



MEDICAL MUTUAL®

Simply Supplies Product Listing

**An Over-the-Counter Health and Wellness
Benefit for MedMutual Advantage Members**

Updated <MM/YYYY>

Simply Supplies

2016 MedMutual Advantage Over-the-Counter (OTC) Supplies Program

Get up to <\$20 each quarter> in over-the-counter health and wellness supplies delivered to your home at no cost to you. Members of the MedMutual Advantage Premium PPO plan get up to <\$20 per month> in supplies. Choose from a wide range of supplies including bandages, aspirin and cough medicine. The program is not available to members of the MedMutual Advantage Classic HMO plan.

Learn how you can earn even more rewards through the Wellness Rewards Program at the end of this catalog. These rewards can be used before December 31, 2016. The Wellness Rewards program is available to all MedMutual Advantage members.

Call Gentry Health Services toll-free at **(844) 481-6720 (TTY: 711 for hearing impaired)** if you have questions about how to use this benefit. Customer Care representatives are available Monday – Friday, 8 a.m. – 5 p.m. and Saturday 9 a.m. – 1 p.m. Eastern time.

Please keep this product list somewhere where you can readily reference it. You'll need this to look up the health and wellness products you want to order.

How to order:

Place your order no later than two weeks before the end of your monthly or quarterly allowance period to ensure Gentry Health Services is able to process your order within the applicable benefit period.

You can place your order:

- **Online:** Go to **GentryHealthServices.com/MedMutualAdvantage**
- **Mail:** Fill out the Product Order Form and mail the order form to:
Gentry Health Services
1090 Enterprise Drive
Medina, OH 44256
- **Fax:** Fill out the Product Order Form and fax the order form to: **(888) 891-0273**
- **Email:** **MedMutualOrders@GentryHealthServices.com**

*This order form is for the 2016 benefit year. Please do not submit your first order until after January 1, 2016.

Please note:

You can order multiple times in a benefit period, but you cannot exceed your plan's allowance. Be sure to use your entire allowance, as you will not be able to redeem any unused amount in the next benefit period. If you don't use it, you lose it.

Plan	Allowance/Benefit Period
MedMutual Advantage Choice HMO	\$20 per quarter
MedMutual Advantage Select PPO	\$20 per quarter
MedMutual Advantage Preferred PPO	\$20 per quarter
MedMutual Advantage Premium PPO	\$20 per month

Check your Evidence of Coverage if you are not sure which plan you are in. Please contact Gentry at the number below to find out when your current benefit period ends.

STEP 3 - Place your order

- **Online:** Go to GentryHealthServices.com/MedMutualAdvantage
- **Mail:** Mail the order form to:
Gentry Health Services
1090 Enterprise Drive
Medina, OH 44256
- **Fax:** Fax the order form pages toll free to (888) 891-0273
- **Call:** (844) 481-6720
- **Email:** MedMutualOrders@GentryHealthServices.com

Note: A monthly allowance amount is only available if your plan offers the over-the-counter (OTC) services as a benefit.

Call Gentry Health Services at **(844) 481-6720 (TTY: 711 for hearing impaired)** if you have questions about your order, or about how to use this benefit at Gentry Health Services, Monday – Friday, 8 a.m. – 5 p.m. and Saturday 9 a.m. – 1 p.m.

Orders will be shipped to your home by UPS or the U.S. Postal Service at no extra charge to you. Please allow 10 to 14 business days from the time Gentry Health Services receives your order to delivery at your address. Our products include a wide variety of generic products that are comparable to name-brand products. Please consult your doctor before taking any OTC product. This product list is subject to change.

Simply Supplies Product List

Note: Select from the product name column. The “Compare to” is provided for your reference only.

Antacid, Anti-Diarrhea, and Laxatives

Product Number	Product Name	Compare to	Product Price	Package Size
265	Antacid/Anti-Gas Liquid	Maalox® Regular Strength	\$9.25	360 ml
213	Anti-Diarrheal Tablets Loperamide 2 mg	Imodium® A-D 2 mg	\$5.00	12
226	Anti-Hemorrhoidal Ointment	Preparation H®	\$7.25	60 gm
907	Antacid/Anti-Gas Chew Tab	Maalox® Advanced	\$7.14	100
075	Calcium Carbonate Antacid Extra Strength	Tums® Extra Strength	\$5.50	96
002	Calcium Carbonate Antacid Regular Strength	Tums®	\$5.50	150
237	Famotidine 20 mg	Pepcid® 20 mg	\$7.75	25
036	Fiber Laxative Tablets	FiberCon® Caplet	\$9.25	90
020	Gas Relief Tablets Extra Strength	Gas-X® Extra Strength	\$6.00	30
223	Glycerin Suppositories, Adult	Fleet®	\$5.50	25
248	Hemorrhoidal Suppositories	Preparation H® Suppositories	\$6.25	12
117	Lansoprazole 15 mg	Prevacid® 15 mg	\$12.25	14
032	Laxative – Bisacodyl 5 mg	Dulcolax®	\$5.25	25
261	Milk of Magnesia Laxative/Antacid	Phillips® Milk of Magnesia	\$5.50	360 ml
235	Nexium® OTC	Nexium®	\$16.50	14
107	Omeprazole	Prilosec OTC® 20 mg	\$11.25	14
097	Pink Bismuth – Chewable Tablets	Pepto-Bismol® Chewable Tabs	\$6.25	30
094	Polyethylene Glycol 3350	Miralax®	\$10.75	249 gm
234	Psyllium Fiber Laxative Capsules	Metamucil®	\$11.25	160
909	Ranitidine 75 mg Tablets – Antacid	Zantac®	\$7.25	30
215	Senna Laxative Tabs	Senokot®	\$10.25	100
233	Stool Softener Capsules 100 mg	Colace® 100 mg	\$7.25	100

Cough, Cold and Allergy

Product Number	Product Name	Compare to	Product Price	Package Size
109	Cetirizine HCL 10 mg	Zyrtec® 10 mg	\$12.25	30
260	Children's Diphenhydramine (50mg)	Benadryl® Allergy	\$5.25	120 ml
274	Coricidin® HBP Cough and Cold	Coricidin® HBP Cough and Cold	\$10.25	16
902	Daytime PE	Vicks® DayQuil® Sinus	\$6.25	16
048	Diphenhydramine (25mg)	Benadryl®	\$6.25	24
240	Expectorant – Guaifenesin 400 mg	Mucus Relief 400 mg	\$11.25	50
119	Fexofenadine 180 mg 24 Hour	Allegra® Allergy 180 mg 24 Hour	\$20.00	30
244	Generic Cough Suppressant/Expectorant	Robitussin® DM	\$6.25	120 ml
026	Generic Cough Suppressant/ Nasal Decongestant/Expectorant	Robitussin® CF	\$5.50	120 ml
044	Generic Cough Formula Expectorant	Robitussin®	\$5.25	120 ml
125	Generic Cough Suppressant (Sugar free)	Robitussin® Sugar Free DM	\$7.25	118 ml
276	Loratadine 10 mg	Claritin® 10 mg	\$10.25	30
228	Medicated Chest Rub	Vicks® VapoRub®	\$6.25	50 gm
038	Menthol/Benzocaine Sore Throat Lozenges	Chloraseptic® Lozenges	\$5.75	18
229	Nasal Decongestant PE Max Strength	Sudafed® PE Tablet 10 mg PSE free	\$6.25	36
218	Nasal Decongestant Spray	Afrin®	\$5.25	30 ml
266	Phenol/Oral Anesthetic Sore Throat Spray	Chloraseptic®	\$6.25	180 ml
063	Sinus-Acetaminophen/ Phenylephrine HCl	Tylenol® Sinus	\$6.25	24
033	Saline Nasal Spray	Ocean® Saline Nasal Spray	\$5.25	45 ml

Diabetes Management

Product Number	Product Name	Compare to	Product Price	Package Size
254	B-D Sharps container	BD™ Home Sharps container	\$6.00	1
249	Diastix® Reagent Strips for Urinalysis	Diastix® Reagent Strips for Urinalysis	\$12.25	10
264	Glucose Tablets	DEX4® Glucose Tablets	\$5.25	10
273	Gold Bond® Diabetic Skin Relief Foot Cream	Gold Bond® Diabetic Skin Relief Foot Cream	\$11.25	96 gm
210	Ketone Test Strips for Urinalysis	Ketone Test Strips for Urinalysis	\$11.25	50

First Aid Medical Supplies

Product Number	Product Name	Compare to	Product Price	Package Size
225	Alcohol Prep Pads	B-D® Alcohol Swabs	\$6.25	100
238	Elastic Bandage	Ace® Bandage 3"	\$6.25	1
111	First Aid Tape	J&J® Paper Tape 3/4" x 10 yds	\$5.00	1
277	Plastic Bandages 3/4" x 3"	Band-Aids® 3/4" x 3"	\$5.50	60
241	Triple Antibiotic Ointment	Neosporin®	\$6.25	30 gm
031	Triple Antibiotic Ointment Plus	Neosporin Plus®	\$7.25	30 gm

Pain Relievers

Product Number	Product Name	Compare to	Product Price	Package Size
224	Acetaminophen 500 mg	Extra Strength Tylenol® 500 mg	\$6.25	100
114	Acetaminophen 80 mg Chewable/Melt Away	Tylenol® Children's Chew 80 mg	\$5.25	30
039	Aspirin 325 mg	Bayer® 325 mg	\$5.25	100
256	Aspirin Low-Dose 81 mg EC	Bayer® Adult Low Strength 81 mg EC	\$6.25	120
243	Chewable Aspirin	Bayer®	\$5.75	108
270	Cold and Hot Patches	Icy Hot® Patch	\$7.25	5
093	Effervescent Pain Relief	Alka-Seltzer®	\$6.50	36
046	Enteric Aspirin 325 mg	Ecotrin® 325 mg	\$6.25	125
285	Headache Formula	Excedrin®	\$7.25	100

Pain Relievers (continued)

Product Number	Product Name	Compare to	Product Price	Package Size
220	Ibuprofen 200 mg	Advil® 200 mg	\$5.25	50
099	Ibuprofen Suspension	Motrin®	\$7.00	120 ml
024	Muscle Rub	Ben-Gay®	\$7.25	120 gm
037	Naproxen Sodium	Aleve®	\$9.25	100
253	Therapeutic Mineral Ice Gel	Mineral Ice®	\$8.26	227 gm
275	Topical Analgesic Cream Capsicum Cream 0.025%	Zostrix® Cream 0.025%	\$13.25	60 gm

Personal Care

Product Number	Product Name	Compare to	Product Price	Package Size
227	7-Day Pill Box	7-Day Pill Box	\$7.00	1
258	Adult Incontinence Underwear Small	Depends	\$20.00	20
110	Adult Incontinence Underwear Medium	Depends	\$20.00	20
115	Adult Incontinence Underwear Large	Depends	\$20.00	18
016	Adult Incontinence Underwear X-Large	Depends	\$20.00	14
245	Adult Incontinence Underwear XX-Large	Depends	\$20.00	14
219	Absorbent Underpads (Disposable) 23"x36"	Protection Plus Disposable Underpads 23"x36"	\$20.00	18
257	Bausch and Lomb Eyewash with Cup	Bausch and Lomb Eyewash with Cup	\$8.25	1
251	Bladder Control Pads (Regular)	Poise® Moderate Pads Extra	\$9.25	20
252	Colgate Brand Toothpaste	Colgate Brand Toothpaste	\$8.25	2 oz
263	Cotton Swabs	Q-Tips®	\$5.00	300
019	Dental Floss 100 yds	J&J Waxed Dental Floss 100 yds	\$5.00	1

Personal Care (continued)

Product Number	Product Name	Compare to	Product Price	Package Size
271	Denture Adhesive	Fixodent®	\$6.25	72 gm
284	Diaper Rash Cream	Desitin® Cream	\$6.25	120 gm
268	Earwax Removal Drops	Debrox® Earwax Rem Drops	\$8.25	15 ml
278	Effervescent Denture Tabs	Efferdent®	\$5.50	40
028	Eye Drops – Redness Reliever	Visine® Original	\$5.25	15 ml
035	Lubricant Eye Drops (Sterile)	Liquifilm Tears®	\$7.25	15 ml
203	Toothbrush	Toothbrush	\$6.00	2
247	Vicks Digital Oral Thermometer	Vicks Digital Oral Thermometer	\$12.25	1

Skin Care

Product Number	Product Name	Compare to	Product Price	Package Size
096	Allergy Cream – Itch and Pain Relief	Benadryl® Extra Strength Cream	\$5.25	30 gm
269	Calamine Lotion	Caladryl®	\$5.50	180 ml
282	Clotrimazole Cream 1%	Lotrimin AF® 1%	\$6.25	30 gm
047	Hydrocortisone Cream 1%	Cortizone 10® 1%	\$5.25	30 gm
112	Medicated Callus Remover	Dr. Scholl's®	\$5.25	6
015	Medicated Lip Balm	Chapstick®	\$5.25	2
095	Sunblock	Coppertone® SPF30	\$7.25	120 ml
267	Terbinafine Cream	Lamisil® AT	\$12.25	1 oz
118	Tolnaftate 1% Antifungal	Tinactin® 1% Cream	\$8.25	30 gm

Sleeping Aids

Product Number	Product Name	Compare to	Product Price	Package Size
208	Acetaminophen, Diphenhydramine HCl 500 mg	Tylenol® PM Extra Strength Tabs Caps 500 mg	\$6.25	50
106	Diphenhydramine HCl 25 mg	Sominex® Tablets 25 mg	\$8.25	50

Smoking Cessation

Product Number	Product Name	Compare to	Product Price	Package Size
230	Stop Smoking Gum – 2 mg	Nicorette® 2 mg gum	\$20.00	50
262	Stop Smoking Gum – 4 mg	Nicorette® 4 mg gum	\$20.00	50

Vitamins, Minerals and Supplements

Product Number	Product Name	Compare to	Product Price	Package Size
283	Calcium Citrate + Vitamin D	Citracal® Caplets + D	\$7.25	120
232	Calcium with Vitamin D	Caltrate® 600 + D Plus Minerals	\$9.25	60
279	Complete Senior Vitamins & Minerals	Centrum® Silver	\$10.25	50
101	Daily Multivitamin and Mineral	Centrum®	\$8.25	130
040	Eye Care Vitamins	Ocuvite® Lutein	\$9.25	36
011	Folic Acid 800 mg	Folic Acid 800 mcg	\$5.25	365
255	Melatonin 5 mg	Melatonin 5 mg	\$6.75	60
029	One A Day Women's Multivitamin	One A Day Women's®	\$7.25	90
098	Oyster Calcium + Vitamin D	Os-Cal® 500+D	\$6.25	75
023	Sundown Niacin TR 500 mg	Timed Release Niacin 500 mg	\$9.25	60
280	Vitamin B12	Vitamin B12 1000 mcg	\$7.25	60
004	Vitamin B12 6,000 mcg Sublingual Tablet	Vitamin B12 6,000 mcg Sublingual Tablet	\$12.25	30
043	Vitamin B-Complex with B12	B-Complex with B12	\$8.25	90
113	Vitamin B-Complex Sublingual Tablet	Vitamin B-Complex Sublingual Tablet	\$7.25	60
217	Vitamin C 500 mg	Vitamin C 500 mg	\$6.25	100
231	Vitamin D 1000 IU	Vitamin D 1000 IU	\$7.25	100
272	Vitamin D 5000 IU	Vitamin D 5000 IU	\$9.25	100

Women's Health

Product Number	Product Name	Compare to	Product Price	Package Size
104	Clotrimazole 1% Vaginal Cream	Gyne-Lotrimin® 45 gm	\$8.25	45 gm

Do you have questions? Call us toll free.

For Benefit Questions: Call Medical Mutual at (800) 982-3117.

For Ordering Questions: Call Gentry Health Services at (844) 481-6720.

As a reminder, please keep this product list available to use your Medical Mutual Medicare Advantage Simply Supplies benefit.

For information in other languages, please call Gentry Health Services customer service at (844) 481-6720 (TTY: 711 for hearing impaired), Monday – Friday, 8 a.m. – 5 p.m. and Saturday 9 a.m. – 1 p.m.

Over-the-counter (OTC) items may only be purchased for the plan enrollee. It is prohibited to purchase OTC items for family members and friends. Purchase of covered OTC products made under emergency circumstances may be eligible for reimbursement when the monthly benefit allowance is available.

The following items are not covered under this Simply Supplies benefit (non-eligible items): alternative medicines (including botanicals, herbals, probiotics and nutraceuticals including fish oil, glucosamine and chondroitin, garlic, Echinacea, saw palmetto and ginkgo biloba), baby items, contraceptives, convenience (non-medical), cosmetics, food supplements, replacement items, attachments and peripherals (including hearing aid batteries, contact lens containers when not factory packaged with original item).

MedMutual Advantage HMO and PPO plans are offered by Medical Mutual of Ohio under a contract with Medicare. Enrollment in these plans depends on contract renewal. Benefits, formulary, pharmacy network, provider network, premium and/or copayments/coinsurance may change on January 1 of each year. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply.

Wellness Rewards Program

Want to earn even more credits toward Simply Supplies and other great items?

As a MedMutual Advantage member, you have the chance to participate in our Wellness Rewards Program. Through this program, you can earn up to \$50 in credits toward purchasing health and wellness products through Simply Supplies from Medical Mutual®.

Earning More Credits

Earning credits toward purchasing items through Simply Supplies is easy. You will need to complete a few of the following activities:

Step 1:

Earn your first \$25 credit for Simply Supplies by completing both of the following tasks during the first three months of your coverage:

1. Schedule your Welcome to Medicare Preventive Exam with your primary care provider (PCP). Or, if you have had Medicare coverage in the past, schedule your Annual Wellness Visit.
2. Complete our Health Questionnaire, which you will get in the mail soon. This is a series of questions that ask about your past and current medical information and lifestyle habits. Your answers will give you a picture of your overall well-being. They will also help us learn more about you and how we can help you be as healthy as possible.

Step 2:

Get a second \$25 credit for Simply Supplies if you complete three of the following activities by December 31. You can do any combination of screenings, services, or health and wellness programs.

- Screenings and preventive services:
 - Blood pressure screening
 - Cholesterol screening
 - Colorectal cancer screening
 - Fasting blood sugar or hemoglobin A1C test
 - Flu shot
 - Breast cancer screening (mammogram) (for women only)
 - Bone density screening (for women only)
- Health and wellness programs you can enroll and participate in:
 - Disease Management programs for chronic conditions
 - Medical Mutual QuitLine to quit smoking or stop using tobacco
 - Weight Watchers to achieve or maintain a healthy weight
 - SilverSneakers to increase physical activity

Learn more about these programs and how you can verify you have met the participation requirements on My Health Plan at **MedMutual.com/member**.

Or call Customer Care at <(800) 982-3117> (TTY <711> for hearing impaired).

More Great Options

After you earn more credits by participating in the Wellness Rewards Program, you can select from the over-the-counter options in this order form, or you will be able to choose from additional options such as:

- **Board Games**

- Jenga
- Scrabble
- Pictionary

- **Card Games**

- Phase 10
- Pinochle
- Playing Cards
- Sequence
- Uno

- **Gift Cards**

- Amazon
- Discount Drug Mart
- Home Depot
- iTunes

- **Puzzles**

- 500 to 1,500 Piece Puzzles
- Puzzle Books

- **Pens**

- **Batteries**

- **Coffee and Tea**

- **Razors and Other Personal Care Items**

- **Hand Sanitizer**

And Much More!



MEDICAL MUTUAL®
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