

Keep this catalog for future orders

2024 Over-the-Counter (OTC) and Grocery Product Catalog

Grocery products available to members with certain chronic conditions.
Contact the Plan to find out if you qualify.



Get OTC and Grocery products delivered to your doorstep at no additional cost!
LifeWorksAdvantage.NationsBenefits.com



Personalize Your Shopping with NationsBenefits®

Hello, Valued Member:

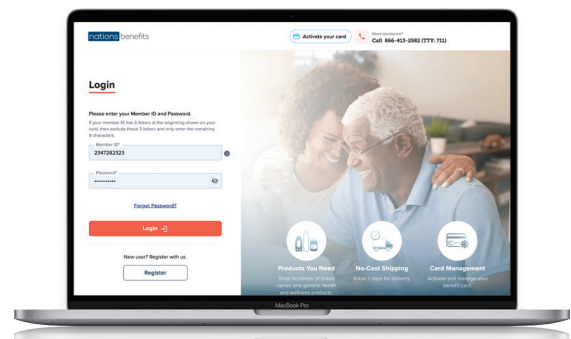
We would like to take this opportunity to welcome you and thank you for choosing **Lifeworks Advantage** to participate in your health care. You have an OTC and Grocery benefit through **NationsBenefits** that gives you access to hundreds of OTC and Grocery products across a variety of categories.

Using your benefit allowance is easy and we encourage you to keep this catalog where it is easily accessible. This booklet includes an order form and postage-paid envelope for your convenience.

You also have access to the personalized Benefits Pro Portal, making ordering even easier. Get started by visiting **LifeWorksAdvantage.NationsBenefits.com** and log into your account. If this is your first time visiting the portal, please register by following the instructions on the webpage.

Once logged in, you can easily:

- **Search** by category, price, and more
- **View** product descriptions, images, and related condition information
- **Check** your available benefit allowance
- **Order** health and wellness products
- **Track** your order status in real-time



If you need help with the Benefits Pro Portal or placing an order, please call **833-689-1751 (TTY: 711)**. Member Experience Advisors are available 8 a.m. - 8 p.m. local time. Language support services are available if needed, free of charge.

Sincerely,

Your NationsBenefits Team

Helpful Benefit Information



You can save time and money by using your OTC and Grocery benefit allowance to order the items you need to personalize your care. We encourage you to spend your full allowance before the end of your benefit period.

Additional information about your OTC and Grocery benefit is outlined below:



Benefit Usage:

This benefit is only for you and cannot be used for your family or friends.



Availability:

Items, amounts, sizes, and values are subject to change depending on availability.



Substitution:

If an item is out of stock, a similar product of equal or higher value will be shipped.



Delivery:

Please allow two business days for delivery.



Returns:

Due to the personal nature of these products, you do not have to ship products you wish to return back to NationsBenefits.



Disenrollment:

If you disenroll from your health plan, your OTC and Grocery benefit will automatically end.

Ordering OTC and Grocery Products Has Never Been Easier

Choose the best ordering option for you.



Benefits Pro Portal



To place an order through the Benefits Pro Portal, scan the QR code using your smartphone camera or visit: LifeWorksAdvantage.NationsBenefits.com



Benefits Pro App



To place an order through the Benefits Pro app, scan the QR code using your smartphone or search “**Benefits Pro**” in the App Store or Google Play.



Mail

To place an order by mail, send your completed order form using the postage-paid envelope to:

NationsBenefits
1700 N. University Drive
Plantation, FL 33322

Important: Due to the added time to receive your request by mail, we encourage you to allow extra time when placing your order. If your order is not received by the 20th of the month, it may be processed for the following benefit period. If you want your order applied to the current benefit period, we recommend placing your order online or by phone.



Call

To place an order by phone, please call **833-689-1751 (TTY: 711)**. Member Experience Advisors are available 8 a.m. - 8 p.m. local time.

Product Categories



To see a complete list of your covered 2024 OTC and Grocery products, please visit the **Benefits Pro portal** at LifeWorksAdvantage.NationsBenefits.com

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Please note that the prices shown do not include sales tax.

Top Selling Products



Cough Drops, Halls®
Count: 25

Item #: 5202 \$5.00



Vapor Rub, 3.5 oz.
Count: 1

Item #: 5511 \$6.00



Interdental Flossers
Count: 90

Item #: 5200 \$4.50



Toothbrush, Colgate®
Adult Medium
Count: 1

Item #: 5101 \$3.50



Toothpaste, Colgate®, 4 oz.
Count: 1

Item #: 5047 \$6.00



Medicated Lip Balm, 0.15 oz.
Count: 1

Item #: 5559 \$3.00



Denture Cleaning Tablets
Count: 40

Item #: 5546 \$5.50



Mouthwash, Listerine®
Mint, 8.5 oz.
Count: 1

Item #: 4110 \$6.50



Toothbrush, Colgate®
Adult Soft
Count: 1

Item #: 5505 \$3.50



Toothpaste, Crest®
Sensi-Relief, 4.1 oz.
Count: 1

Item #: 5811 \$9.75

Please note that the prices shown do not include sales tax.

Top Selling Products

Toothpaste, Sensodyne® Extra Whitening Sensitive Teeth, 4 oz.
Count: 1



Item #: 4065 \$11.50

Loperamide Anti-Diarrheal Caplets, 2 mg.*
Count: 12



Item #: 5429 \$6.50

Clear Eyes® Eye Drops, 0.2 oz.
Count: 1



Item #: 5487 \$5.00

Q-Tips® Cotton Swabs
Count: 170



Item #: 5608 \$5.00

Band-Aids®*
Count: 100



Item #: 5128 \$12.50

Alcohol Pads*
Count: 100



Item #: 5295 \$4.50

Artificial Tears Drops, 0.5 oz.
Count: 1



Item #: 5004 \$6.25

Cotton Swabs
Count: 300



Item #: 5385 \$4.50

Bandages, Assorted*
Count: 100



Item #: 5173 \$6.00

Disposable Gloves,
Nitrile, Large
Count: 100



Item #: 5191 \$17.00

Please note that the prices shown do not include sales tax.

Top Selling Products



Hydrogen Peroxide, 3%, 8 oz.
Count: 1

Item #: 5227 \$4.50



Rubbing Alcohol, 70%, 16 oz.*
Count: 1

Item #: 5541 \$5.00



Adult Washcloths Disposable*
Count: 48

Item #: 5447 \$7.00



Bathing Wipes
Count: 8

Item #: 5825 \$9.00



Disposable Underwear
Pull-Up, Medium, 34" to 44"*
Count: 20

Item #: 5883 \$17.00



Disposable Underwear
Pull-Up, Large, 44" to 58"*
Count: 18

Item #: 5882 \$17.00



Flushable Wipes*
Count: 24

Item #: 5529 \$7.50



Acetaminophen Extra
Strength Tablets, 500 mg.
Count: 100

Item #: 5303 \$7.50



Aspirin Chewables, Low
Dose, 81 mg.
Count: 36

Item #: 5073 \$4.50



Aspirin, Enteric Coated
Tablets, Low Dose, 81 mg.
Count: 120

Item #: 5090 \$6.00

Please note that the prices shown do not include sales tax.

Top Selling Products



Bayer® Enteric Coated Aspirin, Low Dose, 81 mg.
Count: 32

Item #: 5034 \$6.50



Ibuprofen Tablets, 200 mg.
Count: 100

Item #: 5485 \$6.50



Tylenol® Extra Strength Tablets, 500 mg.
Count: 100

Item #: 5423 \$18.00



Anti-Dandruff Shampoo, 11 oz.
Count: 1

Item #: 5390 \$5.50



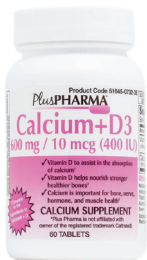
Aloe Vera Cream, 6 oz.
Count: 1

Item #: 5535 \$4.50



Anti-Bacterial Wet Wipes
Count: 20

Item #: 5169 \$4.50



Calcium + Vitamin D3 Tablets, 600 mg.[†]
Count: 60

Item #: 5298 \$6.00



Coenzyme Q-10, 100 mg.[†]
Count: 30

Item #: 5156 \$14.00



Fish Oil Softgels, 1,000 mg.[†]
Count: 60

Item #: 5140 \$10.00



Vitamin D3, 125 mcg.[†]
Count: 100

Item #: 5749 \$10.00

Please note that the prices shown do not include sales tax.

| Item # | Description | Count | Price |
|----------------------------------|--|---------|---------|
| Cold, Flu & Allergy | | | |
| 5084 | Acetaminophen Sinus Congestion Caplets, 325 mg., 5 mg. | 24 ct. | \$6.00 |
| 5790 | Airborne® Chew [†] | 32 ct. | \$12.50 |
| 5606 | Blistex® Ointment, 0.15 oz. | 1 ct. | \$4.50 |
| 5344 | Carmex® | 1 ct. | \$3.00 |
| 5133 | Cepacol® Sore Throat Lozenges | 16 ct. | \$6.50 |
| 5052 | Cetirizine Allergy Tablets, 10 mg. | 30 ct. | \$9.50 |
| 5334 | Claritin® Tablets, 10 mg. | 10 ct. | \$18.00 |
| 5338 | Cough & Cold for High Blood Pressure | 16 ct. | \$6.50 |
| 5220 | Cough Drops, Cherry | 30 ct. | \$3.50 |
| 5405 | Cough Drops, Sugar-Free | 25 ct. | \$4.00 |
| 5399 | Day & Night Cold & Flu Caplets | 20 ct. | \$7.00 |
| 5234 | DayQuil® Liquid, 325 mg., 10 mg., 5 mg., 8 oz. | 1 ct. | \$12.00 |
| 5854 | Diphenhydramine Allergy Tablets, 25 mg. | 100 ct. | \$6.00 |
| 5855 | Fexofenadine Allergy Tablets, 180 mg. | 30 ct. | \$12.00 |
| 5856 | Fluticasone Propionate Allergy Nasal Spray, 24-Hour, 144 sprays, 50 mcg. | 1 ct. | \$23.00 |
| 5095 | Green Tea Flu & Cold Honey Lemon | 6 ct. | \$9.00 |
| 5465 | Mucinex® DM Tablets, 600 mg., 30 mg. | 20 ct. | \$17.00 |
| 5858 | Mucus Relief DM Expectorant & Cough Suppressant, Extended Release, 1,200 mg., 60 mg. | 14 ct. | \$10.50 |
| 5081 | Nasal Decongestion Spray, 0.05%, 1 oz. | 1 ct. | \$5.50 |
| 5040 | Night Cold & Flu Liquid, 650 mg., 30 mg., 12.5 mg., 8 oz. | 1 ct. | \$7.50 |
| 5233 | NyQuil® Liquid, 650 mg., 30 mg., 12.5 mg., 8 oz. | 1 ct. | \$12.00 |
| 5005 | Robitussin® DM Syrup, 200 mg., 20 mg., 4 oz. | 1 ct. | \$11.00 |
| 5072 | Saline Nasal Spray, 0.65%, 1.5 oz. | 1 ct. | \$4.00 |
| 5023 | Tussin DM Sugar-Free Syrup, 100 mg., 10 mg., 4 oz. | 1 ct. | \$7.00 |
| Dental & Denture Care | | | |
| 5700 | Biotene® Dry Mouth Oral Rinse, 16 oz. | 1 ct. | \$14.00 |
| 5330 | Dental Floss, Mint Waxed | 1 ct. | \$3.50 |
| 5130 | Dental Floss, Reach®, Mint Waxed | 1 ct. | \$4.00 |
| 5168 | Dental Travel Kit | 1 ct. | \$7.00 |
| 5260 | Denture Adhesive Cream, 2.4 oz. | 1 ct. | \$5.00 |
| 5626 | Denture Brush | 1 ct. | \$3.00 |
| 5808 | Efferdent® Plus Mint Tablets | 44 ct. | \$9.00 |
| 5379 | Fixodent® Cream, 2.4 oz. | 1 ct. | \$7.00 |

Please note that the prices shown do not include sales tax.

| Item # | Description | Count | Price |
|----------------------------------|---|---------|---------|
| Dental & Denture Care | | | |
| 5195 | Oral Pain Relief Gel, 20%, 0.33 oz. | 1 ct. | \$4.00 |
| 5809 | Polident® Overnight | 84 ct. | \$13.00 |
| 5810 | Tongue Cleaner | 1 ct. | \$6.00 |
| 5510 | Toothbrush, Adult | 1 ct. | \$2.00 |
| 6051 | Toothbrush, Battery Powered | 1 ct. | \$21.00 |
| 5160 | Toothbrush, Rechargeable | 1 ct. | \$42.50 |
| 5702 | Toothbrush, Soft 2-pack | 1 ct. | \$6.00 |
| 5241 | Toothpaste Squeezer | 1 ct. | \$3.50 |
| 5102 | Toothpaste, Fluoride, 6.4 oz. | 1 ct. | \$5.50 |
| 5859 | Toothpaste, Pepsodent®, 5.5 oz. | 1 ct. | \$4.75 |
| 5421 | Toothpaste, Sensitive Teeth, 4.3 oz. | 1 ct. | \$5.00 |
| 5294 | Toothpaste, Ultrabrite®, 6 oz. | 1 ct. | \$5.00 |
| Diabetes Care | | | |
| 4109 | Alcohol Pads, Large* | 100 ct. | \$5.00 |
| 5812 | Diabetic Skin Relief Foot Cream, 4 oz. | 1 ct. | \$13.00 |
| 5225 | Diabetic Socks, Black, Medium, 3-pack | 1 ct. | \$9.00 |
| 5223 | Diabetic Socks, Black, Large, 3-pack | 1 ct. | \$9.00 |
| 5860 | Diabetic Socks, Black, X-Large, 3-pack | 1 ct. | \$9.00 |
| 5222 | Diabetic Socks, White, Large, 3-pack | 1 ct. | \$9.00 |
| Digestive Health | | | |
| 5214 | Alka-Seltzer® Tablets | 24 ct. | \$8.00 |
| 5304 | Antacid Chewables, 500 mg. | 150 ct. | \$6.50 |
| 5438 | Antacid Chewables, Extra Strength, 750 mg. | 96 ct. | \$5.50 |
| 5420 | Docusate Sodium Stool Softener Softgels, 100 mg. | 100 ct. | \$7.50 |
| 5079 | Famotidine Acid Reducer, 10 mg.* | 30 ct. | \$6.50 |
| 5280 | Gas Relief Chewable Tablets, 80 mg. | 100 ct. | \$7.00 |
| 5863 | Omeprazole Acid Reducer, Delayed Release Tablets, 20 mg.* | 42 ct. | \$24.00 |
| 5287 | Pepto-Bismol®, 525 mg., 16 oz. | 1 ct. | \$12.00 |
| 5289 | Pepto-Bismol® Tablets, 262 mg. | 30 ct. | \$8.00 |
| 5696 | Polyethylene Glycol Powder Laxative, 8.3 oz. | 1 ct. | \$14.00 |
| 5212 | Senna + Laxative Tablets, 50 mg., 8.6 mg. | 60 ct. | \$4.50 |
| 5800 | TUMS® Extra Strength, 750 mg. | 96 ct. | \$8.50 |
| Eye & Ear Care | | | |
| 5189 | Earwax Removal Drops, 6.5%, 0.5 oz. | 1 ct. | \$4.50 |
| 5704 | Earwax Removal System with Rubber Bulb, 6.5% | 1 ct. | \$9.50 |

Please note that the prices shown do not include sales tax.

| Item # | Description | Count | Price |
|---|---|---------|---------|
| Eye & Ear Care | | | |
| 5041 | Irritation Relief Eye Drops, 0.5 oz. | 1 ct. | \$8.00 |
| 5048 | Redness Relief Eye Drops, 0.5 oz. | 1 ct. | \$4.50 |
| Feminine Care | | | |
| 5114 | Feminine Hygiene Wipes | 40 ct. | \$5.50 |
| First Aid & Medical Supplies | | | |
| 5404 | Adhesive First Aid Tape* | 1 ct. | \$3.50 |
| 5682 | Alcohol Swabs* | 3 ct. | \$3.50 |
| 6005 | Antiseptic Towelettes | 100 ct. | \$6.00 |
| 5798 | Bacitracin Ointment, 1 oz. | 1 ct. | \$5.00 |
| 5151 | Bandage, Stretch Gauze* | 1 ct. | \$4.00 |
| 5203 | Benadryl® Cream, 1 oz. | 1 ct. | \$8.00 |
| 5547 | Burn Relief Spray, 4 oz. | 1 ct. | \$7.00 |
| 5199 | Butterfly Closures | 12 ct. | \$4.00 |
| 5192 | Cotton Balls | 100 ct. | \$4.00 |
| 5078 | Diphenhydramine Anti-Itch Cream, 2%, 1.25 oz. | 1 ct. | \$5.50 |
| 5193 | Disposable Gloves, Nitrile, Medium | 100 ct. | \$17.00 |
| 5930 | Disposable Gloves, Nitrile, X-Large | 100 ct. | \$17.00 |
| 5612 | First Aid Kit, 75 Pieces | 1 ct. | \$9.00 |
| 5711 | First Aid Kit, 175 Pieces | 1 ct. | \$16.25 |
| 5400 | Hydrocortisone Cream, 1%, 1 oz. | 1 ct. | \$5.00 |
| 5527 | Hydrogen Peroxide, 3%, 4 oz. | 1 ct. | \$2.50 |
| 5317 | Ice Bag | 1 ct. | \$8.00 |
| 5045 | Liquid Bandage, 0.3 oz. | 1 ct. | \$9.00 |
| 5059 | Neosporin® Ointment, 0.5 oz. | 1 ct. | \$8.00 |
| 5250 | Neosporin® Plus, 0.5 oz. | 1 ct. | \$11.00 |
| 5437 | Petroleum Jelly, 4 oz. | 1 ct. | \$4.00 |
| 5817 | Procedural Face Masks with Earloops | 50 ct. | \$14.00 |
| 5131 | Tape, Paper Surgical, 1" x 10 yd.* | 1 ct. | \$2.50 |
| 4039 | Triple Antibiotic + Pain Relief Ointment, 1 oz. | 1 ct. | \$6.00 |
| 5869 | Triple Antibiotic Ointment, 1 oz. | 1 ct. | \$5.50 |
| Hemorrhoidal Preparations | | | |
| 5414 | Hemorrhoid Ointment, 2 oz. | 1 ct. | \$6.00 |
| 5820 | Preparation H® Medicated Wipes | 48 ct. | \$11.50 |

Please note that the prices shown do not include sales tax.

| Item # | Description | Count | Price |
|---|--|---------|---------|
| Home Diagnostic & Patient Aids | | | |
| 5119 | Bathroom Scale, Digital ^{†§} | 1 ct. | \$47.50 |
| 5500 | Long Handle Bath Sponge | 1 ct. | \$12.00 |
| 5639 | Night Light | 1 ct. | \$6.00 |
| 5508 | Pill Box, 7 Day, AM & PM | 1 ct. | \$9.00 |
| Incontinence Supplies | | | |
| 5525 | A&D Ointment, 4 oz. | 1 ct. | \$4.00 |
| 5879 | Attends® Discreet Women's Moderate Bladder Control Pad* | 20 ct. | \$9.00 |
| 5880 | Attends® Discreet Women's Maximum Bladder Control Pad* | 20 ct. | \$11.00 |
| 5881 | Attends® Discreet Women's Panty Liner* | 28 ct. | \$8.00 |
| 5716 | Attends® Discreet Women's Ultrathin Pad* | 20 ct. | \$8.00 |
| 5718 | Bladder Control Shaped Pad, Maximum Absorbency* | 28 ct. | \$14.00 |
| 5719 | Bladder Control Shaped Pad, Ultimate Absorbency* | 28 ct. | \$17.00 |
| 5884 | Disposable Underwear Pull-Up, X-Large, 58" to 68" | 14 ct. | \$17.00 |
| 6058 | Underpad, Disposable, 23" x 24" | 50 ct. | \$16.50 |
| 5722 | Underpad, Disposable, 30" x 30" | 10 ct. | \$11.00 |
| Pain Relief | | | |
| 5430 | Acetaminophen Arthritis, 650 mg. | 100 ct. | \$12.50 |
| 5428 | Acetaminophen PM Extra Strength Caplets, 500 mg., 25 mg. | 50 ct. | \$4.00 |
| 6039 | Acetaminophen PM Extra Strength Caplets, 500 mg., 25 mg. | 100 ct. | \$8.00 |
| 5054 | Advil® LiquiGels, 200 mg. | 20 ct. | \$8.00 |
| 5053 | Advil® Tablets, 200 mg. | 50 ct. | \$14.00 |
| 5375 | After Bite® Relief, 0.5 oz. | 1 ct. | \$6.50 |
| 5256 | Aleve® Caplets, 220 mg. | 90 ct. | \$17.00 |
| 4007 | Capsaicin Heat Patch, 0.025% | 2 ct. | \$2.00 |
| 5080 | Cold Hot Medicated Patch | 5 ct. | \$10.00 |
| 4038 | Diclofenac Arthritis Pain Relief Gel, 1%, 3.53 oz. | 1 ct. | \$13.00 |
| 4062 | Epsom Salt, 16 oz. | 1 ct. | \$5.00 |
| 5011 | Excedrin® Migraine Tablets, 250 mg., 250 mg., 65 mg. | 24 ct. | \$8.00 |
| 5314 | Fast Freeze® Pain Relief Spray, 4 oz. | 1 ct. | \$11.50 |
| 5726 | Heating Pad, X-Large, 12" x 24" | 1 ct. | \$40.00 |
| 5725 | Heating Pad Wrap For Shoulder, Neck & Back, 25" x 26" | 1 ct. | \$70.00 |
| 5886 | HeatWraps, Back & Hip | 2 ct. | \$8.00 |
| 5887 | HeatWraps, Neck & Shoulder | 3 ct. | \$8.00 |
| 5093 | Ibuprofen Tablets, 200 mg. | 50 ct. | \$4.00 |
| 5342 | Icy Hot® Pain Relief Roll-On, 16%, 2.5 oz. | 1 ct. | \$9.00 |

*†§ See Page 17

Please note that the prices shown do not include sales tax.

| Item # | Description | Count | Price |
|---|--|---------|---------|
| Pain Relief | | | |
| 5888 | Lidocaine Patch, 4% | 5 ct. | \$10.50 |
| 5457 | Muscle Rub Cream, 1.25 oz. | 1 ct. | \$4.00 |
| 5383 | Salonpas® Patch | 6 ct. | \$13.50 |
| 5425 | Tylenol® PM Extra Strength Tablets, 500 mg. | 24 ct. | \$11.00 |
| Skin Care | | | |
| 4097 | Aloe Vera Gel, 16 oz. | 1 ct. | \$6.00 |
| 5091 | Dry Skin Cream, 16 oz. | 1 ct. | \$10.50 |
| 5924 | Hand Sanitizer Gel, 8 oz. | 1 ct. | \$5.00 |
| 5486 | Insect Repellent, Cutter® Backwoods, 6 oz. | 1 ct. | \$9.00 |
| 6036 | Moisturizing Body Lotion with Aloe, 8 oz. | 1 ct. | \$7.00 |
| 5665 | Sunscreen, SPF 30, 4 oz. | 1 ct. | \$7.00 |
| Sleep Aids | | | |
| 5074 | Diphenhydramine Sleep Tablets | 50 ct. | \$6.00 |
| Vitamins & Dietary Supplements | | | |
| 4054 | Acidophilus Probiotics, 500 mm.† | 100 ct. | \$9.00 |
| 5359 | Biotin Gummy, 5,000 mcg.† | 60 ct. | \$11.50 |
| 5300 | Calcium, 600 mg.† | 60 ct. | \$6.00 |
| 5355 | Calcium + Vitamin D3 Gummy, 500 mg., 25 mcg.† | 60 ct. | \$13.50 |
| 5001 | Centrum® Silver Vitamins† | 125 ct. | \$23.00 |
| 5918 | Daily Multivitamin Gummy† | 120 ct. | \$14.00 |
| 5448 | Eye Supplement Tablets† | 60 ct. | \$5.00 |
| 5299 | Ferrous Sulfate Iron Supplement, 325 mg.† | 100 ct. | \$4.50 |
| 5271 | Flaxseed Oil Softgels, 1,000 mg.† | 100 ct. | \$9.50 |
| 5176 | Glucosamine Chondroitin, 1,500 mg., 1,200 mg.† | 60 ct. | \$18.00 |
| 5328 | Magnesium, 500 mg.† | 100 ct. | \$8.00 |
| 5273 | Melatonin, 3 mg.† | 90 ct. | \$8.00 |
| 5358 | Melatonin Gummy, 5 mg.† | 120 ct. | \$14.00 |
| 5920 | One Daily Men's Multivitamin† | 100 ct. | \$8.50 |
| 5186 | One Daily Women's Multivitamin† | 100 ct. | \$8.50 |
| 4005 | Senior Men's Multivitamin† | 100 ct. | \$10.00 |
| 4006 | Senior Women's Multivitamin† | 100 ct. | \$10.00 |
| 5746 | Vitamin B-12, 500 mcg.† | 100 ct. | \$6.50 |
| 6060 | Vitamin B-12, 1,000 mcg.† | 100 ct. | \$10.00 |
| 5922 | Vitamin B-12, Sublingual, 5,000 mcg.† | 30 ct. | \$7.50 |
| 5301 | Vitamin C, 500 mg.† | 100 ct. | \$6.50 |

Please note that the prices shown do not include sales tax.

| Item # | Description | Count | Price |
|--------------------------------|----------------------------|---------|---------|
| Vitamins & Dietary Supplements | | | |
| 5748 | Vitamin C, 1,000 mg.† | 100 ct. | \$10.50 |
| 5492 | Vitamin C Gummy, 250 mg.† | 60 ct. | \$11.00 |
| 5183 | Vitamin D3, 25 mcg.† | 100 ct. | \$9.50 |
| 5356 | Vitamin D3 Gummy, 50 mcg.† | 60 ct. | \$12.00 |
| 5269 | Vitamin E, 180 mg.† | 110 ct. | \$10.75 |
| 5274 | Zinc Tablets, 50 mg.† | 100 ct. | \$7.50 |

Please note that the prices shown do not include sales tax.

| Item # | Description | Count | Price |
|-------------|----------------------------------|-------|---------|
| Food | | | |
| 7218 | Allspice, 1 oz. | 1 ct. | \$4.50 |
| 7001 | Almond Butter Smooth, 10 oz. | 1 ct. | \$13.00 |
| 7143 | Almond Milk, 32 oz. | 1 ct. | \$7.00 |
| 7002 | Almonds, 5 oz. | 1 ct. | \$7.00 |
| 7207 | Apricots, 15 oz. | 1 ct. | \$4.00 |
| 7122 | Avocado Oil, 16 oz. | 1 ct. | \$14.00 |
| 7176 | Baby Corn, 15 oz. | 1 ct. | \$3.50 |
| 7152 | Baked Beans, 16 oz. | 1 ct. | \$3.50 |
| 7194 | Baking Powder, 7 oz. | 1 ct. | \$5.50 |
| 7195 | Baking Soda, 16 oz. | 1 ct. | \$3.00 |
| 7231 | Balsamic Vinegar, 8 oz. | 1 ct. | \$5.00 |
| 7170 | Bamboo Shoots, 8 oz. | 1 ct. | \$3.50 |
| 7171 | Bean Sprouts, 14 oz. | 1 ct. | \$3.50 |
| 7006 | Beef Stew, 15 oz. | 1 ct. | \$4.50 |
| 7007 | Beefaroni, 7 oz. | 1 ct. | \$3.00 |
| 7008 | Beets, Sliced, 14.5 oz. | 1 ct. | \$3.00 |
| 7111 | Black Beans, 15 oz. | 1 ct. | \$2.50 |
| 7240 | Blackeye Peas, 15 oz. | 1 ct. | \$2.50 |
| 7164 | Bread Crumbs, 15 oz. | 1 ct. | \$4.00 |
| 7010 | Canola Oil, 16 oz. | 1 ct. | \$7.50 |
| 7127 | Carrots, 14.5 oz. | 1 ct. | \$3.50 |
| 7223 | Cayenne Pepper, 1.5 oz. | 1 ct. | \$3.50 |
| 7011 | Cheerios™, 8.9 oz. | 1 ct. | \$7.00 |
| 7012 | Chewy Granola Bars, 8.4 oz. | 8 ct. | \$5.75 |
| 7229 | Chia Seed, 1.5 oz. | 1 ct. | \$2.00 |
| 7202 | Chicken Breast Chunk, 10 oz. | 1 ct. | \$5.50 |
| 7225 | Chicken Noodle Soup, 10 oz. | 1 ct. | \$4.50 |
| 7217 | Chili Powder, 2 oz. | 1 ct. | \$4.50 |
| 7188 | Chili, 15 oz. | 1 ct. | \$4.50 |
| 7018 | Chunk Light Tuna in Water, 5 oz. | 1 ct. | \$3.00 |
| 7020 | Chunky Vegetable Soup, 18 oz. | 1 ct. | \$4.00 |
| 7216 | Cinnamon, Ground, 2 oz. | 1 ct. | \$4.50 |
| 7021 | Clam Chowder, 18 oz. | 1 ct. | \$4.50 |
| 7144 | Coconut Water, 16 oz. | 1 ct. | \$3.25 |

Please note that the prices shown do not include sales tax.

| Item # | Description | Count | Price |
|-------------|------------------------------|-------|---------|
| Food | | | |
| 7098 | Coffee Creamer, 16 oz. | 1 ct. | \$5.50 |
| 7022 | Coffee, 11 oz. | 1 ct. | \$9.50 |
| 7128 | Coffee, Instant, 8 oz. | 1 ct. | \$10.50 |
| 7023 | Coffee, Decaf, 11 oz. | 1 ct. | \$9.50 |
| 7129 | Coffee, Decaf Instant, 8 oz. | 1 ct. | \$12.00 |
| 7205 | Condensed Milk, 14 oz. | 1 ct. | \$4.50 |
| 7046 | Cooking Spray, 5 oz. | 1 ct. | \$7.00 |
| 7130 | Corn Flakes, 18 oz. | 1 ct. | \$7.00 |
| 7150 | Corn, 14 oz. | 1 ct. | \$3.50 |
| 7131 | Corn Oil, 16 oz. | 1 ct. | \$5.50 |
| 7160 | Corned Beef, 12 oz. | 1 ct. | \$7.00 |

*Under certain circumstances, these items may be covered under either Part B or Part D. When an item is covered by Part B or Part D due to particular circumstances, you would not use your Part C Supplemental OTC benefit to obtain this item because it is Medicare-covered in those circumstances.

†Dual-purpose items are medicines and products that can be used for either a medical condition or for general health and well-being. These items may be purchased only after discussing the purchase with your personal provider (or satisfying other requirements your plan may specify).

§Scales are available to members with congestive heart failure or liver disease, to monitor fluid retention.

This product list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the OTC items are trademarks of each company. Item costs may change from year to year. Please review the product labeling and consult with your doctor with any health or medical questions. To see the most up-to-date version of the catalog, visit your Benefits Pro Portal. NationsBenefits reserves the right to limit the quantities of OTC items dispensed.

This grocery list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the items are trademarks of each company. Item costs may change from year to year. Consult with your primary care provider (PCP) about which grocery items you should use to better manage your health and/or chronic illness.

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FASTEST Delivery Method

Order your OTC and Grocery products online through your **Benefits Pro Portal** at **LifeWorksAdvantage.NationsBenefits.com** or scan this QR code with your smartphone camera.



Download the **Benefits Pro app** to your mobile device



To Order by Mail – Fill Out Your Personal Information

For orders by mail, fill out the information below and use the back of this form to order products. *Mail orders will be processed in 5-7 days.*

Only this form will be used for orders. Alternate or non-standard forms are not acceptable and will result in an order not being placed. To ensure your order is processed correctly please write **LEGIBLY** and use **BLACK INK ONLY**.

| | | |
|------------|-------------|---------------|
| Member ID | | Date of Birth |
| First Name | Last Name | |
| Street # | Street Name | Apt./Suite # |
| City | State | Zip Code |
| Phone | Email | |

Send the completed order form using the postage-paid envelope to:

NationsBenefits
1700 N. University Drive
Plantation, FL 33322

I understand that the phone numbers and/or emails I provided on this form may be used by NationsBenefits or any of its contracted parties to contact me about my account, my health benefit plan or related programs, or services provided to me.

IMPORTANT: Due to the added time to receive your request by mail, we encourage you to allow extra time when mailing your order. Your order will be processed in the benefit period that it is received. If you want your order applied to the current benefit period, we recommend placing your order online or by phone.

IMPORTANT: Only this form will be used for orders. Alternate or non-standard forms are not acceptable and will result in an order not being placed. To ensure your order is processed correctly please write **LEGIBLY** and use **BLACK INK ONLY**.

Order Your Products

| ITEM # | DESCRIPTION | PRICE | QUANTITY | TOTAL |
|---------------------------------|-------------|-------|----------|-----------------|
| _____ | _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | _____ | \$ _____ |
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| _____ | _____ | _____ | _____ | \$ _____ |
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| _____ | _____ | _____ | _____ | \$ _____ |
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| _____ | _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | _____ | \$ _____ |
| TOTAL ORDER AMOUNT | | | | \$ _____ |

Applicable sales tax may be added to the order total and deducted from your available balance.

NOTE: Order forms will be processed during the benefit period in which they are received.

If you have any questions or need assistance placing your order, please call NationsBenefits at **833-689-1751 (TTY: 711)**. Member Experience Advisors are available 8 a.m. - 8 p.m. local time. Language support services are available free of charge.



IMPORTANT: Only this form will be used for orders. Alternate or non-standard forms are not acceptable and will result in an order not being placed. To ensure your order is processed correctly please write **LEGIBLY** and use **BLACK INK ONLY**.

Order Your Products

| ITEM # | DESCRIPTION | PRICE | QUANTITY | TOTAL |
|---------------------------------|-------------|-------|----------|----------|
| _____ | _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | _____ | \$ _____ |
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|---------------------------|-------------|-------|----------|----------|
| _____ | _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | _____ | \$ _____ |
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| _____ | _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | _____ | \$ _____ |
| TOTAL ORDER AMOUNT | | | | \$ _____ |

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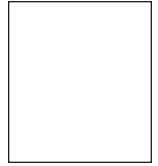
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nations benefits

1700 N. University Drive
Plantation, FL 33322



Get started today!



Visit us online at
LifeWorksAdvantage.
NationsBenefits.com



Download the
Benefits Pro app to
your mobile device



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833-689-1751
(TTY: 711)



Complete and mail
an order form to
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