



OTC

Retail Network and Item Categories

Over-the-Counter (OTC) Network

You can make purchases with your flex card at the approved retail locations listed below. All OTC items purchased at these locations must be on the approved list. Please see page 2 for approved item categories.

Retail Network Listing:

ACME

Alberstons

Baker's

Carrs-Safeway

City Market

CVS

Dillons

Food 4 Less

Foods Co

Fred Meyer

Fry's

Gerbes

Giant Eagle

Haggen

Jay C Food Store

Jewel Osco

King Soopers

Kings

Kroger

Mariano's

Metro Market

Pavilions

Pay-Less Super Markets

Pick 'n Save

QFC

Ralphs

Randalls

Rite Aid

Ruler

Safeway

Schnucks

Shaw's & Star Markets

Smith's Food and Drug

Tom Thumb

Vons

Walgreens

Walmart

Over-the-Counter (OTC) Item Categories

Your OTC purchases are limited to approved items only. You can find a list of approved item categories below.

To see a complete list of your covered 2023 OTC products, please visit the MyBenefits portal at BND.NationsBenefits.com

COLD & ALLERGY

Allergy

Allergy Liquids

Allergy Nasal Sprays, Drops & Inhalers

Allergy Tabs & Caps

Mixed/Miscellaneous Allergy

Cough Drops, Sore Throat Relief

Mixed/Miscellaneous Cough Drops, Sore Throat Relief

Sore Throat Pain Relief

Throat & Cough Drops

Cough, Cold, Flu & Sinus

Cold & Flu Preventatives/Symptom Reducers

Cough, Cold, Flu & Sinus Liquids

Cough, Cold, Flu & Sinus Tabs & Caps

Mixed/Miscellaneous Cough, Cold, Flu & Sinus

Lip Care

Medicated Lip Treatments

COLD & ALLERGY (Cont)

Nasal

Decongestant Nasal Sprays, Drops & Inhalers

Mixed/Miscellaneous Nasal

Nasal Moisturizers & Washes

Nasal Strips, Dilators & Snore Relief

Respiratory Treatments

Mixed/Miscellaneous Respiratory Treatments

Vapor Products (Includes Waterless Vaporizers)

Vaporizers, Humidifiers & Accessories

COMPRESSION SUPPORT

Men's, Women's and Unisex Compression Socks

Men's, Women's and Unisex Compression Socks

DIABETES CARE

Diabetes Care Accessories

Mixed/Miscellaneous Diabetes Care Accessories

Sharps Containers & Supplies

Diabetes Health & Wellness

Diabetes Cough, Cold & Allergy

Diabetes Neuropathy & Skin Care

Diabetes Supplements

DIGESTIVE HEALTH

Anti-Diarrheals

Anti-Diarrheal Liquids

Anti-Diarrheal Tabs & Caps

Diarrhea-Related Oral Rehydration Therapy

Mixed/Miscellaneous Anti-Diarrheals

Anti-Gas

Anti-Gas

Mixed/Miscellaneous Anti-Gas

Digestive Aids

Digestive Health Prebiotics & Probiotics

Lactose Intolerance

Hemorrhoid Preparations

Hemorrhoid Treatments

Hemorrhoid Wipes & Washes

Mixed/Miscellaneous Hemorrhoid Preparations

Mixed/Miscellaneous Diabetes Care Accessories

Laxatives

Enemas, Laxative Suppositories, Kits, Etc.

Fiber Products

Laxative Liquids & combination stool-softener products

Mixed/Miscellaneous Laxatives

Non-liquid Laxatives (non-fiber) & combination stool-softener products

Stool Softeners

DIGESTIVE HEALTH (Cont)

Stomach & Nausea Remedies

Acid Controllers

Antacid Liquids

Antacid Tabs & Caps

Mixed/Miscellaneous Stomach & Nausea Remedies

Multi-Symptom Products

Nausea & Motion Sickness

EYE & EAR CARE

Contact Lens Care

Mixed/Miscellaneous Contact Lens Care

Soft Lens Cleaners

Soft Lens Multi-Purpose Solutions

Soft Lens Saline Solutions

Ear Care

Ear Drops & Syringes

Lipoflavonoids

Eye Preparations

Eye Relief Products

Eye Wash

Reading Glasses & Magnifying Glasses

Magnifying Glasses

Reading Glasses

FEMININE CARE

Feminine Antifungal

Feminine Antifungal

FIRST AID

Antiparasitic Treatments

Lice Treatments & Accessories

Mixed/Miscellaneous Antiparasitic Treatments

First Aid Kits & Supplies

Finger Cots & Splints

Mixed/Miscellaneous First Aid Kits & Supplies

First Aid Tapes & Adhesive Wraps

First Aid Tapes & Adhesive Wraps

Itch Treatments

Chronic Itch Treatments

Mixed/Miscellaneous Itch Treatments

Poison Ivy, Oak & Sumac Treatments

Protective Gloves

Protective Gloves

Wound & Surgical Dressings

Adhesive & Liquid Bandages

Alginate & Collagen Dressings

Foam Dressings

Gauze, Non-Stick & Absorbent Dressings

Hydrocolloid & Hydrogel Dressings

FIRST AID (Cont)

Wound Treatments & Skin Relief

Mixed/Miscellaneous Wound Treatments & Skin Relief (incl. witch hazel)

Scar Treatments

Skin Protectants (Includes Petroleum Jelly)

Topical Antibiotics & Antimicrobials

Wound, Burn & Skin Treatments (Includes Epsom Salt)

Wound Washes & Cleansers

Hydrogen Peroxide

Mixed/Miscellaneous Wound Washes & Cleansers

Povidone Iodine

Rubbing Alcohol

Saline Solutions & Sprays

FOOT CARE

Antifungal Treatments

Antifungal Creams & Liquids

Antifungal Powders

Antifungal Sprays

Antifungal Treatments

Mixed/Miscellaneous Antifungal Treatments

Nail Fungus Treatments

Foot Cushioning & Treatments

Corn & Callus Removers

Corn, Callus & Bunion Pads

Foot Grooming & Pain Relief

FOOT CARE (Cont)

Foot Pain Relief

Wart Removers

Mixed/Miscellaneous Wart Removers

Wart Remover Pads & Liquids

HEALTH SUPPORTS

Abdominal Supports & Rib Belts

Abdominal Supports

Mixed/Miscellaneous Abdominal Supports & Rib Belts

Rib Belts

Braces

Ankle & Footm Elbow & Arm, Hand & Wrist, Joint Warmers & Arthritis, Knee & Thigh, Calf & Shin

Elastic Bandages & Athletic Treatments

Mixed/Miscellaneous Elastic Bandages & Athletic Treatments

Protective Guards

Hot/Cold Therapy

Electric Heating Pads

Hot/Cold Therapy

Mixed/Miscellaneous Hot/Cold Therapy

Orthopedic & Surgical Support

Arm Slings & Cervical Collars

Hernia Supports & Suspensories

Mixed/Miscellaneous Orthopedic & Surgical Support

Sacro & Back Braces

Shoulder & Clavicle Braces

HOME DIAGNOSTICS & PATIENT AIDS FOR DAILY LIVING

Home Diagnostics

Blood Pressure Kits & Accessories

Cholesterol Meters & Testing Kits

Drug & Alcohol Tests

Pulse Oximeters & Heart Rate Monitors

Stethoscopes & Accessories

Thermometers, Fever Strips & Accessories

Patient Aids For Daily Living

Bathing & Oral Hygiene Aids

Eating & Drinking Aids

Grooming & Dressing Aids

Medical Alert IDs & Devices

Medicine Dosers, Pillboxes, Organizers & Reminders

Mixed/Miscellaneous Patient Aids For Daily Living

Mobility Safety: stair rails, stair treads, temporary mobility ramps

Night Lights

Reachers, Grippers & Lifts

Reading, Writing & Telephone Aid

HOME HEALTH CARE

Bathroom Safety

Bathtub & Toilet Rails & Frames

Bathtub Safety & Accessories

Elevated Toilet Seats & Accessories

HOME HEALTH CARE (Cont)

Grab Bars & Handles

Hand Held Showers

Mixed/Miscellaneous Bathroom Safety

Sitz Baths & Bidets

Specialized Orthopedic Braces/Support/Splints

Mixed/Miscellaneous Specialized Orthopedic Braces/ Supports/Splints

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

Walking Aids

Canes for the Visually Impaired

INCONTINENCE

Disposable Incontinence

Disposable Briefs & Undergarments

Mixed/Miscellaneous Disposable Incontinence

Incontinence Personal Care

Deodorizers

Mixed/Miscellaneous Incontinence Personal Care

Perineal - Only Antifungals

INCONTINENCE (Cont)

Perineal - Only Cleansers & Washes

Perineal - Only Moisturizers, Barriers & Protectants

Perineal - Only Wipes & Towelettes

ORAL CARE

Denture Care

Denture Adhesives

Denture Cleaners & Accessories

Denture Repair & Pain Relief

Mixed/Miscellaneous Denture Care

Interdental, Floss & Gum Care

Dental Gum

Floss & Flossers

Mixed/Miscellaneous Interdental, Floss & Gum Care

Oral Remedies

Dry Mouth

Mixed/Miscellaneous Oral Remedies (Includes Fluoride Treatments)

Oral Pain Relief & Mouth Sores

Toothbrushes

Battery Toothbrushes & Refills

Manual Toothbrushes

Mixed/Miscellaneous Toothbrushes & Accessories

Toothpaste & Treatments

Mixed/Miscellaneous Toothpaste & Treatments

ORAL CARE (Cont)

Sensitive Toothpaste & Treatments

Whitening Toothpaste

PAIN RELIEF

External 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

Mixed/Miscellaneous External Pain Relief

Internal Pain Relief

Adult Acetaminophen

Adult Aspirin & Combinations

Adult Ibuprofen & Other Anti-Inflammatories

Adult Nighttime Pain Relief

Feminine Pain Relief

Mixed/Miscellaneous Internal Pain Relief

Sleep Aids & Stimulants

Sleep Aids & Sedatives

Stimulants

PATIENT SKIN CARE

Patient Skin Support

Antifungals

Mixed/Miscellaneous Patient Skin Support

Moisturizers, Barriers & Protectants

PHYSICAL FITNESS & EXERCISE EQUIPMENT

Physical Fitness

Pedometers & Fitness Trackers

SKIN CARE

Facial & Body Acne Medications

Acne Astringents & Toners

Acne Creams, Gels, Lotions & Patches

Acne Soaps & Cleansers

Mixed/Miscellaneous Facial & Body Acne Medications

SMOKING DETERRENENTS

Smoking Deterrents

Mixed/Miscellaneous Smoking Deterrents

Nicotine Gum & Lozenges

Nicotine Patches

SUN CARE

Sun Protection

Mixed/Miscellaneous Sun Protection

Sport Sun Protection

Sun Protection

SUPPLEMENTS

Mineral Supplements

Calcium

Iron

Mixed/Miscellaneous Mineral Supplements

SUPPLEMENTS (Cont)

Multi-Minerals

Multivitamins

Eye Health Vitamins

Mixed/Miscellaneous Multivitamins

Multivitamins

Single Entity Vitamins

Mixed/Miscellaneous Single Entity Vitamins

Specialty Supplements

CoQ10 Only (UBIQUINOL)

Enzymes, Amino Acids & Hormones

General Health Prebiotics & Probiotics

Heart Health & Essential Fatty Acids (Fish Oil, Flax, GLA, etc.)

Joint Health (incl. Glucosamine)

Menopause Support (Soy)

WEIGHT MANAGEMENT & NUTRITIONAL FOODS

Diuretics & Weight Loss Cleansing & Detox

Diuretics

Mixed/Miscellaneous Diuretics & Weight Loss Cleansing & Detox

Weight Loss Cleansing & Detox

Weight Management

Food Scales

Weight Management Tabs & Caps