

# Over-the-Counter (OTC) Coverage Through NationsOTC®



Independent Health Medicare members have access to hundreds of health and wellness products through the OTC benefit. With NationsOTC®, you can get brand-name or generic over-the-counter items like vitamins, pain relievers, dental supplies and much more.

## Your Personal Health Profile: Built With You in Mind

You have the option of self-reporting your conditions. If you do this, you'll receive product recommendations and health information tailored to your unique needs. What you choose to share can be used to help you achieve your desired health goals.\*

## How It Works:

The benefit allowance is earned the first day of each quarter. The quarterly allowance unspent balances will roll over from quarter to quarter; however the balance will need to be used by December 31, 2023. If you spend more than the quarterly allowance amount, you can use a personal credit/debit card to cover the difference.

## Ordering Is Easy! Experienced Advisors Are Available 24/7, All Year Long

**Online:** Visit [NationsOTC.com/IndependentHealth](https://NationsOTC.com/IndependentHealth)

**Phone:** Call (877) 270-4239 (TTY: 711)

**Mail:** Complete and mail an order form using the postage-paid envelope to:

NationsOTC  
1801 NW 66th Avenue, Suite 100  
Plantation, FL 33313

Orders ship to your home at no additional cost, usually within 2 business days.

## Questions? Call a RedShirt®

**(716) 250-4401** or **1-800-665-1502** (TTY: 711)

October 1–March 31: Monday–Sunday, 8 a.m.–8 p.m.,

April 1–September 30: Monday–Friday, 8 a.m.–8 p.m.



Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-POS, HMO-SNP and PPO plans. Enrollment in Independent Health depends on contract renewal. Allowance is made available by quarter. Allowance will carry over quarter to quarter, but not plan year to plan year. Costs over the allowed amount are the member's responsibility. This benefit can only be used for covered items through NationsOTC.® \*Information is private and will not be shared.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-800-665-1502 (TTY: 711). Independent Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-665-1502 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-665-1502 (TTY: 711).

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