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Instant Savings Card Shopping Guide

2024 Tufts Health Plan Senior Care Options

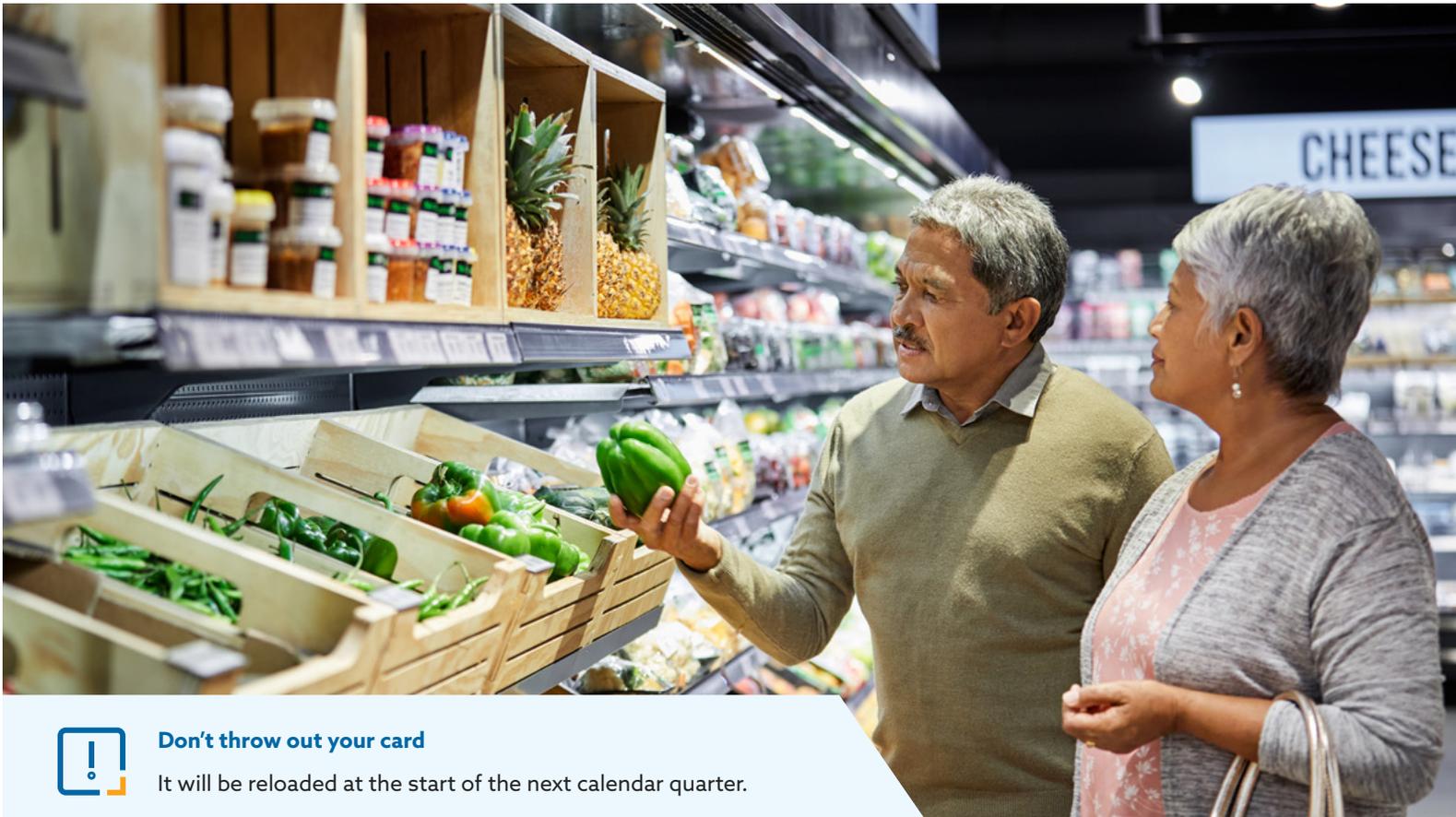


Instant Savings Card



In 2024, you get \$425 to spend every 3 months on covered items!

Once your coverage begins, you get \$425 to spend every calendar quarter on grocery, household, and over-the-counter (OTC) health-related items at participating retailers and plan approved online stores. This booklet contains a list of eligible categories of items you can buy with your card. Please note that availability and price of specific items within eligible categories may vary depending on retailer and/or location. See below for how you can check eligibility and availability of particular items at participating retailers near you as well as at plan approved online stores.



Don't throw out your card

It will be reloaded at the start of the next calendar quarter.

3 easy ways to enjoy your benefits



Shop in stores

Swipe your Instant Savings card at:



DOLLAR GENERAL



For a complete list of participating retailers and locations, visit www.thmp.org/sco-otc. Select "Locations" at the top of the homepage to search for participating retail locations near you.

When you swipe your **Instant Savings card**, the cost of all eligible items will automatically be deducted up to the remaining balance on your card. You will be responsible for the costs of all items that are not eligible and/or for the costs of eligible items that exceed your remaining balance at the time of purchase.



Order by phone (through Medline)

Call **1-833-569-2330 (TTY: 711)** Mon-Fri, 8 a.m.-7 p.m., and a Medline representative will take your order. Your products will be delivered with no additional shipping fees approximately 2-5 business days after your order is processed.



Shop online

Go to www.thpmp.org/sco-otc, log in using the 19-digit number listed on your Instant Savings card and your nine-digit member ID number from your Tufts Health Plan Senior Care Options member ID card.

- To search for eligible items, including national and store brands, click on “Products” at the top of the homepage.
- To shop online, select “Locations” at the top of the homepage, then select “Online” on the left panel to see links to **Medline** and www.Walmart.com. Click on the link for the site where you will like to shop and follow the instructions below to shop on that site.
 - **Medline**—Click on the link to Medline and you will automatically be logged into the site to shop. Select the items you want to purchase and place your order by completing the checkout process. Your order will be delivered at no additional cost. Your products will be delivered approximately 2–5 business days after your order is processed.
 - **Walmart.com**—Go to www.Walmart.com and add the items you would like to purchase to your shopping cart. At checkout, select “pay with card” and enter your Instant Savings card number. Shipping fees may apply depending on your order size and are not covered by your OTC benefit. To avoid shipping fees, choose in-store pickup.

OTC Network® mobile app

If you have a smart phone, you can download and use the OTC Network® mobile app to keep track of your card balance and easily find eligible items when shopping at participating retailers. The OTC Network® mobile app is available on the [Apple App Store](#) and [Google Play Store](#).

- View your available balance.
- Find preferred retailers or shop online.
- View transaction history.
- Scan product barcodes in store to check for eligibility.



Shopping Guide

Covered Grocery and Household Items

Dairy 	Milk	Frozen foods 	Fruits	Dry goods 	Nuts, seeds
	Whole eggs		Vegetables		Trail mix
	Egg substitutes		Meats		Herbs/spices
	Cheese		Seafood		Seasoning
	Yogurt		Medical meals		Oils
	Margarine		Juice concentrate		Shortening
	Butter		Prepared food (stews, pizza, heat & eat, soy burgers)		Peanut butter/ nut butters
	Whipping cream		Appetizers, french fries, onion rings etc.		Pancake/waffle mix
	Sour cream				Dried fruit
					Fruit snacks
Fresh foods 	Fruits	Dry goods 	Baking/cooking supplies (baking powder, yeast, baking soda)	Household products 	Canned/jarred fruits and vegetables
	Vegetables		Sugar (white, brown, and powdered)		Salsa
	Chicken		Sugar & salt substitutes		Canned meat/seafood
	Beef		Flours, cornmeal, nut and seed flours, bread/biscuit mixes		Bath tissue
	Seafood		Condiments, sauces, dips, mayonnaise, salad dressing		Laundry—washer products (including pre-treatments)
	Sausage		Dry mixes (side dish mixes, dinner mixes)		Laundry—dryer products
	Jerky		Prepared food (canned stews, heat & eat)		After-laundry products
	Lunch meat		Puddings/gelatin		Household batteries
	Bread/rolls		Crackers		Watch and device batteries
	Tortillas		Beans		Insecticides, rodenticides & pesticides
Beverages 	Ready-to-eat (soups, meals, sandwiches)	Rice		Disinfectants	
	Deli-processed & fried	Whole grains		Air scents sprays/ solids/gels	
	Coffee	Cereal (hot and cold)		Fabric & carpet fresheners	
	Tea	Breakfast foods (toaster pastries, cereal bars, granola & granola bars)		Scented candles (non-giftware)	
	Water	Pasta		Plastic/foil wraps, bags & disposable storage containers	
	Drink mixes	Pasta sauce		Facial tissue	
	Cocoa	Soup		Paper towels	
	Enhanced water				
	Ice				
	Sparkling water				
Soy/nut milks					
Fruit and vegetable juices including sparkling (apple, orange, V8, grape, and more)					
Juice beverages, drinks & punches (including sparkling)					

Covered Grocery and Household Items (Continued)

Household products (cont'd)



Household wipes
Disposable napkins, plates & cups
Miscellaneous plastic, foil & paper
Garbage bags
Brooms, mops & accessories
Sponges, scrubbers, brushes & dusters
Household gloves
Abrasive cleaners
Bathroom cleaners



Multi-purpose cleaners/disinfectants
Oven cleaners
Drain cleaners
Floor, furniture waxes/polishes & rug cleaners
Window cleaners
Miscellaneous cleaners & waxes
Dishwashing products
Dishwasher products



Some items may not be covered due to nutritional value.

If you have any questions about the items covered, please visit www.thmp.org/SCO-OTC or call Member Services.



1-855-670-5934
(TTY: 711)

Non-Covered Grocery Items (examples)

- Soda
- Sport drinks (Gatorade and others)
- Ice cream, frozen yogurt, sherbet
- Other desserts/sweets
- Cake/cookie mixes, frosting, chocolate chips, marshmallows, decorations
- Jams, jellies, sweet spreads, syrup
- Bakery (pies, cakes, muffins, etc.)
- Lard
- Cookies
- Salty snacks

Covered health and hygiene Items

Below is a list of the products that you can purchase with your card. Tufts Health Plan Senior Care Options has included color-coding to provide direction on how best to access each item. Please note, some items may also be available with a prescription from your provider and at no cost to you. Using this option would allow you to put your Instant Savings card quarterly allowance towards other covered items.

Color code:

- Item can be purchased using your SCO Instant Savings card quarterly allowance.
- Please check with your health care provider or Care Manager prior to purchasing the item using your SCO Instant Savings card quarterly allowance to see if it is possible to have a prescription for the item.
- Item is covered with a prescription from your physician and at no cost to you. If you choose to purchase the item using your SCO Instant Savings card quarterly allowance, no prescription is needed.

First Aid		
First aid dressings 	Adhesive & liquid bandages	
	First aid tapes	
	Gauze pads & dressings	
	Mixed/miscellaneous first aid dressings	
	Surgical bandages & surgical dressings	
	Brand name first aid dressings	
	Generic first aid dressings	
First aid treatments 	Antibiotic products	
	Antiseptics & medicated products (includes alcohol, peroxide, Epsom salt, etc.)	
	Mixed/miscellaneous first aid treatments	
	Skin remedies (includes burn & scar treatments)	
	Skin protectants (includes petroleum jelly)	
	Wound cleansers (salines)	
	Brand name first aid treatments	
Antiparasitic treatments 	Lice treatments & accessories	
	Mixed/miscellaneous antiparasitic treatments & accessories	
	Brand name antiparasitic treatments	
	Generic antiparasitic treatments	
First aid kits & supplies	First aid kits	
	Mixed/miscellaneous first aid kits & supplies	
	Brand name first aid kits & supplies	
	Generic first aid kits & supplies	

First aid kits & supplies (cont'd)



Cotton swabs	
Cotton balls	
Protective gloves	
Narcan (OTC emergency treatment of opioid overdose)	
Masks (Respiratory, Barrier etc.)	
Finger Cots & Splints	

Anti-itch treatments



Hydrocortisone products	
Anti-itch treatments (excludes hydrocortisone), jock itch & insect bite remedies	
Mixed/miscellaneous anti-itch treatments	
Brand name anti-itch treatments	
Generic anti-itch treatments	

Home Health Care

Bathroom safety



Bathtub safety & accessories	
Bathtub & toilet rails & frames	
Elevated toilet seats & accessories	
Grab bars & handles	
Sitz baths & bidets	
Hand held showers	
Mixed/miscellaneous bathroom safety	

Home Diagnostics & Patient Aids For Daily Living



Bathing & oral hygiene aids (example: bath seats, toothbrush modifiers)	
Medical alert IDs & devices	
Medicine dosers, pillboxes, pill cutters, organizers, & reminders	
Reachers, grippers & lifts	
Reading, writing & telephone aids	
Mobility safety (stair rails, stair treads, temporary mobility ramps)	
Grooming & dressing aids (example: dressing stick, long-handle shoehorn)	
Blood pressure monitors	
Floor scale	
Heart rate monitor	
Thermometer	
Night lights	
Canes	
Walkers & rollators	
Walking aid accessories	
Wheelchair cushions/seats	
Pulse oximeters & heart rate monitors	

Compression Hosiery

Support hose—low compression (8–15 mmhg)



- Mixed/miscellaneous support hose & accessories
- Men's support hose
- Women's support hose (knee high)
- Women's support hose (thigh high)
- Women's support hose (full & maternity)
- Athletic support socks
- Brand name support hose
- Generic support hose

Medical support—high compression (over 15 mmhg)



- Mixed/miscellaneous medical support & accessories
- Knee high medical support
- Thigh high medical support
- Waist high medical support
- Lymphedema treatments (sleeves, socks, pumps, etc.)
- Women's high compression support hose (full & maternity)
- Brand name medical support
- Generic medical support

Hygiene

Hair care



- Shampoo
- Conditioner
- Therapeutic shampoo, conditioner, & scalp treatment

Odor care

- Deodorant solids & gels
- Deodorant sprays
- Roll-on deodorants

Shaving & grooming

- Razors & refills (disposable & reusable)

Face, hand, and body care



- Body cleansing liquids (body washes & gels)
- Hand & body cleansing bars (soap)
- Hand cleansing liquids
- Instant hand sanitizers
- Mixed/miscellaneous hand & body cleansing (towelettes, foaming, etc.)
- Beauty hand & body moisturizers & treatments
- Therapeutic hand & body moisturizers
- Hand & body cleansing wipes
- Cosmetic puffs & pads
- Hand & body moisturizing sets

Face, hand, and body care (cont'd) 	Facial moisturizers	
	Eye creams	
	Personal hygiene sets	
	Cleansers & washes	
	Wipes & towelettes	
Foot Care		
Foot cushioning & treatments 	Corn, callus & bunion pads	
	Corn & callus removers	
	General foot cushioning & protection	
	Ball of foot cushioning	
	Toe cushioning & protection	
	Odor & wetness powders	
	Odor & wetness sprays	
Antifungal treatments 	Antifungal powders	
	Antifungal creams & liquids	
	Antifungal sprays	
	Nail fungus treatments	
	Mixed/miscellaneous antifungal treatments	
	Brand name antifungal treatments	
	Generic antifungal treatments	
Wart removers 	Pads & liquids	
	Mixed/miscellaneous wart removers	
	Brand name pads & liquids	
	Generic pads & liquids	
Foot grooming & pain relief	Foot pain relief	
Heel and arch	Heel cups, arch supports & orthotics	
	Plantar fasciitis products	
	Insoles	
	Ball of Foot Inserts	
Incontinence		
Disposable incontinence 	Brand name disposable incontinence	
	Disposable underwear	
	Disposable briefs & undergarments	
	Disposable underpads	
	Disposable pads, shields, guards & drip collectors	
	Mixed/miscellaneous disposable incontinence	
	Generic disposable incontinence	
	Flushable wipes	

Reusable incontinence 	Brand name reusable incontinence	
	Reusable garments	
	Reusable underpads	
	Mixed/miscellaneous reusable incontinence	
	Generic reusable incontinence	

Incontinence supplies 	Brand name incontinence supplies	
	Perineal-only cleansers & washes	
	Perineal-only wipes & towelettes	
	Perineal-only moisturizers, barriers & protectants	
	Perineal-only antifungals	
	Deodorizers	
	Mixed/miscellaneous incontinence supplies	
	Generic incontinence supplies	

Oral Care

Toothpaste & treatments 	Regular toothpaste & toothpowder	
	Sensitive toothpaste & treatments	
	Mixed/miscellaneous toothpaste & treatments	
	Brand name toothpaste & treatments	
	Generic toothpaste & treatments	

Toothbrushes 	Manual toothbrushes	
	Battery toothbrushes & refills	
	Rechargeable toothbrushes & refills	
	Mixed/miscellaneous toothbrushes & accessories	
	Brand name toothbrushes	
	Generic toothbrushes	

Denture products 	Denture adhesives	
	Denture cleaners & accessories	
	Denture repair & pain relief	
	Mixed/miscellaneous denture products	
	Brand name denture products	
	Generic denture products	

Interdental, gum care, etc. 	Floss & flossers	
	Interdental	
	Gum care	
	Dental gum	
	Mixed/miscellaneous interdental, gum care, etc.	
	Brand name interdental, gum care, etc.	
	Generic interdental, gum care, etc.	

Oral remedies 	Oral pain relief & mouth sores	
	Dry mouth products	
	Temporary dental repair	
	Mixed/miscellaneous oral remedies (includes fluoride treatments)	
	Brand name oral remedies	
	Generic oral remedies	

Personal Care

	Deodorants & powders	
	Douches	
	Feminine anti-itch	
	Feminine moisturizers	
	Wipes & external washes	
	Feminine pads	
	Panty liners	
	Reusable feminine protection	
	Feminine anti-fungal treatments	
	Male condoms	
	Jock itch treatments	

Physical Fitness & Exercise Equipment

Physical fitness 	Pedometers, fitness trackers	
	Strength/range of motion (bands, hand exercisers, etc.)	
	Yoga mats	
	Balls/stability devices (balls, boards, etc.)	
	Foam rollers/massage devices	
	Weights	
	Cardio (aerobic steps, jump ropes)	
	Scales (includes body fat analyzers)	
	Treadmills	
	Steppers & ellipticals	
	Stationary bikes	

Skin Care

Acne medications (face & body) 	Acne creams, gels, lotions & patches	
	Acne soaps & cleansers	
	Acne astringents & pads	
	Mixed/miscellaneous acne medications	
	Brand name acne medications	
	Generic acne medications	

Skin protection 	Face sun protection	
	After sun	
	Insect repellent	
	Sun protection (SPF 15-49)	
	Sun protection (SPF 50+)	
	Mixed/miscellaneous sun protection (SPF 15+)	
	Lip protection (sun care lines only)	
	Sport sun protection	

Covered OTC Items

Cold & Allergy		
Adult cough, cold & flu 	Cough, cold & flu liquids	
	Cough, cold & flu tab	
	Mixed/miscellaneous adult cough, cold & flu	
	Cold & flu preventives/symptom reducers	
	Brand name cough, cold & flu	
	Generic cough, cold & flu	
	Cough drops, sore throat relief 	Sore throat pain relief
Throat & cough drops		
Mixed/miscellaneous cough drops, sore throat relief		
Brand name cough drops, sore throat relief		
Generic cough drops, sore throat relief		
Allergy, sinus & combinations 	Allergy, sinus & combination liquids	
	Allergy, sinus & combination tabs	
	Mixed/miscellaneous allergy, sinus & combinations	
	Brand name allergy, sinus & combinations	
	Generic allergy, sinus & combinations	
Respiratory treatments	Vapor products (includes waterless vaporizers)	
	Vaporizers, humidifiers, & accessories	
	Mixed/miscellaneous respiratory treatments	
Nasal 	Nasal sprays, drops & inhalers	
	Nasal moisturizing products & washes	
	Nasal strips & snore relief	
	Mixed/miscellaneous nasal	
	Brand name nasal	
	Generic nasal	

Diabetes Care

Diabetes care accessories



- Mixed/miscellaneous diabetes care accessories
- Alcohol swabs
- Brand name diabetes care accessories
- Generic diabetes care accessories
- Sharps container
- Diabetes monitors
- Diabetic socks

Diabetes nutritionals & wellness

- Diabetes supplements

Diabetes health & personal care

- Diabetes skin care & external pain relief

Digestive Health

Stomach remedies



- Antacid liquids
- Antacid tabs & other forms
- Antacid effervescent
- Multi-symptom & nausea products
- Mixed/miscellaneous stomach remedies
- Brand name antacids
- Generic antacids
- Electrolytes

Acid controllers



- Acid controllers
- Mixed/miscellaneous stomach acid controllers
- Brand name acid controllers
- Generic acid controllers

Laxatives



- Fiber products
- Enemas, laxative suppositories, kits, etc.
- Laxative tabs & powders (includes combination products)
- Laxative liquids (includes combination products)
- Stool softeners
- Mixed/miscellaneous laxatives
- Brand name laxatives
- Generic laxatives

Anti-diarrheals



- Anti-diarrheal tabs
- Anti-diarrheal liquids
- Mixed/miscellaneous anti-diarrheals
- Brand name anti-diarrheals
- Generic anti-diarrheals

Lactose intolerance & digestive aids



- Lactose intolerance
- Generic digestive aids
- Digestive health prebiotics & probiotics

Anti-gas 	Anti-gas products	
	Mixed/miscellaneous anti-gas	
	Brand name anti-gas	
	Generic anti-gas	
Hemorrhoidal preparations 	Hemorrhoidal treatments	
	Hemorrhoidal wipes & washes	
	Mixed/miscellaneous hemorrhoidal preparations	
	Brand name hemorrhoidal preparations	
	Generic hemorrhoidal preparations	
<h2 style="background-color: black; color: white; padding: 5px;">Eye & Ear Care</h2>		
Contact lens care 	Soft lens multi-purpose solutions	
	Soft lens disinfecting	
	Soft lens saline solutions	
	Soft lens cleaners	
	Soft lens rewetting drops	
	Gas permeable & hard lens care	
	Mixed/miscellaneous contact lens care	
	Brand name contact lens care	
Generic contact lens care		
Reading glasses & magnifying glasses	Reading glasses	
	Magnifying glasses	
	Mixed/miscellaneous reading glasses & magnifying glasses	
Eye preparations 	Eye relief products	
	Dry eye relief	
	Eye wash	
	Mixed/miscellaneous eye preparations (includes sleep masks)	
	Brand name eye preparations	
	Generic eye preparations	
Ear care 	Ear drops & syringes	
	Ear plugs & protection	
	Mixed/miscellaneous ear care	
	Brand name ear care	
	Generic ear care	
	Hearing aids	
	Lipoflavonoids	
	Hearing aid batteries (standard & high performance)	

Health Supports

Braces



Ankle & foot
Hand & wrist
Elbow & arm
Knee
Thigh, calf, & shin
Joint warmers & arthritis
Mixed/miscellaneous braces
Brand name braces
Generic braces

Hot/cold therapy



Hot/cold therapy
Mixed/miscellaneous hot/cold therapy
Brand name hot/cold therapy
Generic hot/cold therapy
Heating pads (electric)

Pain Relief

Adult pain relief



Adult acetaminophen
Feminine pain relief
Adult aspirin & combinations
Adult ibuprofen & other anti-inflammatories
Mixed/miscellaneous adult pain relief
Adult specialty (includes topical headache & fever relief)
Brand name adult pain relief
Generic adult pain relief

External pain relief



External muscle/joint pain relief patches & pads
External muscle/joint pain relief rubs & liquids
External muscle/joint pain relief liquids, roll-ons & sprays
Mixed/miscellaneous external pain relief
Brand name external pain relief
Generic external pain relief

Patient Skin Care

Patient skin support



Moisturizers, barriers & protectants
Antifungals
Mixed/miscellaneous patient skin support
Brand name patient skin support
Generic patient skin support

Sleep Care

Sleep aids

Sleep aids and sedatives

White noise machines

Stimulants

Smoking Deterrents

Nicotine patches, gum, etc.



Nicotine patches

Nicotine gum

Mixed/miscellaneous nicotine patches, gum, lozenges, etc.

Brand name smoking deterrents

Generic smoking deterrents

Home Tests

Home tests

Home tests for colon cancer

Home tests for COVID (Coronavirus)

Cholesterol meters & testing kits

Urine testing



Urine test strips

Urine test tablet

Mixed/miscellaneous urine testing

Brand name urine testing

Generic urine testing

Vitamins/Dietary Supplements

Multivitamins & multivitamins w/minerals



Adult multivitamins & multivitamins w/minerals

Eye health vitamins

Mixed/miscellaneous multivitamins & multivitamins w/minerals

Brand name multivitamins & multivitamins w/minerals

Generic multivitamins & multivitamins w/minerals

Specialty supplements



Joint health (includes glucosamine)

Menopause support (soy)

Heart health & essential fatty acids (fish oil, flax, GLA, etc.)

General health prebiotics & probiotics

CoQ10 only (Ubiquinol)

Collagen

Single-entity vitamins 	Vitamin B & vitamin B complex
	Vitamin C
	Vitamin E
	Mixed/miscellaneous single-entity vitamins
	Vitamin D
	Brand name single-entity vitamins
	Generic single-entity vitamins

Mineral supplements 	Calcium
	Iron
	Mixed/miscellaneous mineral supplements
	Multi-mineral
	Brand name mineral supplements
	Generic mineral supplements

Weight Management	
	Weight management foods, liquids & powders
	Food scales
	Weight management tabs & caps
	Nutritional liquids
	Nutritional powders
	Thickeners & pre-thickened beverages/foods
	General health oral rehydration therapy
	Diuretics
	Weight loss cleansing & detox

Non-Covered Items (examples)

- Alternative medicines (botanicals, herbals, probiotics, and nutraceuticals)
- Baby medicines
- Cosmetic products of any kind
- Supplements
- Hair color
- Perfumes
- Teeth whitening strips/treatment



Download the OTC Network App to check item eligibility by scanning bar codes while you shop.

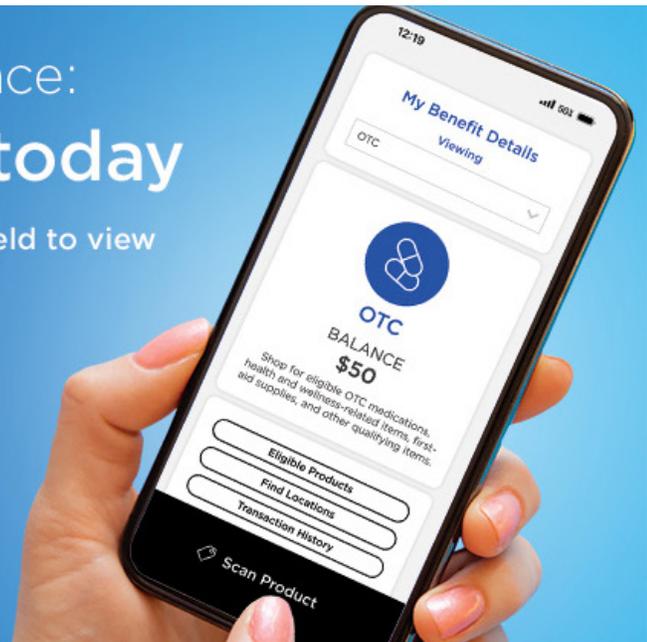
All your benefits in one easy place:

Download the  App today

Enter your OTC card number and one secondary ID field to view your benefits. (Ex: Member ID, birthday, zip code)

Do not include spaces or dashes.

- ✓ View your available balance.
- ✓ Find preferred retailers or shop online.
- ✓ View transaction history.
- ✓ Scan product barcodes in store to check for eligibility.
- ✓ View online at MyBenefitsCenter.com.



If you have any questions about your Instant Savings card, please contact Tufts Health Plan Senior Care Options (HMO-SNP) Member Services at **1-855-670-5934 (TTY: 711)** for specific instructions on using this benefit. Representatives are available 8 a.m.–8 p.m., 7 days a week (Mon.–Fri. from Apr. 1–Sept. 30).

To check your card balance, call the OTC Network at **1-888-682-2400** or visit www.thmp.org/sco-otc.

Tufts Health Plan Senior Care Options is an HMO-SNP plan with a Medicare contract. Enrollment in Tufts Health Plan Senior Care Options depends on contract renewal. The HMO-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. The SCO is available to anyone who has MassHealth Standard only. Other eligibility requirements may apply. Tufts Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-670-5934 (TTY: 711). H8330_2024_13_C