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2014

Humana Health and Wellness Order Form

Did you know that depending on your current Humana plan, you may be able to purchase Health and Wellness products from the RightSource mail-order pharmacy?

Call RightSource at **1-855-211-8370** (TTY: **711**) to verify your eligibility or request an order form. Customer Care Representatives are available Monday – Friday, 8 a.m. to 11 p.m. and Saturday, 8 a.m. to 6:30 p.m., Eastern time.

How to Order:

Keep this catalog. You will need this to look up the Health and Wellness products you want to order each month.

Place your order no later than the 20th of each month to ensure that RightSource is able to process your order within the applicable benefit month. If your total order exceeds your benefit amount limit, please be sure to include a check, money order, or credit card information to pay the remaining amount due. Failure to submit payment in full will lead to a delay in shipment.

You can place your order:

- **Online:** Go to **RightSourceRx.com**
- **Mail:** Fill out the Health and Wellness Order Form and mail only the order form pages to:
RightSource
PO Box 1197
Cincinnati, OH 45201-1197
- **Fax:** Fill out the Health and Wellness Order Form and fax only the order form pages to: 1-800-379-7617

*This order form is for the 2014 benefit year. Please do not submit your first order until January, 2014

Humana®

Humana Health and Wellness Order Form



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STEP 1: COMPLETE YOUR INFORMATION BELOW

Member ID (Found on Humana ID card)

Date of Birth

Gender

 Male

 Female

First Name

Last Name

Street Number & Name

Apt/Suite #

City

State

ZIP Code

Daytime Phone

Evening Phone

Check box if this is a new address

STEP 2: COMPLETE PRODUCT SELECTION

During which month would you like to receive this order?*

Product Code	Product Name	Quantity	Price
1 OTC	<input type="text"/>	<input type="text"/>	<input type="text"/>
2 OTC	<input type="text"/>	<input type="text"/>	<input type="text"/>
3 OTC	<input type="text"/>	<input type="text"/>	<input type="text"/>
4 OTC	<input type="text"/>	<input type="text"/>	<input type="text"/>
5 OTC	<input type="text"/>	<input type="text"/>	<input type="text"/>
6 OTC	<input type="text"/>	<input type="text"/>	<input type="text"/>
7 OTC	<input type="text"/>	<input type="text"/>	<input type="text"/>
8 OTC	<input type="text"/>	<input type="text"/>	<input type="text"/>
9 OTC	<input type="text"/>	<input type="text"/>	<input type="text"/>
10 OTC	<input type="text"/>	<input type="text"/>	<input type="text"/>

* Please note: Orders can only be placed for the current or a future month. RightSource is not able to backdate an order for a previous month.

Humana Health and Wellness Product Catalog

Antacids, Anti-Diarrheals, and Laxatives

Product Code	Product Name	Compare To	Package Count	Price
075	Antacid / Anti-Gas Chew Tablets	Maalox® Plus	100	\$7
032	Antacid / Anti-Gas Liquid	Mylanta®	360 ml	\$9
089	Antacid Double Strength Chew Tab	Mylanta® Double Strength	70	\$9
029	Anti-Diarrheal Tablets – Loperamide 2 mg	Imodium® AD	12	\$4
031	Anti-Hemorrhoidal Ointment	Preparation H®	60 gm	\$7
203	Calcium Carbonate Antacid Regular Strength	Tums E-X®	150	\$4
227	Calcium Carbonate Antacid Chews 750 mg	Extra Strength Tums E-X®	96	\$5
116	Dairy Digestive Supplement – Lactase Enzyme	Lactaid® Tabs	60	\$10
003	Enema	Fleet® Enema	2	\$5
098	Extra Strength Gas Relief Tablets 125 mg	Gas-X® Extra Strength	30	\$5
208	Fiber Laxative Tablets	Fibercon®	90	\$9
234	Glycerin Suppositories for Adults	Fleet®	25	\$5
216	Hemorrhoidal Suppositories	Preparation H® Suppositories	12	\$6
093	Laxative – Bisacodyl 5 mg	Dulcolax®	25	\$5
033	Milk of Magnesia – Laxative / Antacid	Phillips® Milk of Magnesia	360 ml	\$5
120	Motion Sickness Tablets – Dimenhydrinate 50 mg	Dramamine® Tablets	12	\$5
112	Omeprazole Magnesium 20 mg	Prilosec OTC® 20 mg	14	\$11
115	Pink Bismuth Chewable Tablets	Pepto-Bismol® Chew Tabs	30	\$6
258	Psyllium Fiber Laxative Capsules	Metamucil® Capsules	160	\$11
104	Ranitidine Antacid Tablets 75 mg	Zantac®	30	\$7
233	Senna Laxative Tablets 8.6 mg	Senokot	100	\$10
101	Stool Softener Capsules	Colace®	100	\$7

Cough, Cold, and Allergy

Product Code	Product Name	Compare To	Package Count	Price
113	Antihistamine – Cetirizine HCL 10 mg	Zyrtec® 10 mg	30	\$12
024	Antihistamine – Diphenhydramine Liquid 50 mg	Benadryl® Allergy Childrens	120 ml	\$5
110	Antihistamine – Loratadine 10 mg	Claritin®	30	\$10
023	Antihistamine – Diphenhydramine 25 mg	Benadryl®	24	\$6

Humana Health and Wellness Product Catalog

Cough, Cold, and Allergy (continued)

Product Code	Product Name	Compare To	Package Count	Price
028	Cough Formula – Expectorant	Robitussin®	120ml	\$5
210	Cough Suppressant DM Sugar Free	Robitussin® DM Sugar Free	118 ml	\$7
026	Cough Suppressant / Expectorant	Robitussin® DM	120 ml	\$6
096	Cough Suppressant / Expectorant / Nasal Decongestant	Robitussin® CF	120 ml	\$5
260	Cough and Cold High Blood Pressure	Coricidin HBP®	16	\$5
237	Daytime PE Cough and Cold	Dayquil®	16	\$6
111	Expectorant – Guaifenesin 400 mg	Mucus Relief 400 mg	30	\$11
249	Fexofenadine 24 Hour 180 mg	Allegra Allergy	30	\$17
043	Medicated Chest Rub	Vicks VapoRub®	99 gm	\$6
228	Nasal Decongestant PE Max Strength 10 mg	Sudafed® PE Tablets	36	\$6
095	Nasal Decongestant Spray	Afrin®	30 ml	\$5
099	Saline Nasal Spray	Ocean® Saline Nasal Spray	45 ml	\$5
097	Sinus – Acetaminophen 325 mg / Phenylephrine HCl 5 mg	Tylenol® Sinus	24	\$6
117	Sore Throat Lozenges – Menthol / Benzocaine	Chloraseptic® Lozenges	18	\$5
220	Sore Throat Spray	Chloraseptic® Spray	180 ml	\$6

First Aid Medical Supplies

Product Code	Product Name	Compare To	Package Count	Price
035	Alcohol Prep Pads	Alcohol Swabs	100	\$6
226	Elastic Bandage	Ace® Bandage	1	\$6
232	First Aid Tape	J&J® First Aid Tape	1	\$3
044	Plastic Bandages	Band-Aids®	100	\$5
040	Triple Antibiotic Ointment	Neosporin®	30 gm	\$6
231	Triple Antibiotic Ointment – Plus	Neosporin Plus®	30 gm	\$7

Humana Health and Wellness Product Catalog

Pain Relievers

Product Code	Product Name	Compare To	Package Count	Price
002	Acetaminophen 500 mg	Extra Strength Tylenol	100	\$6
020	Acetaminophen 80 mg Chewable	Tylenol® Children's Chewable	30	\$5
021	Acetaminophen Elixir	Children's Tylenol® Elixir	120 ml	\$5
282	Aspirin 81 mg Chewable	Bayer® Chewable Aspirin	90	\$5.50
047	Aspirin 325 mg	Bayer®	100	\$5
016	Aspirin Low Dose 81 mg EC	Bayer® Adult Low Strength EC	120	\$6
229	Aspirin 325 mg Enteric	Ecotrin®	100	\$6
213	Cold and Hot Patches Pain Relief	Icy Hot® Patch	5	\$7
215	Effervescent Pain Relief	Alka-Seltzer®	36	\$6
125	Headache Formula – Aspirin, Acetaminophen, Caffeine	Excedrin®	100	\$7
019	Ibuprofen 200 mg	Advil®	50	\$5
094	Ibuprofen Suspension	Children's Motrin®	120 ml	\$6
046	Muscle Rub	Ben-Gay®	120 gm	\$7
283	Naproxen Sodium 220 mg – Pain Reliever	Aleve® Caplets	100	\$9
230	Therapeutic Mineral Ice Gel	Mineral Ice®	227 gm	\$8
119	Topical Analgesic – Capsicum Cream 0.025%	Zostrix® Cream	60 gm	\$8

Personal Care

Product Code	Product Name	Compare To	Package Count	Price
256	Absorbent Under Pads 23" x 36"	Protection Plus Under Pad	20	\$20
251	Adult Incontinence Underwear Small	Protection Plus Protective Underwear Small	22	\$20
252	Adult Incontinence Underwear Medium	Protection Plus Protective Underwear Medium	20	\$20
253	Adult Incontinence Underwear Large	Protection Plus Protective Underwear Large	18	\$20
254	Adult Incontinence Underwear X-Large	Protection Plus Protective Underwear X-Large	14	\$20
255	Adult Incontinence Underwear XX-Large	Protection Plus Protective Underwear XX-Large	12	\$20

Humana Health and Wellness Product Catalog

Personal Care (continued)

Product Code	Product Name	Compare To	Package Count	Price
243	Bladder Control Pads (Regular)	Poise® Moderate Pads	20	\$9
242	Blood Pressure Home Kit (Manual pump with Stethoscope)**	Blood Pressure Home Kit (Manual pump w/ Stethoscope)	1	\$17
036	Cotton Swabs	Q-Tips®	300	\$4
224	Dental Floss	Dental Floss	1	\$3
225	Denture Adhesive	Fixodent®	42 gm	\$5
039	Diaper Rash Cream	Desitin®	120 gm	\$6
247	Digital Bathroom Scale (400 lb limit) **	Digital Bathroom Scale	1	\$35
245	Digital Blood Pressure Monitor with Medium and Large Cuffs**	Digital Blood Pressure Monitor with Medium and Large Cuffs	1	\$50
118	Earwax Removal Drops – Carbamide Peroxide	Debrox® Earwax Removal Drops	15 ml	\$8
235	Effervescent Denture Tabs	Efferdent®	40	\$5
244	Electrical Heating Pad 14" x 12" **	Electrical Heating Pad	1	\$40
219	Eye Drops – Redness Reliever	Visine® Original	15 ml	\$5
114	Lubricant Eye Drops (Sterile)	Liquifilm Tears®	15 ml	\$6
048	Oral Thermometer (Digital Display)	B-D® Oral Thermometer	1	\$6
284	Toothbrush	Toothbrush	3	\$5.75
285	Toothpaste	Toothpaste	2	\$8
257	7 Day Pill Box (Morning, Noon, Evening, Bed)	7 Day Pill Box	1	\$7

**For items noted above: limit 1 per plan year. Prior to purchase the enrollee must have appropriate conversations with the enrollee's personal provider and the enrollee's personal provider must orally recommend the OTC item.

Skin Care

Product Code	Product Name	Compare To	Package Count	Price
217	Allergy Cream – Itching and Pain Relief	Benadryl® Extra Strength Cream	30 gm	\$5
037	Calamine Lotion	Caladryl®	180 ml	\$5
038	Clotrimazole Cream 1% - Athlete's Foot	Lotrimin AF®	15 gm	\$6
004	Hydrocortisone Cream 1%	Cortizone 10®	30gm	\$5

Humana Health and Wellness Product Catalog

Skin Care (continued)

Product Code	Product Name	Compare To	Package Count	Price
241	Medicated Callus Remover	Dr. Scholl's® Callus Remover Patches	6	\$4
286	Medicated Lip Balm	ChapStick®	3	\$5
106	Sunscreen	Coppertone® Sunscreen	120 ml	\$7
218	Tolnaftate Antifungal Cream 1%	Tinactin® Cream	30 gm	\$8

Sleeping Aids

Product Code	Product Name	Compare To	Package Count	Price
121	Acetaminophen 500 mg and Diphenhydramine 25 mg	Tylenol® PM Extra Strength	50	\$6
122	Diphenhydramine 25 mg – Night Time Sleep Aid Tablets	Sominex® Tablets	50	\$8

Smoking Cessation

Product Code	Product Name	Compare To	Package Count	Price
123	Stop Smoking Gum 2 mg	Nicorette® 2 mg Gum	50	\$20
124	Stop Smoking Gum 4 mg	Nicorette® 4 mg Gum	50	\$20

Vitamins, Minerals, and Dual Purpose Items*

Product Code	Product Name	Compare To	Package Count	Price
250	Almebex Plus B-12	Almebex Plus B-12	473 ml	\$27
911	Antioxidant Tablets	Antioxidant Tablets	60	\$7
903	B-Complex with B-12	B-Complex with B-12	100	\$8
902	Co-Enzyme Q10 30 mg	Co-Enzyme Q10 30 mg	30	\$10
109	Calcium Citrate plus Vitamin D	Citracal® Caplets plus D	60	\$7
248	Chewable Calcium with Vitamin D	Caltrate® 600 + D plus Minerals	60	\$9
063	Complete Senior Vitamins and Minerals	Centrum® Silver	60	\$10
011	Daily Multivitamin and Mineral	Advanced Formula Centrum®	130	\$8
907	Eye Care Vitamins	Ocuvite Lutein	36	\$9

Humana Health and Wellness Product Catalog

Vitamins, Minerals, and Dual Purpose Items (continued)*

Product Code	Product Name	Compare To	Package Count	Price
013	Ferrous Sulfate 5 gr	Feosol®	100	\$5
246	Ferrous Sulfate Elixir 200 mg / 5 ml	Ferrous Sulfate Elixir	480 ml	\$7
014	Folic Acid 400 mcg	Folic Acid 400 mcg	100	\$6
240	Folic Acid 800 mcg	Folic Acid 800 mcg	100	\$5
223	Glucose Chewable Tablets	DEX4® Glucose Tablets	10	\$5
107	One-a-Day Women's Multivitamin	One-a-Day Women's	60	\$7
015	Oyster Calcium plus Vitamin D	Os-Cal 500 plus D	60	\$6
910	Selenium 200 mcg	Selenium 200 mcg	60	\$5
909	Timed Release Niacin 500 mg	Timed Release Niacin 500 mg	100	\$8
238	Vitamin B12 1000 mcg	Vitamin B12 1000 mcg	100	\$7
010	Vitamin C 500 mg	Vitamin C 500 mg	100	\$6
209	Vitamin D 1000 IU	Vitamin D 1000 IU	100	\$7
239	Vitamin D 5000 IU	Vitamin D 5000 IU	100	\$9
012	Vitamin E 400 IU Synthetic	Vitamin E 400 IU Synthetic	100	\$7

*For items noted above: Prior to purchase the enrollee must have appropriate conversations with the enrollee's personal provider and the enrollee's personal provider must orally recommend the OTC item.

Women's Health

Product Code	Product Name	Compare To	Package Count	Price
041	Clotrimazole 1% Vaginal Cream	Gyne-Lotrimin®	45 gm	\$8
042	Miconazole Nitrate 2% Vaginal Cream 7 Day	Monistat-7®	45 gm	\$8

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 OTC benefit (non-eligible items): Alternative medicines (including botanicals, herbals, probiotics and nutraceuticals including fish oil, glucosamine and chondroitin, garlic, Echinacea, saw palmetto, ginkgo biloba, etc), Baby items, Contraceptives, Convenience (non-medical items), Cosmetics, Food Supplements, Replacement Items, Attachments, and Peripherals (including hearing aid batteries, contact lens containers, etc when not factory packaged with original item).

Humana is a Medicare Advantage organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in this Humana plan depends on contract renewal. Other pharmacies are available in our network. Limitations, copayments and restrictions may apply.