ct	1/BT	500 mg	\$10.00
2078	Vitamin E Softgel 90mg 100Ct	1/BT	90 mg	\$7.00
1291	Vitamin B12 Tablet 500mcg 100Ct	1/BT	500 mcg	\$5.00
2073	21st Century Vitamin B Complex w/ Vitamin C 100Ct	1/BT	-	\$12.00

Minerals

Item No.	Description	Pkg.	Strength	Price
1269	Ferrous Sulfate Iron Tablet 325mg 100Ct	1/BT	325 mg	\$3.00
1745	GeriCare Magnesium Oxide Tablet 400mg 120Ct	1/BT	400 mg	\$6.00
2069	PlusPharma Magnesium Oxide 400 mg 120Ct	1/BT	400 mg	\$18.00

Multivitamins

Item No.	Description	Pkg.	Form	Price
1267	21st Century Healthy Eyes Multivitamin and Mineral Supplement with Lutein 60Ct	1/BT	Tablet	\$6.00
1744	Yum-V's Adult Gummy Multivitamins 60Ct	1/BT	Gummy	\$10.00
1276	Sentry Multivitamin with Minerals 130Ct	1/BT	Tablet	\$9.00
1261	Multivitamin with Minerals for Seniors Age 50+ 100Ct	1/BT	Tablet	\$7.00
2072	GeriCare Powder Multivitamin Mineral Supplement 80Ct	1/BX	Powder	\$18.00

Probiotics

Item No.	Description	Pkg.	Strength	Price
2318	Oral Probiotic Capsules 250mg 50Ct	1/BT	250 mg	\$28.00
2068	Omega-3 Krill Oil Softgels 350mg 60Ct	1/BT	350 mg	\$20.00

Supplements

Item No.	Description	Pkg.	Strength	Price
1749	Calcium with Vitamin D3 Tablet 600mg 300Ct	1/BT	600 mg	\$13.00
1747	Calcium with Vitamin D3 Tablet 630mg 100Ct	1/BT	315 mg + 250 IU	\$7.00
1270	Flaxseed Oil Softgel 1000mg 60Ct	1/BT	1000 mg	\$7.00
2067	21st Century Iron Ferrous Gluconate Tablet 27mg 100Ct	1/BT	27 mg	\$6.00
1746	Mason Natural L-Lysine Tablet 500mg 100Ct	1/BT	500 mg	\$6.00
1754	GoodSense Chocolate Calcium Chews 650mg 60Ct	1/EA	650 mg	\$9.00
2061	Antioxidant Support Dietary Supplement 60Ct	1/BT	-	\$11.00
1757	True Plus Glucose Chewable Tablet 4g 50Ct	1/BT	4 g	\$6.00

1258	Biotin Dietary Supplement Tablets 500mcg 60Ct	1/BT	500 mcg	\$5.00
1275	PlusPharma Melatonin Tablets 5mg 30Ct	1/BT	5 mg	\$3.00
1266	21st Century DHEA Tablets 25mg 90Ct	1/BT	25 mg	\$12.00
1732	Major Lactase Dairy Digestive Aid Caplets 3,000FCC 60Ct	1/BT	3,000 FCC	\$8.00
1259	Calcium Tablet 600mg 150Ct	1/BT	600 mg	\$5.00
1265	Coenzyme Q10 Softgel 100mg 30Ct	1/BT	100 mg	\$9.00
2064	Chromium Picolinate Tablets 200mcg 100Ct	1/BT	200 mcg	\$8.00
1755	21st Century Triple Strength Glucosamine & Chondroitin 750mg 100Ct	1/BT	750 mg + 600 mg	\$26.00
1734	Natural Psyllium Fiber Powder Supplement 10oz 1Ct	1/EA	-	\$9.00



Over-the-counter (OTC) benefit

Personal Wellness Product Catalog Order Form

STEP 1 Complete your information below:

Member ID																Date of Birth									
First Name																									
Last Name																									
Street Number						Street Name																			
Apt/Suite #						City																			
State		ZIP																							
Daytime Phone #																									
E-Mail (Optional)																									

STEP 2 Pick your products

Item #	Product Description	Quantity	Price
1			\$
2			\$
3			\$
4			\$
5			\$
6			\$
7			\$
8			\$
9			\$
10			\$
Total Order:			\$

STEP 3 Place your order

Please visit <https://athome.medline.com/MHHP> or mail to:

OTC Servicing Center, 1200 Townline Rd, Mundelein, IL, 60060 to place your order.

Cash, checks, credit cards or money orders are not accepted in mail in orders that exceed the quarterly allowance.

If you place your order using an order form, your order total will be applied to the quarter in which we receive your form. For example, if you mail your order form on June 29, but we received it on July 1, your order total will be applied to your third-quarter benefit, not your second-quarter benefit.

About Mail Orders

- A mail order form may take up to 4 weeks to process.
- If your total amount exceeds your current available benefit balance, we will remove the last items added to the form until it is within your benefit balance.
- Cash, checks, credit cards or money orders are not accepted via mail.
- If your mail order includes any out-of-stock items, the order will be processed without out-of-stock items.
- To receive your order faster, place it online at: **<https://athome.medline.com/MHHP>**

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HMO

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