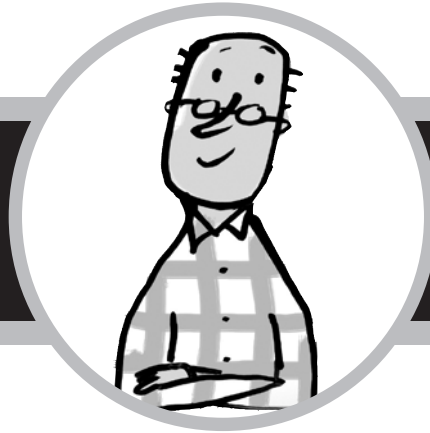


# 2010

## HealthStuff™

More of the stuff you want



 **healthstuff™**

## Getting your HealthStuff™ is EASY

Welcome to HealthStuff™! With HealthStuff, you get a fixed dollar amount to spend on eligible over-the-counter medicines, vitamins and other wellness products that you choose. Check your Evidence of Coverage for your monthly allowance. Only you can use your HealthStuff™ benefit, and the OTC medicines and products are intended for your use only. Please keep this brochure handy so you can refer to it throughout the year.

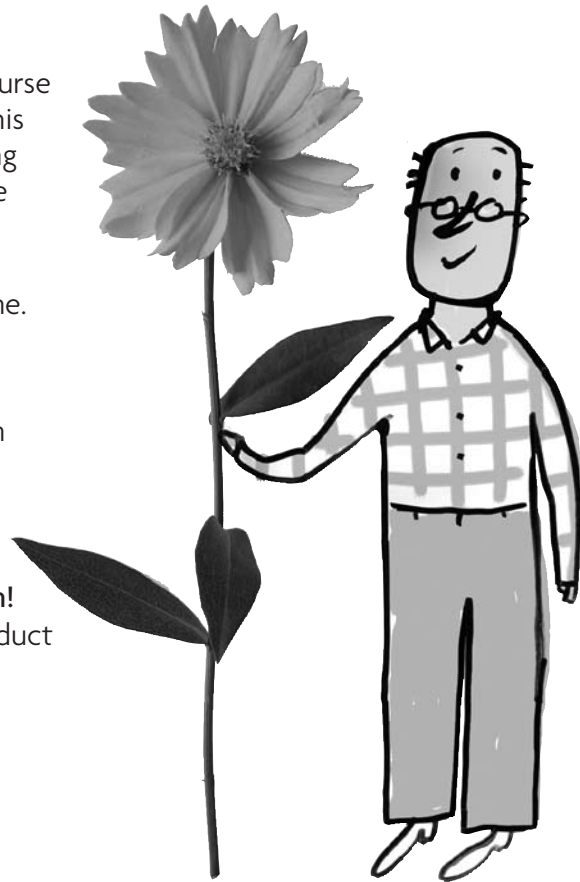
### 2 ways to get the items you want

**1. Call Customer Service** to place your order and we will send your selections right to your door. The phone numbers are on the last page.

- See the section called “Items You Can Order from Us.”
- Give us a call with the ID numbers of the products you want to order. Your HealthStuff™ will be delivered to your home.

**2. Buy the items at a store** and we'll reimburse you. Check the list of eligible items in this brochure, then submit a claim form along with the itemized receipt from the store within 90 days of purchase.

- Please call Customer Service to get a claim form or a new catalog at any time. (Customer Service numbers listed on the last page.)
- You can also download the claim form from our Web site at [www.ohanahealthplan.com](http://www.ohanahealthplan.com).
- **If your receipt does not include the name of items purchased, no problem!**
  - Just send us the label from the product or its packaging.
  - Circle the correct amount on your receipt.
  - Submit this information with your signed claim form.



**ITEMS YOU CAN ORDER FROM US** If you choose to do so, you may also purchase items in these categories from a retail location, such as a supermarket or pharmacy, and get reimbursed.

ID #	GENERIC DESCRIPTION	BRAND COMPARABLE	PRICE
<b>ALLERGY PREVENTION &amp; TREATMENT</b>			
1	Loratadine 10mg Tablets	Claritin®	\$4
2	Cetirizine 10mg Tab	Zyrtec®	\$7
3	Diphenhydramine 25mg Capsules	Benadryl®	\$4
<b>ANALGESICS/ANTIPYRETICS</b>			
4	Aspirin 325mg Tablets	Bayer® Aspirin	\$3
5	Aspirin Enteric Coated 81mg Tablets	Bayer® EC Aspirin (Adult Regimen)	\$5
6	Enteric Coated Aspirin 325mg Tablets	Ecotrin® Tablets	\$5
7	Acetaminophen 325mg Tablets	Tylenol® Regular Strength Tablets	\$7
8	Acetaminophen 500mg Tablets	Tylenol® Extra Strength Caplets	\$5
9	Acetaminophen 500mg/Caffeine 60mg/ Pyrilamine 15mg	Midol®	\$7
<b>ANTACIDS &amp; ACID REDUCERS</b>			
10	Simethicone 80mg tablets	Mylanta® Gas 80mg Tab	\$9
11	Omeprazole 20mg	Prilosec®	\$10
12	Calcium Carbonate 500mg Tabs	Tums® Tablets	\$4
13	Ranitidine HCL 75mg Tablets	Zantac® Tablets	\$8
14	Famotidine 10mg Tablets	Pepcid®	\$6
15	Simethicone 125mg Tablets	Gas-X® Extra Strength	\$5
<b>ANTI-ARTHRITICS</b>			
16	Acetaminophen 650mg Tablets	Tylenol® Arthritis Pain Tablets	\$6
17	Glucosamine 1500mg/Chondroitin 1200mg	Glucosamine/Chondroitin DS®	\$9
<b>ANTI-CANDIAL (YEAST)</b>			
18	Clotrimazole Vaginal 1% Cream—1 Application	Gyne-Lotrimin®	\$8
19	Miconazole-3 Combo Pack with applicator	Monistat-3® Combo Pack	\$12
<b>ANTI-DIARRHEAL &amp; LAXATIVES</b>			
20	Docusate Sodium 100mg Capsules	Colace® Softgels	\$8
21	Adult Glycerin Suppositories	Fleet® Adult Suppositories	\$4
22	Bisacodyl 10mg Suppositories	Dulcolax® Suppositories	\$6
23	Bisacodyl 5mg Tablets	Dulcolax® Tablets	\$5
24	Loperamide 2mg Capsule	Imodium® Caplets	\$5
25	Antinausea Liquid	Emetrol®	\$7
26	Bismuth subsalicylate 262mg Tablet	Pepto-Bismol® Chewable Tablet	\$4
27	Senoisside 8.6mg Tablet	Senokot® Tablets	\$11

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ID #	GENERIC DESCRIPTION	BRAND COMPARABLE	PRICE
<b>MOTION SICKNESS MEDICATION</b>			
28	Dimenhydrinate 50mg Tablets	Dramamine® Motion Sickness	\$4
<b>TOPICAL OINTMENTS &amp; CREAMS</b>			
29	Diphenhydramine Anti-Itch Cream	Benadryl® Cream	\$4
30	Menthol 10%/Methyl Salicylate 15% Cream	Bengay®	\$3
31	Triple Antibiotic Ointment	Neosporin® Ointment	\$5
32	Clotrimazole 1% Cream	Lotrimin® AF	\$7
33	Tolnaftate 1% Cream	Tinactin® Cream	\$6
34	Cold Sore Treatment	Cold Sore Treatment	\$15
35	Hydrocortisone 1% Maximum Strength Cream	Cortaid® Cream	\$4
<b>COLD, FLU, DECONGESTANT &amp; SINUS REMEDIES</b>			
36	Oxymetazoline Hydrochloride 0.05% Sol.	Afrin® Nasal Spray	\$5
37	Saline Nasal Spray	Ocean® Nasal Spray	\$3
38	Throat Lozenges–Assorted Flavors	Halls® Cough Drops	\$2
39	Guaifenesin 100mg/5ml	Robitussin® Syrup	\$5
40	Guaifenesin 100mg/5ml–Sugarfree	Robitussin® Sugar Free Syrup	\$5
41	Vicks Vaporub	Vicks® Vaporub	\$6
42	Acetaminophen 325mg/Dextromethorphan 10mg/Phenylephrine 5mg Tab	DayQuil® Caps	\$6
43	Acetaminophen 325mg tab/Dextromethorphan 15mg/Doxylamine 6.25mg Tab	NyQuil® Caps	\$4
44	ASA 325mg/Sodium Bicarb. 1916mg/Citric Acid 1000mg Tab	Alka-Seltzer®	\$5
45	Guaifenesin 600mg Tablet	Mucinex®	\$9
46	Guaifenesin 600mg/Dextromethorphan 30mg Tablet	Mucinex-DM®	\$10
47	Phenylephrine HCL 10mg Tablets	Sudafed® PE	\$4
48	Acetaminophen 325mg/Guaifenesin 200mg/Phenylephrine 5mg Tab	Tylenol® Sinus & Congestion Tablets	\$5
<b>DENTAL/DENTURE CARE</b>			
49	Benzocaine 20%–Oral Anesthetic	Anbesol®	\$5
50	Denture Adhesive Cream	Fixodent®	\$4
51	Toothbrush	Toothbrush	\$2
52	Fluoride Toothpaste	Colgate®	\$3

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ID #	GENERIC DESCRIPTION	BRAND COMPARABLE	PRICE
53	Dental Floss	Dental Floss Waxed	\$2
<b>EAR CARE</b>			
54	Ear Syringe	Ear Syringe	\$4
55	Carbamide Peroxide (6.5%) Solution	Debrox® Ear Wax Removal	\$7
<b>EYE CARE</b>			
56	Polyvinyl Alcohol 0.5%/Povidone 0.6%– Lubricant Eye Drops	Murine® Tears	\$5
57	Tetrahydrozoline HCl 0.05%	Visine® Drops	\$4
<b>FIBER SUPPLEMENTS</b>			
58	Psyllium Husk, Approximately 0.52 g	Metamucil®	\$9
<b>FIRST AID/MEDICAL SUPPLIES</b>			
59	Athletic Bandage	Ace® Bandage	\$3
60	Adhesive Tape 1/2 Inch x 5 Yards	Adhesive Tape	\$2
61	Alcohol Swabs	Alcohol Swabs	\$2
62	Bandages Assorted	Band-Aids®	\$2
63	Butterfly Closures	Butterfly Closures	\$2
64	Cotton Balls	Cotton Balls	\$2
65	Cotton Swabs	Q-Tips® Cotton Swabs	\$2
66	Ice Bag	Ice Bag	\$5
67	Stretch Gauze Bandage 2 Inches x 5 Yards	Johnson & Johnson® Gauze	\$2
68	Oral Thermometer	Oral Thermometer	\$6
69	Flexible Tip Thermometer	Flexible Tip Thermometer	\$10
70	Thermometer Probe Covers	Thermometer Probe Cover	\$3
71	Menthol 5% Patches	Icy Hot® Patches Large	\$6
72	Corn and Callus Remover	Dr. Scholl's® Corn and Callus Remover	\$5
73	Salicylic Acid (17% w/w) Liquid	Compound W® Wart Remover	\$7
<b>HEMORRHOIDAL PREPARATIONS</b>			
74	Mineral Oil 46.6%/Pramoxine HCL 1%/ Zinc Oxide 12.5%	Tucks® Hemorrhoidal Ointment	\$4
75	Mineral Oil 14%/Petrolatum 71.9%/ Phenylephrine 0.25%/Shark Oil 3% Cream	Preparation H® Ointment	\$8
76	Witch Hazel 50% Pads	Tucks® Medicated Pads	\$8
<b>LACTOSE INTOLERANCE</b>			
77	Lactase Enzyme	Lactaid® Tablets	\$13

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ID #	GENERIC DESCRIPTION	BRAND COMPARABLE	PRICE
<b>HEADACHE RELIEF</b>			
78	Acetaminophen 250mg/Aspirin 250mg/ Caffeine 65mg Tab	Excedrin® Migraine	\$4
79	Acetaminophen 500mg/Diphenhydramine Citrate 38mg	Excedrin® PM Tablets	\$6
<b>ANTI-INFLAMMATORY</b>			
80	Ibuprofen 200mg FC Tablets	Advil® Tablets	\$5
81	Naproxen Sodium 220mg Caplets	Aleve® Caplets	\$6
82	Ibuprofen 200mg Liquid GelCaps	Advil® Liquid GelCaps	\$5
<b>PEDICULICIDES</b>			
83	Lice Treatment Maximum Strength Shampoo	Rid® Extra Strength Shampoo	\$10
84	Lice Comb	Lice Comb	\$7
<b>SLEEPING AIDS</b>			
85	Diphenhydramine 25mg Capsules	Unisom® Sleep Tabs	\$5
<b>VITAMINS/MINERALS*</b>			
86	B-Complex/B-12 Vitamin	B-Complex/B-12 Vitamin	\$6
87	Adult Multi-Vitamin Tablet	Centrum® Multi-Vitamin Tablet	\$9
88	Prenatal Vitamins	Stuart Prenatal® Vitamins	\$10
89	Vitamin C 500mg Tablet	Vitamin C 500mg Tablet	\$4
90	Vitamin E 400 IU Caplets	Vitamin E 400 IU Caplets	\$7
91	Vitamin A 10,000 IU Caplet	Vitamin A 10,000 IU Caplets	\$4
92	Elemental Iron 65mg Tab	Feosol®	\$8
93	Folic Acid 400mcg Tablets	Folic Acid 400mcg Tablets	\$5
94	Magnesium 250mg Tablets	Magnesium 250mg Tablets	\$3
95	Zinc 50mg Tablets	Zinc 50mg Tablets	\$5
96	Synthetic Vitamin B-1 100mg Tablets	Vitamin B-1 100mg Tablets	\$4
97	Synthetic B-12 500mcg Tablets	Vitamin B-12 500mcg Tablets	\$6
98	Synthetic Vitamin B-6 100mg Tablets	Vitamin B-6 100mg Tablets	\$5
99	Calcium Carbonate 600mg/ Vitamin D 400IU Tablets	Caltrate® 600 + D	\$6
100	Calcium Carbonate 600mg Tablet	Caltrate® 600	\$6

\*Dual-purpose items: You should only purchase dual-purpose items if you have first discussed their use with your personal physician, and your personal physician has recommended an item for your specific diagnosed condition. Brand-comparable items are supplied as generic. The items listed do not constitute an endorsement or an all-inclusive listing of eligible OTC products.

Purchase eligible OTC products from any retail location  
OR order today by calling the toll-free number below!

**CUSTOMER SERVICE TOLL-FREE PHONE NUMBER:**

Hawai'i

1-888-505-1201

**TTY/TDD: 1-877-247-6272**

Friendly, knowledgeable representatives are available Monday–Sunday, 8am to 8pm HST.  
Or visit us anytime at [www.ohanahealthplan.com](http://www.ohanahealthplan.com).

'Ohana Health Plan, a plan offered by WellCare Health Insurance of Arizona, Inc.  
WellCare is a health plan with a Medicare contract. Benefits and limitations may vary by plan and by county.  
Please contact 'Ohana for details.

