

# GET MORE FROM YOUR MASS ADVANTAGE MEMBERSHIP!

As a Mass Advantage member, you receive a quarterly allowance to purchase eligible over-the-counter (OTC) supplies — making it easier to stay on top of your health and wellness needs.

## SHOP YOUR WAY

Use your Prepaid Benefits Card to shop in person at popular retail locations like CVS, Walgreens, Walmart, and many others. Your OTC benefit is automatically loaded to your card each quarter, so you can conveniently purchase approved items without hassle. You can also order by mail from NationsBenefits with free home delivery.



OTC ITEM CATEGORY	EXAMPLES OF OTC ITEMS TO PURCHASE
<b>Diabetes Management</b>	Blood sugar monitoring support (non-prescription), foot care and protection, travel and storage supplies
<b>Pain Relief</b>	Oral pain relievers, topical pain relief, muscle and joint support, headache and migraine relief
<b>Weight Management</b>	Appetite control (non-prescription), body weight and composition monitoring, food measurement and portion control
<b>Health Supports &amp; Braces</b>	Joint supports, back and core supports, compression and stabilization items, muscle and joint wraps
<b>Cold &amp; Allergy</b>	Allergy relief (non-prescription), cold and flu symptom relief, nasal and sinus care, cough and throat care
<b>Ear Care</b>	Earwax removal & cleaning, hearing protection, ear care essentials
<b>Vision &amp; Eye Care</b>	Vision hardware (non-prescription), eye protection, reading and magnifying aids, contact lens care
<b>Digestive Health</b>	Stomach and digestion support, anti-gas and diarrheal support, antacids and acid relief, probiotics, Hemorrhoid treatments
<b>First Aid</b>	Wound care and bandages, topical ointments and creams, burn and skin relief, first aid tools

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<b>Foot Care</b>	Corn and callus removal, foot medications and treatments, foot odor and wetness treatments, shoe insoles - inserts and cushioning
<b>Hair Care</b>	Hair growth shampoos and lotions, therapeutic shampoo and scalp treatments
<b>Traditional &amp; Alternative Therapy</b>	Nicotine replacement therapy, oral hydration therapy, respiratory therapy
<b>Sleep &amp; Relaxation Aids</b>	Internal and external sleep aids, melatonin supplements
<b>Personal Hygiene</b>	Cotton swabs, balls and pads, feminine personal care
<b>Oral Care</b>	Denture care, interdental and floss, gum care, medicated mouthwash and breath care, Oral pain and cold sore remedies, toothbrushes, toothpaste and treatments
<b>Skin Care</b>	Antifungal treatments, facial and body acne medications, medicated lip care, medicated skin care, therapeutic and specialty soaps, wart removal
<b>Sun Care</b>	After sunburn treatment, sun protection
<b>Vitamins &amp; Dietary Supplements</b>	Vitamins and dietary supplements, immune defense supplements
<b>Health &amp; Home Safety</b>	Bathroom safety, hand sanitizer, non-slip socks and slippers, PPE masks and gloves, sanitizing wipes
<b>Mobility Assistance</b>	Walking aids
<b>Patient Aids for Daily Living</b>	Accessibility and independent living aids, food and drink thickeners, medication pill cutters and storage,
<b>Home Health Care</b>	Convalescent footwear, medical and surgical supplies, medical nutritional and IV therapy and hypodermic supplies, ostomy pouches and care items
<b>Incontinence Management</b>	Disposable incontinence, incontinence personal care, reusable incontinence
<b>Home Diagnostics</b>	Blood pressure monitors, diagnostic urine testing, nebulizers and pulse oximeters, thermometers
<b>Pharmacy</b>	Pharmacy compounding materials and flavorings, pharmacy prescription disposal