



2021

Over-The-Counter (OTC) Benefit





Save With Your OTC Benefit

Did you know that your OTC benefit can save you money and you can stock up on all kinds of items? It can also help you and your family stay healthy. You get this extra benefit at **no cost to you**. Make sure to order your items each month. If you do not, you will lose your **\$10** benefit for that month. It will **not** carry over to the next month.

Use your OTC benefit to choose up to **\$10** each month in health and wellness items, such as:

- Medicine for coughs, cold, allergies, fever and heartburn
- Toothbrushes, toothpaste and floss
- First aid items
- Sunblock
- Vitamins and supplements

You have more than 200 items to choose from. Look over the list on the next few pages. We make placing your order as easy as **1-2-3**:

- 1 Choose the items you want
- 2 Have the item numbers ready
- 3 Call our toll-free number or go to **www.ohanahealthplan.com** to submit your order

It's Easy to Use

On a computer, smartphone or tablet, log in at **www.ohanahealthplan.com**. (If you do not have a username or password, it is easy to sign up. Just follow the instructions.)

After you log in, click on *Over-the-Counter (OTC) Items*. You can order up to **\$10** in OTC items every month. Once you place your order, we ship it right to your home. (Shipping is at no cost to you.) It's that easy!





Call Us Toll-Free 24/7 to Place Your Order

Call the number below to reach our automated system. Then just follow the instructions.



Customer Service

Toll-free: **1-888-846-4262** (TTY 711)

We can help you Monday–Friday, 7:45 a.m. to 4:30 p.m. Hawai'i Standard Time.



Important Reminders to Get the Most From Your OTC Benefit

- Your OTC benefit is for your entire family. It is not for each family member on the plan.
- *The OTC catalog may change every year. Be sure you have the latest catalog to see new items and to look for any changes to items from last year. You can look at the current catalog at www.ohanahealthplan.com. You can also call Customer Service toll-free at **1-888-846-4262** (TTY 711) to ask for a copy.*
- Items, quantities, sizes and values may change depending on availability. Items may vary based on the maker and availability. For example, caplets, tablets, capsule or soft gels may be substituted for one another. The brand names of the OTC items are trademarks of each company. Your plan allows for generic items only.
- Please allow up to 30 business days for shipping.
- Item cost may change from year to year.



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Allergy Prevention and Treatment				
1	Allergy Relief Cetirizine 10 mg Tablets	Zyrtec®	30	\$10
2	Allergy Relief Loratadine 10 mg Tablets	Claritin®	30	\$7
Analgesics/Antipyretics				
3	Acetaminophen 325 mg Tablets	Tylenol® 325 mg Regular Strength Tablets	100	\$4
4	Acetaminophen 500 mg Tablets	Tylenol® 500 mg Extra Strength Tablets	100	\$5
5	Aspirin 325 mg Tablets	Bayer® Aspirin 325 mg	100	\$3
6	Aspirin 81 mg Chewable	Bayer® Aspirin 81 mg Chewable	36	\$3
7	Aspirin Enteric Coated 81 mg Tablets	Bayer® EC Aspirin 81 mg Adult Regimen	120	\$5
8	Aspirin Enteric Coated 325 mg Tablets	Ecotrin® Tablets	100	\$4
Antacids and Acid Reducers				
9	Acid Reducer Famotidine 10 mg Tablets	Pepcid® AC Tab	30	\$6
11	Acid Reducer Ranitidine 75 mg Tablets	Zantac® Tablets	30	\$7
12	Antacid Tablets	Tums® Tablets	150	\$5
13	Effervescent Tablets	Alka-Seltzer®	36	\$6
14	Gas Relief Caplet Extra-Strength	Gas-X® Extra Strength	30	\$4
Antidiarrheal and Laxatives				
16	Adult Glycerin Suppositories	Fleet® Adult Suppositories	25	\$3
17	Anti-Diarrheal Caplets	Imodium® AD	12	\$4
18	Anti-Nausea Liquid	Emetrol®	4 oz.	\$7



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Antidiarrheal and Laxatives (continued)				
19	Bisacodyl 5 mg Tablets	Dulcolax® Tablets	25	\$4
231	Enema, Mineral Oil	Fleet® Mineral Oil	4.5 oz.	\$4
279	Enema, Saline Laxative	Fleet® Enema	4.5 oz.	\$2
290	Liquid Stomach Relief-Flavored	Pepto-Bismol®	8 oz.	\$6
20	Laxative Bisacodyl 10 mg Suppositories	Dulcolax® Suppositories	12	\$5
21	Tablet Stomach Relief-Flavored	Pepto-Bismol® Tablets	30	\$4
22	Stool Softener Softgel	Colace® Softgels	100	\$6
Anti-Inflammatory				
23	Ibuprofen 200 mg Liquid Gel Caps	Advil® Liquid Gel Caps	20	\$5
24	Ibuprofen 200 mg Tablets	Advil® Tablets	50	\$6
25	Naproxen Sodium 220 mg Caplets	Aleve® Caplets	50	\$8
Arthritis Medicine				
26	Arthritis Pain Relief Tablets	Tylenol® Arthritis Pain Relief Tablets	24	\$5
27	Hot/Cold Patches	Icy Hot® Patches	5	\$6
Bladder Control Items				
170	Adult Bladder Control Pads	Depend® Adult Bladder Control Pads	28	\$9
200	Disposable Bed Underpads	Prevail® Disposable Bed Underpads	5	\$6
Children's Products				
198	Vitamin A & D Ointment	A&D® Ointment	1 oz.	\$3
28	Acetaminophen 80 mg Chew Tabs	Tylenol® 80 mg Chew Tabs	30	\$5
30	Acetaminophen Jr. Strength Chew Tab 160 mg	Tylenol® Jr. Strength Chews	24	\$7
32	Children's Chewable Multi-Vitamins	Flintstones® Chewable Multi-Vitamins	100	\$8



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Children's Products (continued)				
33	Children's Ibuprofen Suspension 100 mg	Motrin® Children's Suspension	4 oz.	\$10
34	Children's Acetaminophen Liquid	Tylenol® Children's Liquid	4 oz.	\$5
35	Children's Cold and Allergy Liquid	Dimetapp® Cold and Allergy Elixir	4 oz.	\$5
31	Children's Glycerin Suppositories	Fleet® Children's Glycerin Suppositories	12	\$4
270	Children's Saline Drops	Little Remedies® Children's Saline Drop	30 ml.	\$8
36	Children's Toothbrush	GUM® Toothbrush	1	\$2
195	Children's Toothpaste	Colgate® Children's Toothpaste	3 oz.	\$3
37	Diaper Rash Ointment	Desitin® Ointment	1 oz.	\$3
38	Diphenhydramine Liquid	Benadryl® Elixir	4 oz.	\$4
39	Duofilm	Duofilm®	0.3 oz.	\$9
40	Gas Relief Drops	Mylicon® drops	1 oz.	\$10
41	Ibuprofen Infants Drops	Motrin® Infant Drops	0.5 oz.	\$8
42	Jr. Strength Ibuprofen Chew Tabs 100 mg	Motrin® Jr. Strength Tablets	24	\$7
45	Premium Preemi to 6 lbs Diapers	Pampers® Preemi to 6 lbs	20	\$9
46	Premium Up to 12 lbs Diapers SM	Pampers® Up to 12 lbs Diapers SM	24	\$10
47	Premium 12-20 lbs Diapers MED	Pampers® 12-20 lbs Diapers MED	20	\$10
48	Premium 20-30 lbs Diapers L	Pampers® 20-30 lbs Diapers L	18	\$10
49	Premium 30-38 lbs Diapers XL	Pampers® 30-38 lbs Diapers XL	16	\$10
50	Premium 38+ lbs Diapers XXL	Pampers® 38+ lbs Diapers XXL	14	\$10
51	Premium Baby Wipes	Pampers® Baby Wipes	80	\$5
52	Tooth and Gum Cleanser	Orajel® Tooth and Gum Cleanser	1	\$6
217	Baby Shampoo Tear-Free	J&J® Baby Shampoo Tear-Free	15 oz.	\$3
218	Children's Conditioning Shampoo	J&J® Children's Conditioning Shampoo	8 oz.	\$3



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Children's Products (continued)				
299	Baby Nail Clipper	Safety 1st® Baby Nail Clipper	1	\$1
308	Baby Wipes, Travel Size	Pampers® Baby Wipes, Travel	10	\$1
381	Baby Lotion	J&J® Baby Lotion	3.5 oz.	\$5
382	Pediatric Oral Electrolyte Solution, Fruit	Pedialyte® Electrolyte Solution Fruit	32 oz.	\$10
400	Multivitamin Gummies, Children	Little Critters® Gummies	60	\$10
420	Calcium 250 mg + Vit D3 500 IU Child Gummy	Little Critters® Calc+Vit D Child Gummy	30	\$10
421	Vitamin C Child Gummy, 250 mg	Little Critters® Vit C Child Gummy	60	\$10
442	Sunscreen Lotion, Babies, SPF-50	Coppertone® Sunscreen for Babies SPF-50	8 oz.	\$9
Cold/Cough/Flu Remedies				
53	APAP Sinus Congestion	Tylenol® Sinus Congestion	24	\$4
54	Cough/Throat Drops	Halls® Cough Drops	30	\$3
211	Sugar-Free Cough/Throat Drops	Halls® Sugar-Free Cough Drops	25	\$3
55	Daytime Cold/Flu Relief Softgels	DayQuil® Softgels	16	\$5
56	Daytime Cold/Flu Relief Liquid	DayQuil® Liquid	4 oz.	\$5
174	Daytime/Nite-time Cold/Flu Caplets	Mucinex® Day/Night Caplets	20	\$5
230	Diphenhydramine 25 mg Capsules	Benadryl®	24	\$3
57	Mucus Relief DM Tablets	Mucinex® DM	30	\$9
58	Mucus Relief Tablets	Mucinex®	30	\$8
59	Nasal Decongestion Spray	Afrin® Nasal Spray	1 oz.	\$4
60	Nasal Decongestion PE Tablets	Sudafed PE® Tablets	36	\$4
61	Nite-Time Cold/Flu Relief Softgels	NyQuil® Caplets	16	\$5
62	Nite-Time Cold/Flu Relief Liquid	NyQuil® Liquid	4 oz.	\$7



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Cold/Cough/Flu Remedies (continued)				
63	Saline Nasal Spray	Ocean® Nasal Spray	1.5 oz.	\$3
64	Sore Throat Spray	Chloraseptic® Sore Throat Spray	6 oz.	\$5
65	Tussin DM Syrup SF	Robitussin® DM Syrup	4 oz.	\$4
66	Tussin Syrup	Robitussin® Syrup	4 oz.	\$4
67	Vapor Rub	Vicks® Vapor Rub	3.53 oz.	\$5
433	Green Tea, Multi Flu/ Severe Cold Honey Lemon	Thera-Flu®, Multi-Symp Severe Cold-Lemon	6	\$9
449	Child Allergy Elixer	Children's Benadryl®	4 oz.	\$5
450	Child Cold/Cough/Sore Throat	Children's Mucinex®	4 oz.	\$6
451	HBP Cough Cold	Coricidin®	16	\$6
458	Acetaminophen PM 500 mg	Tylenol PM®	50	\$3
Dental and Denture Care				
68	Dental Tool Kit	GUM® Dental Tool Kit	1	\$5
69	Denture Adhesive Cream	Fixodent®	2.4 oz.	\$5
70	Denture Cleaner	Efferdent®	40	\$4
71	Fluoride Toothpaste	Colgate®	6.4 oz.	\$4
72	Adult Toothbrush - Medium	Colgate® Toothbrush	1	\$2
73	Dental Floss	Reach® Dental Floss	1	\$2
74	Mouthwash	Listerine®	4 oz.	\$3
75	Sensitive Teeth Toothpaste	Sensodyne®	4.3 oz.	\$5
76	Toothache Relief Liquid/Gel	Anbesol® Liquid/Gel	0.33 oz.	\$4
313	Dental Floss, Waxed	Reach® Dental Floss, Waxed	55 yd.	\$1
314	Dental Floss, Mint Waxed	Reach® Dental Floss, Mint Waxed	55 yd.	\$1
315	Denture Brush	GUM® Denture Brush	1	\$1
318	Toothpaste	Colgate® Toothpaste	0.85 oz.	\$1



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Ear Care				
77	Ear Syringe	Apex® Ear Syringe	1	\$3
78	Ear Wax Drops	Debrox® Ear Wax Drops	0.5 oz.	\$7
Eye Care				
79	Artificial Tears	Visine® Tears	0.5 oz.	\$6
238	Eye Wash	Collyrium® Eye Wash	3.9 oz.	\$5
80	Eyeglass Repair Kit	Calabria® Eyeglass Repair Kit	1	\$5
81	Reading glass Diopter +1.0	Calabria Reading Glass Diopter +1.0	1	\$9
82	Reading glass Diopter +1.25	Calabria Reading Glass Diopter +1.25	1	\$9
83	Reading glass Diopter +1.5	Calabria Reading Glass Diopter +1.5	1	\$9
84	Reading glass Diopter +1.75	Calabria Reading Glass Diopter +1.75	1	\$9
85	Reading glass Diopter +2.0	Calabria Reading Glass Diopter +2.0	1	\$9
86	Reading glass Diopter +2.25	Calabria Reading Glass Diopter +2.25	1	\$9
87	Reading glass Diopter +2.5	Calabria Reading Glass Diopter +2.5	1	\$9
88	Reading glass Diopter +2.75	Calabria Reading Glass Diopter +2.75	1	\$9
89	Reading glass Diopter +3.0	Calabria Reading Glass Diopter +3.0	1	\$9
90	Reading glass Diopter +3.25	Calabria Reading Glass Diopter +3.25	1	\$9
91	Reading glass Diopter +3.5	Calabria Reading Glass Diopter +3.5	1	\$9
92	Reading glass Diopter +4.0	Calabria Reading Glass Diopter +4.0	1	\$9
93	Red Eye Relief Drops	Visine® Drops	0.5 oz.	\$4
429	Eyeglass Cleaner	Bausch & Lomb® Eyeglass Cleaner	1	\$2
Fiber Supplements				
94	Fiber Gummies	Vitafusion® Fiber Well Gummies	60	\$10
95	Fibertab Tablets	FiberCon® Tablets	90	\$9
281	Psyllium Powder, Orange	Metamucil® Orange	13 oz.	\$10



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
First Aid and Medical Supplies				
96	Adhesive First-Aid Tape	Ace® Adhesive First-Aid Tape	1	\$2
189	Aid Ankle Support	Futuro® Aid Ankle Support	1	\$7
191	Aid Elbow Support	Futuro® Aid Elbow Support	1	\$7
192	Aid Hand Support	Futuro® Aid Hand Support	1	\$7
166	Aid Knee Support	Futuro® Aid Knee Support	1	\$7
190	Aid Wrist Support	Futuro® Aid Wrist Support	1	\$7
97	Alcohol Pads	Dynarex® Alcohol Pads	100	\$3
98	Athletic Bandage	Ace® Athletic Bandage	1	\$2
99	Bandages Assorted	Band-Aids® Bandages	100	\$6
100	Butterfly Closures	Ace® Butterfly Closures	12	\$2
101	Corn and Callus Remover	Dr. Scholl's® Corn and Callus Remover	0.33 oz.	\$4
102	Cotton Balls	J&J® Cotton Balls	100	\$3
103	Cotton Swabs	Q-Tips® Cotton Swabs	150	\$3
249	Diabetic Socks Ladies Size 5-10 White	Dr. Scholl's® Diabetic Socks	3 pack	\$7
250	Diabetic Socks Ladies Size 5-10 Black	Dr. Scholl's® Diabetic Socks	3 pack	\$7
251	Diabetic Socks Men Size 6-12.5 White	Dr. Scholl's® Diabetic Socks	3 pack	\$7
252	Diabetic Socks Men Size 6-12.5 Black	Dr. Scholl's® Diabetic Socks	3 pack	\$7
258	Elastic Knee Support	Futuro® Elastic Knee Support	1	\$3
104	First Aid Kit	Ace® First Aid Kit	1	\$8
105	Flexible Tip Thermometer	Veridian® Flexible Tip Thermometer	1	\$10
236	Gauze Surgical Sponge Sterile 4" x 4"	Ace® Gauze Surg. Sponge Sterile 4" x 4"	2 pk 25 ct 12 ply	\$6



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
First Aid and Medical Supplies (continued)				
237	Gauze Value Surgical Sponges 4" x 4"	Ace® Gauze Value Surgical Sponges 4" x 4"	2 pk 25 ct 12 ply	\$5
106	Ice Bag	Carex® Ice Bag	1	\$4
187	Kitchen Scale Dial	Peachtree® Scale Dial	1	\$10
284	Liquid Bandage	Newskin® Liquid Bandage	0.0225 oz.	\$6
107	Liquid Wart Remover	Compound W® Wart Remover	0.31 oz.	\$7
108	Oral Digital Thermometer	Luminiscope® Oral Digital Thermometer	1	\$5
194	Pedometer	Omron® Pedometer	1	\$10
109	Stretch Gauze	ACE® Stretch Gauze	1	\$2
124	Thermometer Probe Covers	Welch-Allyn® Thermometer Probe Covers	30	\$3
203	Gloves, Disposable, SM Non-Sterile	Playtex® Disposable Gloves, SM	50	\$5
204	Gloves, Disposable, MED Non-Sterile	Playtex® Disposable Gloves, MED	50	\$5
205	Gloves, Disposable, LG Non-Sterile	Playtex® Disposable Gloves, LG	50	\$5
435	Medicated Foot Powder	Gold Bond® Medicated Foot Powder	4 oz.	\$8
316	3" Elastic Bandage	ACE® 3" Elastic Bandage	1	\$1
317	Bandages, 3/4" x 3"	ACE® Bandages, 3/4" x 3"	50	\$1
319	Surgical Tape 1" x 10 yd.	ACE® Surgical Tape	1	\$1
320	Hydrogen Peroxide	Swan® Hydrogen Peroxide	4 oz.	\$1
440	Burn Gel, Liquid	Band-Aid® Burn Gel, Liquid	2 oz.	\$5
441	Burn Gel	Band-Aid® Burn Gel	6	\$4
295	Tweezers	Revlon® Tweezers	1	\$1
305	Hot Cold Reusable pack 4" x 6"	Sunbeam® Hot Cold Reusable pack	1	\$1
310	Palm Support	Futuro® Palm Support	1	\$1



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
First Aid and Medical Supplies (continued)				
312	Cotton Balls	J&J® Cotton Balls	76	\$1
444	Ear Dry Drops	Ear Clear® Swimmer'S Ear	1 oz.	\$10
448	Ethyl Alcohol GEL	Hand Sanitizer Gel®	4 oz.	\$4
454	Hydrogen Peroxide Spray	Med-First® Hydrogen Peroxide Spray	4 oz.	\$9
462	Epsom Salt	Epsom Salt®	16 oz.	\$5
1001	N-95 Disposable Mask	3M N-95 Disposable Mask	2	\$5
Headache Relief				
110	Headache Relief Tablets	Excedrin® Migraine	50	\$6
Hemorrhoidal Preparations				
111	Hemorrhoid Ointment	Preparation H® Ointment	2 oz.	\$7
112	Hemorrhoid Pads	Tucks® Medicated Pads	100	\$7
113	Hemorrhoid Relief Suppositories	Preparation H® Suppositories	12	\$7
Lactose Intolerance				
114	Lactase Enzyme	Lactaid® Tablets	60	\$10
Motion Sickness Medication				
115	Motion Sickness Tablets	Dramamine® Motion Sickness	12	\$3
Other Items				
199	Antibacterial Bar Soap	Dove® Antibacterial Soap	1	\$3
117	Antibacterial Liquid Hand Soap Pump	Dove® Antibacterial Hand Soap	1	\$5
118	Antibacterial Wet Wipes	Kleenex® Antibacterial Wet Wipes	24	\$4
226	Bug X Repellent	Cutter® Insect Repellent	2 oz.	\$5
227	Bug X Repellent	Cutter® Insect Repellent	4 oz.	\$10
119	Calamine Lotion	Swan® Calamine Lotion	6 oz.	\$4



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Other Items (continued)				
120	Disposable Douche Twin Pack	Summers Eve® Disposable Douche Twin Pack	1	\$7
121	Dry Skin Therapy Moisturizing Cream	Nivea® Dry-Skin Moisturizing Cream	1	\$8
215	Feminine Body Spray	Summers Eve® Feminine Body Spray	3.5 oz.	\$5
122	Feminine Hygiene Wipes	Summers Eve® Feminine Hygiene Wipes	40	\$5
123	Fever Strip Thermometer	NexTemp® Fever Strip Thermometer	1	\$3
125	Hand Sanitizer Spray Pen Twin Pack	Purell® Hand Sanitizer Spray Pen	1	\$3
221	Hydrogen Peroxide	Swan® Hydrogen Peroxide	8 oz.	\$2
126	Lip Balm	Chapstick®	1	\$1
127	Male Condoms	Trojan® Male Condoms	3	\$2
201	Maxi-Pads	Always® Maxi-Pads	12	\$3
219	Medical Appointment Calendar	Brownline® Medical Appointment Calendar	1	\$5
206	Medicated Anti-Dandruff Shampoo	Head & Shoulders® Anti-Dandruff Shampoo	11 oz.	\$5
135	Medicine Dropper	Apex® Medicine Dropper	1	\$2
128	Medicine Spoon	Apex® Medicine Spoon	1	\$1
130	Pill Box - 7 days 1 time a day	Aculife® Pill Box - 7 days 1 time a day	1	\$2
269	Pill Box - 7 days AM & PM	Apex® Pill Box - 7 days AM & PM	1	\$4
267	Pill Box - 7 days 3 times a day	Apex® Pill Box - 7 days 3 times a day	1	\$4
268	Pill Box - 7 days 4 times a day	Apex® Pill Box - 7 days 4 times a day	1	\$4
131	Pill Splitter	Apex® Pill Splitter	1	\$3
132	Pocket Facial Tissue	Kleenex® Pocket Facial Tissue	1	\$2
133	Pregnancy Test	E.P.T® Pregnancy Test	1	\$8
134	Tampons	Tampax® Premium Tampons	8	\$2
207	Pro-Vitamin Conditioner	Pantene® Pro-Vitamin Conditioner	13 oz.	\$4



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Other Items (continued)				
220	Rubbing Alcohol 70%	Swan® Rubbing Alcohol 70%	16 oz.	\$3
271	Travel Health Folder 7 Pocket	Penadflex® Travel Health Folder 7 Pocket	1	\$7
291	Hair Pick, Mini Plastic	Cricket® Hair Pick, Mini Plastic	1	\$1
292	Nail Clipper with Nail file and Keychain	Sally Hansen® Nail Clipper with File	1	\$1
293	Bath Ball	Razz® Bath Ball	1	\$1
294	Bath Glove	AquaBella® Bath Glove	1	\$1
296	Eye Brow Trimmer	Noxzema® Eye Brow Trimmer	1	\$1
297	Mini Spray Bottle	Uline® Mini Spray Bottle	1	\$1
298	Hair Comb	Nordstrom® Hair Comb	1	\$1
300	Face Mask, Disposable	Uline® Face Mask, Disposable	5	\$1
301	Nail File	Revlon® Nail File	1	\$1
302	Foot Nail Brush and Pumice Stone	Stylewurks® Foot Nail Brush & Pumice	1	\$1
303	Nail Clipper	Dynarex® Nail Clipper	1	\$1
304	Rain Bonnet	DofmanPacific® Rain Bonnet	1	\$1
306	Eye Mask	Bausch+Lomb® Eye Mask	1	\$1
309	Travel Adult Wipes	Cottonelle® Travel Adult Wipes	10	\$1
311	Shoe Horn	Izola® Shoe Horn	1	\$1
461	Coconut Oil	Natures Way® Coconut Oil	6 oz.	\$3
472	Adult Washcloths Disposable	Prevail® Washcloths Disposable	48	\$5
476	DisposeRX®	DisposeRX®	1	\$4
490	Flushable Wipes	Uline Flushable Wipes	24 ct	\$6
491	Baby Oil	J&J® Baby Oil	7 oz.	\$3



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Pediculicides Head Lice Treatments				
136	Lice Comb	Rid® Lice Comb	1	\$3
137	Lice Treatment Shampoo	LiceMD® Lice Shampoo	4 oz.	\$10
Sleeping Aids				
138	Night Time Sleep Tablets	Sominex® Tablets	50	\$4
139	Sleep Aid Tablets Doxylamine	Unisom® Tablets	16	\$6
415	Melatonin Gummy 5 mg	Vitafusion®, Melatonin Gummy	60	\$10
Smoking Cessation Products				
196	Nicotine Gum 2 mg	Nicorette® Gum 2 mg	20	\$10
197	Nicotine Gum 4 mg	Nicorette® Gum 4 mg	20	\$10
Topical Ointments and Creams				
140	Anti-Itch Cream	Benadryl® Cream	1.25 oz.	\$4
278	Benzoyl Peroxide 10% Gel	Clearasil® Vanishing Cream	42.5 gm	\$5
141	Clotrimazole 1% Cream	Lotrimin® AF Cream	0.5 oz.	\$6
142	Cold Sore Treatment	Herpecin® Cold Store Treatment	1	\$7
143	Hydrocortisone 1% Cream	Cortaid® Cream	1 oz.	\$5
144	Muscle Rub Cream	Bengay® Cream	1.25 oz.	\$3
145	Petroleum Jelly	Vaseline® Jelly	4 oz.	\$3
171	SPF 50 Sunblock	Coppertone® SPF 50 Sunblock	4 oz.	\$6
146	Tolnaftate 1% Cream	Tinactin® Cream	1.25 oz.	\$6
147	Triple Antibiotic Ointment	Neosporin® Ointment	1 oz.	\$5
413	Hydrocortisone Maximum Strength	Eczema® Maximum Strength Cream	1 oz.	\$3



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Herbs, Vitamins and Minerals				
241	Acidophilus Lactobacilli Probiotics	Swanson® Acidophilus Lactobacilli	60	\$9
148	Adult Multi-Vitamins	Centrum® Vitamins	100	\$8
242	Antioxidant Tablets	Puritan'sPride® Antioxidant Tablets	50	\$10
149	Calcium 600 + Vitamin D	Caltrate® 600 + D Tablets	60	\$7
150	Calcium Tablets	Calcium® Tablets	60	\$5
246	Coconut Oil 1,000 mg	NaturesBounty® Coconut Oil	60	\$10
247	Cod Liver	Swanson® Cod Liver	100	\$9
248	Coenzyme Q10 100 mg	WINDMILL® Coenzyme Q10	30	\$10
253	Echinacea, 400 mg	Puritan'sPride® Echinacea	100	\$8
255	Eucalyptus Exfoliating Body Scrub	Bath&Bodyworks® Eucalyptus Body Scrub	6 oz.	\$5
232	FDC Vit. B Complex with Vitamin C + Iron	WINDMILL® Vit. B Complex with Vit. C+Iron	100	\$6
233	FDC Vitamin D Tablets 400 IU	Natures Bounty® Vitamin D	100	\$6
151	Ferrous Sulfate Iron 325 mg Tablets	NaturesMade® Ferrous Sulfate, Iron 325 mg	100	\$6
256	Fish Oil 1,000 mg	NatureMade® Fish Oil 1,000 mg	30	\$4
257	Flaxseed 1,000 mg	WINDMILL® Flaxseed	100	\$10
152	Folic Acid 400 mcg Tablets	WINDMILL® Folic Acid Tablets	100	\$4
259	Garlic Oil 500 mg	Swanson® Garlic Oil	100	\$5
260	Ginseng Complex, 100 mg	Nature's Bounty® Ginseng Complex	100	\$10
261	Glucosamine & Chondroitin 1,500 mg	GLUCOFLEX® Glucos. & Chondro.	30	\$9
262	Lavender Body Cream	Aveeno® Lavender Body Cream	6 oz.	\$3
153	Magnesium 250 mg Tablets	Nature Made® Magnesium	100	\$5
263	Melatonin, 3 mg	WINDMILL® Melatonin	60	\$7
265	Omega 3 1,000 mg	Nature Made® Omega 3	100	\$10



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Herbs, Vitamins and Minerals (continued)				
154	Prenatal Vitamins	Stuart® Prenatal Vitamins	100	\$10
155	Vitamin A 10,000 IU Softgels	WINDMILL® Vitamin A	100	\$4
156	Vitamin B-12 100 mcg	WINDMILL® B-12 Vitamins	100	\$8
157	Vitamin B-Complex	WINDMILL® Vitamin B-Complex	100	\$6
158	Vitamin B-Complex Gummy	Vitafusion® Vitamin B-Complex Gummy	70	\$10
159	Vitamin C 500 mg Tablets	WINDMILL® Vitamin C	100	\$5
193	Vitamin C Gummy	Vitafusion® Vitamin C Gummy	60	\$10
160	Vitamin E 400 IU	WINDMILL® Vitamin E	100	\$8
161	Zinc 50 mg Tablets	WINDMILL® Zinc	100	\$5
414	Biotin Gummy 5,000 mcg	Vitafusion® Biotin Gummy	60	\$10
416	Multi-Vitamin Gummy	Vitafusion® Multi-Vitamin Gummy	60	\$10
418	Vitamin D3 Gummy, 2,000 IU	Vitafusion® Vitamin D3 Gummy	60	\$10
460	Potassium Gluconate 595 mg, Potassium Supplement	Potassium Gluconate®	100	\$7
463	Glucose Tab	DEX4® Glucose Tab	50	\$8
Adaptive Aids				
210	Anti-Slip Safety Tread Aids	3M® Anti-Slip Safety Tread Aids	1	\$4
243	Baby - Cabinet lock	Safety1st® Baby - Cabinet lock	4	\$10
244	Baby - Outlet cover	KidCo® Baby - Outlet cover	8	\$4
186	Button and Zipper Puller	Carex® Button and Zipper Puller	1	\$5
173	Door Knob Gripper	Safety1st® Door Knob Gripper	1	\$6
208	Food Aid Bumper	AbleWare® Food Aid Bumper	1	\$7
175	Jar Opener/Faucet Gripper	Apex® Jar Opener/Faucet Gripper	1	\$6
176	Key Turner	Apex® Key Turner	1	\$3



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Adaptive Aids (continued)				
177	Lamp Switch Turner	Carex® Lamp Switch Turner	1	\$3
178	Letter Opener	Quill® Letter Opener	1	\$2
179	Long Handle Bath Sponge	Bathery® Long Handle Bath Sponge	1	\$7
209	Magnifying Glass	Insterin® Magnifying Glass	1	\$4
180	Pill Bottle Opener Aid	Apex® Pill Bottle Opener Aid	1	\$4
181	Pill Crusher	Apex® Pill Crusher	1	\$8
183	Shopping Bag Carrier	RiteAid® Shopping Bag Carrier	1	\$4
185	Toothpaste Squeezer	EzSqueeze® Toothpaste Squeezer	1	\$3
327	Tub and Stair Safety Treads	PROBASICS® Tub and Stair Safety Treads	4	\$3
373	Brace, Thumb	Futuro® Brace, Thumb	1	\$10
380	Ear Plugs	Vibes® Ear Plugs	1 pair	\$2
384	Panty Liners, Universal Size	Always® Panty Liners	22	\$2
385	Tampons, Super Absorbency	Tampax® Tampons, Super	8	\$2
386	Tampons, Super Plus Absorbency	Tampax® Tampons, Super Plus	8	\$2
387	Maxi Pad, Super Absorbency	Always® Maxi Pad, Super	14	\$3
388	Maxi Pad, Super Max With Wings	Always® Maxi Pad, Super Max With Wings	12	\$3
389	Maxi Pad, Night Wing	Always® Maxi Pad, Night Wing	10	\$3
390	Disposable Pill Pouches	Ezy Dose® Disposable Pill Pouches	100	\$3
391	Shoe Insert, Foam Women	Dr.Scholl's®	2 pair	\$2
392	Shoe Insert, Foam Men	Dr.Scholl's®	2 pair	\$2
393	Aloe Gel	Fruit of the Earth® Aloe Gel	16 oz.	\$2
395	Regular Shampoo, Non-Medicated	Dove® Shampoo	8 oz.	\$3
396	Facial Wipes	Nivea® Facial Wipes	20	\$2
397	Facial Cleanser	Neutrogena® Facial Cleanser	8.5 oz.	\$2



Our Catalog Items

Item	Description	Brand Comparable	Qty	Amount
Adaptive Aids (continued)				
401	Sea Bands for Nausea and Vomiting	Acu-Strap® Sea Bands	1 pair	\$3
403	Deodorant, Men's, Non-Medicated, Aluminum Free, Stick	Degree® Deodorant, Men's	2.25 oz.	\$3
404	Deodorant, Women's, Non-Medicated, Aluminum Free, Stick	Degree® Deodorant, Women	2.25 oz.	\$3
405	Lotion, Aloe, Non-Medicated	Jergens® Lotion, Aloe	18 oz.	\$4
406	Lotion, Cocoa Butter, Non-Medicated	Palmer's® Lotion, Cocoa Butter	18 oz.	\$4
407	Lotion, Nourishing Vitamin E, Non-Medicated	Neutrogena® Lotion, Vitamin E	18 oz.	\$4
408	Laundry Detergent, H/D No Bleach, Liquid	Tide® Detergent	40 oz.	\$5
410	Flashlight, LED w/ Batteries	SunFire® Flashlight	1	\$6
411	Body Wash, Cucumber	Suave® Body Wash	12 oz.	\$3
412	Body Wash, Green Tea	Dove® Body Wash	12 oz.	\$3
422	Night Light	Meridian® Night Light	1	\$2
423	Cosmetic Tweezer	Trim® Cosmetic Tweezer	1	\$2
424	Dust and Germ Mask	Uline® Dust and Germ Mask	10	\$2
425	Hair Brush & Comb Set	Safety1st® Hair Brush & Comb Set	2 sets	\$2
426	Tummy Trimmer	Leonisa® Tummy Trimmer	1	\$6
427	Inflatable Neck Cushion	Samsonite® Inflatable Neck Cushion	1	\$3
428	Manicure Beauty Set	Cala® Manicure Beauty Set	3 pc	\$2
432	Shower Cap	Firstline® Shower Cap	3	\$2
477	Iodine	Swan® Iodine	4 oz.	\$3
478	Travel Iodine	Swan® Travel Iodine	2.3 oz.	\$2
479	Alcohol Swab	Swan® Alcohol Swab	1	\$1
483	Waterproof Adhesive Bandages	Ace® Waterproof Adhesive Bandages	12 ct	\$7
487	Instant Cold Packs	Dynarex® Instant Cold Packs	1 ct	\$2

'Ohana Health Plan complies with applicable Federal civil rights laws and does not discriminate, exclude people, or treat people differently because of race, color, national origin, age, disability or sex.

'Ohana Health Plan provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

'Ohana Health Plan provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact **1-888-846-4262 (TTY 711)**.

If you believe that 'Ohana Health Plan has failed to provide these services or discriminated in another way, you can file a grievance with:

'Ohana Health Plan
Attn: Grievance Department
949 Kamokila Boulevard
Suite 350
Kapolei, HI 96707
Toll-free: **1-888-846-4262**
TDD/TTY: **711**
Fax: **1-813-865-6861**

You can file a grievance in person or by mail or fax. If you need help filing a grievance we are available to help you. Call Customer Service toll-free at **1-888-846-4262 (TTY: 711)**.

You can also file a grievance with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**.

(English) Do you need help in another language? We will get you a free interpreter. Call **1-888-846-4262** (TTY: **711**).

(Cantonese) 您需要其它語言嗎？如有需要，請致電 **1-888-846-4262**，我們會提供免費翻譯服務 (TTY: **711**)。

(Chuukese) En mi niit alilis lon pwal eu kapas? Sipwe angei emon chon chiaku ngonuk ese kamo. Kori **1-888-846-4262** (TTY: **711**).

(French) Avez-vous besoin d'aide dans une autre langue? Nous pouvons vous fournir gratuitement des services d'un interprète. Appelez le **1-888-846-4262** (TTY: **711**).

(German) Brauchen Sie Hilfe in einer anderen Sprache? Wir koennen Ihnen gern einen kostenlosen Dolmetscher besorgen. Bitte rufen Sie uns an unter **1-888-846-4262** (TTY: **711**).

(Hawaiian) Makemake `oe i kokua i pili kekahi `olelo o na `aina `e? Makemake la maua i ki`i `oe mea unuhi manuahi. E kelepona iā **1-888-846-4262** `oe ia la kaua a e ha`ina `oe ia la maua mea `olelo o na `aina `e. (TTY: **711**).

(Ilocano) Masapulyo kadi ti tulong iti sabali a pagsasao? Ikkandakayo iti libre nga paraipatarus. Awagan ti **1-888-846-4262** (TTY: **711**).

(Japanese) 貴方は、他の言語に、助けを必要としていますか？私たちは、貴方のために、無料で通訳を用意できます。 **1-888-846-4262** (TTY: **711**) まで、お電話にてご連絡ください。

(Korean) 다른언어로 도움이 필요하십니까? 저희가 무료로 통역을 제공합니다. **1-888-846-4262** (TTY: **711**) 번으로 전화해 주십시오.

(Mandarin) 您需要其它语言吗？如有需要，请致电 **1-888-846-4262**，我们会提供免费翻译服务 (TTY: **711**)。

(Marshallese) Kwoj aikuij ke jiban kin juon bar kajin? Kim naj lewaj juon am dri ukok eo ejjelok wonen. Kaal^ok **1-888-846-4262** (TTY: **711**).

(Samoan) E te mana'o mia se fesosoani i se isi gagana? Matou te fesosoani e ave atu fua se faaliliu upu mo oe. Telefoni mai: **1-888-846-4262** (TTY: **711**).

(Spanish) ¿Necesita ayuda en otro idioma? Nosotros le ayudaremos a conseguir un intérprete gratuito. Llame al **1-888-846-4262** (TTY: **711**).

(Tagalog) Kailangan ba ninyo ng tulong sa ibang lengguwahe? Ikukuha namin kayo ng libreng tagasalin. Tumawag sa **1-888-846-4262** (TTY: **711**).

(Tongan) 'Oku ke fiema'u tokoni 'iha lea makehe? Te mau malava 'o 'oatu ha fakatonulea ta'etotongi. Telefoni mai **1-888-846-4262** (TTY: **711**).

(Vietnamese) Bạn có cần giúp đỡ bằng ngôn ngữ khác không? Chúng tôi sẽ yêu cầu một người thông dịch viên miễn phí cho bạn. Gọi số **1-888-846-4262** (TTY: **711**).

(Visayan) Gakinahanglan ka ba ug tabang sa imong pinulongan? Amo kang mahatagan ug libre nga maghuhubad. Tawag sa **1-888-846-4262** (TTY: **711**).

