aetna®

Aetna Better Health® of Texas

2026

Over-the-Counter (OTC) Item Catalog



OTC Health Solutions

CVS Flex Benefits™

<TX-25-05-10>

Through Aetna Better Health of Texas, we are pleased to offer you all the benefits of your health plan. For the full list of medical services refer to your member handbook. Your doctor or clinic will act as the gateway to care for all your healthcare needs.

Get information 24 hours a day, 7 days a week on our website. You can find information and answers to many of your questions.

You can also call us, Monday to Friday, 8 AM to 5 PM
For help after hours and on weekends, just leave a voice message. We'll return your call on the next business day.



STAR

Bexar
1-800-248-7767 (TTY:711)

Tarrant
1-800-306-8612 (TTY:711)

CHIP / CHIP Perinate

Bexar
1-866-818-0959 (TTY:711)

Tarrant
1-800-245-5380 (TTY:711)

STAR Kids
Dallas and Tarrant
1-844-787-5437 (TTY:711)

Visit the website:

AetnaBetterHealth.com/Texas



Please keep this valuable booklet nearby. You'll need it to look up the OTC items you want to order. It also contains step-by-step instructions on how to order online, by phone or use your OTC benefits in store.

Schedule Your Child's Checkup Today for a Healthier Tomorrow!

- **Call your child's doctor today** and ask about a well child checkup for each of your kids.
- These important checkups help doctors and dentists find any health issues you might not know about.
- Catching problems early can make a big difference and even help prevent them from starting!

Well Child Checkup:

- Free medical checkups starting at birth
- Free dental checkups beginning at 6 months old
- Remember, babies need these checkups more often!

It's also a great time for your annual checkup!

- Whether you're feeling great or managing a long-term condition, visiting your primary care doctor (PCP) once a year is key to staying healthy.
- And the best part? It won't cost you anything extra!

Let's keep your family healthy together!

We're Here to Help You!

- Need help finding a doctor for your child's well child checkup?
- Want to set up a checkup for yourself?
- Have questions about well child checkups?
- Looking for a case manager to assist you with other services?
- Need help getting a ride to a checkup?

Just give us a call! We're available Monday to Friday, 8 AM to 5 PM. You can find the phone number on the back of your Aetna member ID card. We're here for you!



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Items in this catalog are for personal use and can only be ordered for the member.

IMPORTANT: Item list is subject to change. In the event an item is out of stock, an item of similar or greater value will be substituted in your order. If an item is recalled by the manufacturer for any reason, it will be removed from the product offering immediately.

Three Convenient Ways To Place An Order

1. In Store

Visit your nearest CVS Pharmacy® store.*



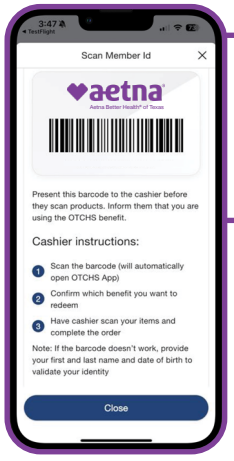
Find approved items through your plan's catalog.

Only the items in this catalog are available to order.



Look for the blue labels that contain the OTC indicator and SKU number.

Go to any register to checkout.



CVS OTC Health Solutions® Mobile App In Store Perks

1. Show the cashier your digital barcode for a faster checkout.
2. Scan or enter the items' barcode to confirm if it is approved.

Walkthrough Video

Scan this QR code to watch a video on how to checkout in store.

PLEASE NOTE: The regular retail price in the store may vary. For prices that apply when you use your OTC benefits, please consult this catalog. Catalog prices cannot be combined with promotional offers or ExtraBucks® Rewards.

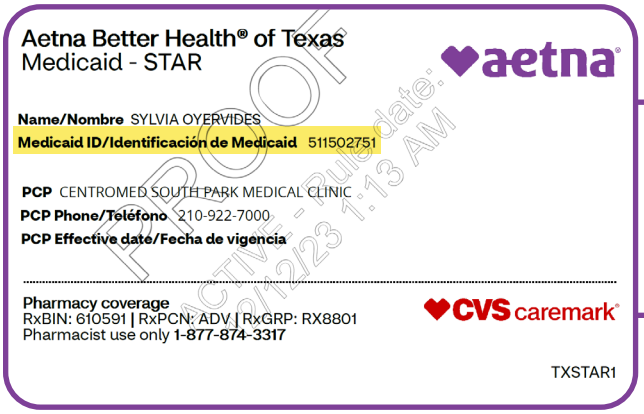
***Excluding Target, Schnucks and select other CVS Pharmacy® locations**

2. Online

First time placing an order online? You will need to create an account. If you share an email with a spouse or caregiver who also has an account, you will only be able to make one account. You must complete an additional form of authentication to finish signing up.

- Go to **cvs.com/otchs/aetnatx** and sign in.
- Select "Shop OTC benefits." Your benefit amount and balance will show.
- Search and add items to your basket. Once you are ready to place your order, select "Checkout."
- Confirm the shipping information and select "Place Order." Please contact your Health Plan for any permanent address change needed.
- You will be directed to the Order Summary. This page will show your order details and the delivery timeframe.

You will receive emails and/or texts with the latest status updates as your order is processing.



Find Your Member ID

You can find your member ID on your insurance card. Refer to the example card on the left.

Walkthrough Video

Scan this QR code to watch a video on how to place your orders online.

IMPORTANT: Orders for each benefit period must be placed by 11:59 PM ET on the last day of the benefit period. Please review the order frequency limits located in the FAQs to avoid missing benefit amounts.

3. By Phone

Orders can be placed by calling **1-888-628-2770** (**TTY**: **711**).
You can talk to an agent Monday through Friday, from 9 AM–8 PM local time. Please have your order ready before you call.

How to place an order through the Interactive Voice Response (IVR) system:

IVR

Step 1

Call using the phone number on file. If you wish to call using a different number, you can provide the alternate number to a CVS OTC Health Solutions® agent.

Step 2

Press 1 to hear benefits
Press 2 to place an order
Press 3 to track an order
Press 4 to cancel an order
Press 5 to report an order issue
Press 6 to order a catalog

Step 3

Input your date of birth in MMDD format. The system will verify the name and address on the account.

Step 4

Enter the item number (e.g., for "B33," enter "33").

Step 5

Review and edit your order, then submit it, or choose to speak to an agent. If you choose to submit, the system will provide a confirmation number and the call will end.

—

If you choose to speak to an agent, your order will not be saved.

Frequently Asked Questions (FAQs)

1. Where can I find my member ID number?

It can be found on the front of your health plan ID card. Refer to page 6 for instructions on how to locate it.

2. What is the Over-the-Counter (OTC) benefit?

The benefit lets you get over-the-counter (OTC) items at any store that allows it. You can also call **1-888-628-2770** (**TTY: 711**) from Monday to Friday, 9 AM to 8 PM local time, or go online at **cvs.com/otchs/aetnatx** to order. Choose from a list of approved items, and they will be sent to your home.

3. How much is my benefit?

You have $25 per quarter.

4. How often can I use my benefit?

You can place multiple orders throughout the quarter.

5. Can I carry over unused benefit amounts to the next benefit period?

Unused amounts will not carry over to the next benefit period.

6. Can I order more than my benefit amount?

You cannot order more than your benefit amount online or by phone. However, you may go over your benefit amount at any allowed CVS Pharmacy® store and pay the difference out of pocket.*

7. Are all items available at the stores?

No, items with a (🚚) in the catalog can only be ordered online or by phone.

8. Are all items available online?

No, items with a (★) in the catalog can only be ordered in store.

9. Is there a limit on the number of items I can order?

No, however, there are select items that are only available once per year. These items are marked with a (❶) in the catalog.

10. How long will it take to receive my order?

Most orders will arrive in less than 5 business days. It may take longer during peak volume periods as well as for orders that have hazardous items. If you have not received your order within 14 days please call CVS OTC Health Solutions® at **1-888-628-2770** (**TTY**: **711**) Monday through Friday, from 9 AM–8 PM local time.

***Excluding Target, Schnucks and select other CVS Pharmacy® locations**

Frequently Asked Questions (FAQs)

11. Can I cancel my order once it has been placed?

Orders can only be canceled within 30 minutes after being placed. To cancel an order, you can use the IVR system or talk to an agent.

12. How do I confirm my order was placed?

Once the order is placed, you will receive an order number via email and/or text. Always keep your order number. Access to order history is also available in the CVS OTC Health Solutions portal/app.

13. Can I track my order?

Orders can be tracked online, through the CVS OTC Health Solutions portal/app or by using the IVR system. You will also receive status updates through email/text.

14. How can I receive another copy of this catalog?

You can order a copy using our IVR system or by talking to an agent. A digital copy will also be available in the support section of the CVS OTC Health Solutions portal and app.

15. Where can I get more information about the products?

You can get more product information by searching the SKU number at **cvs.com**.

16. How will the items be shipped?

Items are shipped via UPS to your home at no cost to you.

17. What is the return policy?

Due to the personal nature of the products, no returns or exchanges are allowed. To report an issue with your order, please call CVS OTC Health Solutions within 30 days of your order date. If your item is not in stock, an item of similar or greater value may be substituted in your order.

ADDITIONAL NOTES:

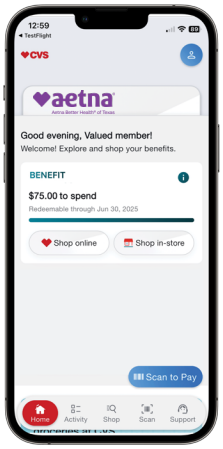
- To order certain vitamins, it is advised that you talk to your doctor before you place an order. These are called “dual-purpose items” which are marked with a (‡).
- If you are pregnant, ordering over-the-counter medications on behalf of a child, or want to order vitamins, it is advised that you talk to your doctor before you place an order.
- Items in this booklet are for personal use and can only be ordered for the member.



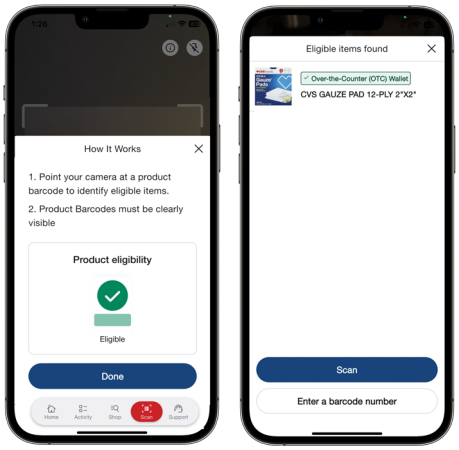
Shop OTC Your Way!

Download the CVS OTC Health Solutions® mobile app from the App Store (iOS) or Google Play (Android)

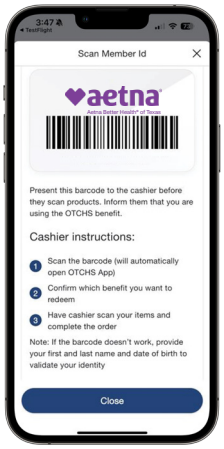
View Current Balance



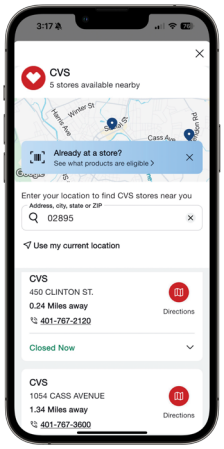
Scan Items for Eligibility



Checkout with Barcode (in-store only)



Locate Stores Near You



App Store® and the Apple Logo® are trademarks of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC. All other trademarks shown are the property of their respective owners.

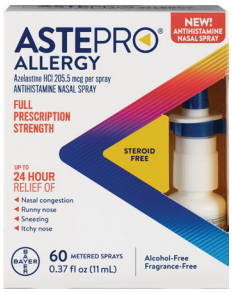
Favorite Items

CODE A115 **SKU** 477066



DIPHENHYDRAMINE HCl 25MG TABLETS

CODE A124 **SKU** 616833



ASTEPRO ALLERGY ANTIHISTAMINE NASAL SPRAY

CODE B62 **SKU** 571810



ULTRA-SOFT SENSITIVE CLEANSING WIPES

CODE O99 **SKU** 705527



CREST COMPLETE TOOTHPASTE WITH SCOPE

CODE C67 **SKU** 890425



COLD AND FLU DAYTIME RELIEF SOFTGELS

CODE F111 **SKU** 488598



ASSORTED BANDAGES VALUE PACK

CODE C102 **SKU** 379157



COUGH DROPS HONEY LEMON

CODE D38 **SKU** 860849



HEARTBURN RELIEF CHEWABLE TABLETS, ORIGINAL

UPC	SKU	DESCRIPTION	SIZE	PRICE
ACNE				
A1	446761	ACNE CONTROL CLEANSER	8 OZ	$16
A2	428504	ACNE TREATMENT GEL	1 OZ	$6
A6	412505	PANOXYL ACNE FOAMING WASH	5.5 OZ	$12
ADULT CARE				
BASIC NUTRITION				
A11	234978	BOOST HIGH PROTEIN NUTRITIONAL DRINK CHOCOLATE 6 PACK	8 OZ	$12
A12	234977	BOOST HIGH PROTEIN NUTRITIONAL DRINK VANILLA 6 PACK	8 OZ	$12
CARE & ACCESSORIES				
A19	520577	ADULT CARE WIPES	48 CT	$8
A21	458004	ADULT CARE WIPES	192 CT	$12
PADS				
A37	970846	ALWAYS DISCREET PADS, MODERATE	66 CT	$17
A40	970823	ALWAYS DISCREET PADS, VERY LIGHT LONG	44 CT	$7
A41	163093	MEN'S BLADDER CONTROL PADS	52 CT	$13
A42	228767	MEN'S GUARDS	27 CT	$9
A43	795728	WOMEN'S BLADDER CONTROL PADS, LONG	27 CT	$13
A45	964701	WOMEN'S OVERNIGHT BLADDER CONTROL PADS	30 CT	$13
A46	150744	WOMEN'S PROTECTIVE PADS, MAX LONG	39 CT	$13
A47	240487	WOMEN'S PROTECTIVE PADS, MODERATE	20 CT	$6
A48	535872	WOMEN'S PROTECTIVE PADS, MODERATE	66 CT	$13
A49	714508	WOMEN'S PROTECTIVE PADS, ULTIMATE	33 CT	$13
PANTS				
A54	240473	DEPEND NIGHT DEFENSE UNDERWEAR FOR WOMEN L	14 CT	$18
A55 ★	241190	DEPEND NIGHT DEFENSE UNDERWEAR FOR WOMEN M	15 CT	$18
A56 ★	241455	DEPEND NIGHT DEFENSE UNDERWEAR FOR WOMEN XL	12 CT	$18
A57	489366	MEN'S UNDERWEAR MAX, L/XL	18 CT	$14
A58	842939	MEN'S UNDERWEAR MAX, L/XL	32 CT	$22
A59	489372	MEN'S UNDERWEAR MAX, S/M	20 CT	$14
A60	830473	MEN'S UNDERWEAR MAX, S/M	36 CT	$22
A62	383182	UNISEX OVERNIGHT UNDERWEAR, L	14 CT	$14
A63	383703	UNISEX OVERNIGHT UNDERWEAR, XL	12 CT	$14
A65	489350	WOMEN'S UNDERWEAR MAX, L	18 CT	$14
A66	830475	WOMEN'S UNDERWEAR MAX, L	32 CT	$22
A67	489330	WOMEN'S UNDERWEAR MAX, S/M	20 CT	$14
A68	830476	WOMEN'S UNDERWEAR MAX, S/M	36 CT	$22
A69	973821	WOMEN'S UNDERWEAR MAX, XL	16 CT	$14
A70	830474	WOMEN'S UNDERWEAR MAX, XL	28 CT	$22
ALLERGY REMEDIES				
ALTERNATIVE REMEDIES				
A75	340125	NASAL MIST	0.5 OZ	$8
A76	955517	NASAL MIST	4.6 OZ	$8

UPC	SKU	DESCRIPTION	SIZE	PRICE
CETIRIZINE				
A86	925507	CETIRIZINE 10MG SOFTGELS	25 CT	$18
A87	981751	CETIRIZINE 10MG SOFTGELS	40 CT	$22
A88	444238	CETIRIZINE 10MG TABLETS	30 CT	$16
A89	444255	CETIRIZINE 10MG TABLETS	45 CT	$22
A90	571851	CETIRIZINE 10MG TABLETS	365 CT	$58
A91	389345	LEVOCETIRIZINE 5MG TABLETS	35 CT	$16
A92	443197	ZYRTEC 10MG TABLETS	60 CT	$35
FEXOFENADINE				
A97	952763	ALLEGRA 60MG TABLETS	24 CT	$18
A98	847260	FEXOFENADINE 180MG TABLETS	30 CT	$18
A99	888489	FEXOFENADINE 180MG TABLETS	90 CT	$34
LORATADINE				
A104 ★	244841	CLARITIN 10MG TABLETS	30 CT	$27
A105	348499	LORATADINE 10MG SOFTGELS	60 CT	$30
A106	232641	LORATADINE 10MG TABLETS	10 CT	$9
A107	277760	LORATADINE 10MG TABLETS	20 CT	$14
A108	232642	LORATADINE 10MG TABLETS	30 CT	$17
A109	919205	LORATADINE 10MG TABLETS	90 CT	$30
A110	583518	LORATADINE 10MG TABLETS	365 CT	$45
NASAL AND EYE				
A115	477066	DIPHENHYDRAMINE HCl 25MG TABLETS	24 CT	$5
A116	477068	DIPHENHYDRAMINE HCl 25MG TABLETS	48 CT	$8
A117	477069	DIPHENHYDRAMINE HCl 25MG TABLETS	100 CT	$12
A118	870284	DIPHENHYDRAMINE HCl 25MG TABLETS	365 CT	$21
A119	994433	NASAL STRIPS	10 CT	$5
NASAL SPRAY				
A124	616833	ASTEPRO ALLERGY ANTIHISTAMINE NASAL SPRAY	60 CT	$20
A125 ★	302860	FLONASE NASAL SPRAY	0.38 OZ	$20
A126 ‡	674958	FLUTICASONE NASAL SPRAY 144 DOSE	0.62 OZ	$21
A127 ‡	797907	FLUTICASONE NASAL SPRAY 72 DOSE	0.38 OZ	$14
APPAREL				
A134	184730	COPPER-TREATED COMFORT SOCKS, L/XL BLACK	3 CT	$10
A135	184812	COPPER-TREATED COMFORT SOCKS, L/XL WHITE	3 CT	$10
A136	184935	COPPER-TREATED COMFORT SOCKS, S/M BLACK	3 CT	$10
A137	184626	COPPER-TREATED COMFORT SOCKS, S/M WHITE	3 CT	$10
A139	893270	DIABETIC SOCKS, L/XL WHITE	2 CT	$9
A141	893272	DIABETIC SOCKS, S/M WHITE	2 CT	$9
A142	658582	FIRM COMPRESSION SOCKS, L/XL BLACK	1 CT	$12
A143	658593	FIRM COMPRESSION SOCKS, S/M BLACK	1 CT	$12
A144	978348	LIGHT COMPRESSION SOCKS, L/XL BLACK	1 CT	$12
A145	658784	LIGHT COMPRESSION SOCKS, L/XL WHITE	1 CT	$12

UPC	SKU	DESCRIPTION	SIZE	PRICE
A146	978349	LIGHT COMPRESSION SOCKS, S/M BLACK	1 CT	$12
A147	658829	LIGHT COMPRESSION SOCKS, S/M WHITE	1 CT	$12
BABY CARE				
ELECTROLYTES				
B13	393301	PEDIALYTE ADVANCED CARE PLUS POWDER	6 CT	$14
FEEDING ACCESSORIES				
B18	382830	NUBY STANDARD NECK BOTTLES	3 CT	$6
INFANT REMEDIES				
B28	858818	ACETAMINOPHEN ORAL SUSPENSION	2 OZ	$9
B30	994605	GAS RELIEF DROPS	0.5 OZ	$7
B31	330812	GAS RELIEF DROPS	1 OZ	$11
B32	478939	IBUPROFEN CONCENTRATED DROPS	1 OZ	$9
MOM				
B38	459312	LANOLIN CREAM	1.41 OZ	$12
B39	461879	LANSINOH BREASTMILK STORAGE BAGS	50 CT	$16
B40	149525	LANSINOH DISPOSABLE NURSING PADS	60 CT	$13
B41	806620	LANSINOH LANOLIN NIPPLE CREAM	1.41 OZ	$14
TOILETRIES				
B47	304238	BABY POWDER	22 OZ	$7
B49	217083	BABY SHAMPOO	13.6 OZ	$5
B50	740537	CLEANSING WIPES	64 CT	$4
B51	278382	COTTON SWABS	375 CT	$5
B52	107631	DESITIN OINTMENT	4 OZ	$11
B53	803987	DIAPER RASH OINTMENT	2 OZ	$5
B54	954732	EUCERIN BABY ECZEMA RELIEF CRÈME	5 OZ	$12
B55	709857	J&J BABY POWDER WITH CORNSTARCH	15 OZ	$7
B56	134109	JOHNSON'S BABY LOTION	13.5 OZ	$6
B57	275024	JOHNSON'S BABY SHAMPOO	13.6 OZ	$6
B58	949628	PETROLEUM JELLY	13 OZ	$6
B59	309433	PLASTIC STICK COTTON SWABS	200 CT	$4
B60	888491	TODDLER WIPES	60 CT	$3
B61	692270	ULTRA-SOFT CLEANSING WIPES	64 CT	$4
B62	571810	ULTRA-SOFT SENSITIVE CLEANSING WIPES	56 CT	$4
BATTERIES				
ALKALINE				
B69	289058	ALKALINE BATTERIES AA	4 CT	$8
B70	708032	ALKALINE BATTERIES AAA	4 CT	$8
CHILDREN'S REMEDIES				
ALLERGY				
C1	566853	CETIRIZINE 10MG ORALLY DISINTEGRATING TABLETS, ORANGE	24 CT	$19
C2	912859	CETIRIZINE 5MG LIQUID, GRAPE	4 OZ	$11
C3	922201	CETIRIZINE 5MG LIQUID, GRAPE SUGAR FREE	8 OZ	$16

UPC	SKU	DESCRIPTION	SIZE	PRICE
C4	483095	DIPHENHYDRAMINE HCl 12.5MG CHEWABLE TABLETS, GRAPE	18 CT	$6
C5	477072	DIPHENHYDRAMINE HCl 12.5MG LIQUID, CHERRY	4 OZ	$6
C7	195770	LORATADINE 5MG CHEWABLE TABLETS, GRAPE	20 CT	$17
C8	912845	LORATADINE 5MG LIQUID, GRAPE	4 OZ	$10
COLD REMEDIES				
C13	689423	CHEST CONGESTION PLUS COUGH RELIEF LIQUID, CHERRY	4 OZ	$12
C15 ❶	423796	INFRARED THERMOMETER	1 CT	$53
C17	895141	MULTI-SYMPTOM COLD RELIEF LIQUID, BERRY	4 OZ	$12
C18	181098	NASAL SALINE MIST	2 OZ	$6
C19	155912	RIGID TIP DIGITAL THERMOMETER	1 CT	$11
PAIN RELIEVERS				
C30 ★	291741	ACETAMINOPHEN 160MG CHEWABLE TABLETS GRAPE	24 CT	$7
C31	521351	ACETAMINOPHEN 160MG LIQUID BUBBLEGUM	4 OZ	$7
C32	261925	IBUPROFEN 100MG LIQUID BERRY	4 OZ	$7
C33	191238	IBUPROFEN 100MG LIQUID BUBBLEGUM	4 OZ	$7
C36	715154	ORAL SYRINGE	1 CT	$5
COLD REMEDIES				
ALTERNATIVE REMEDIES				
C42 ‡	653004	AIRBORNE GUMMIES, ASSORTED FRUIT	42 CT	$18
C43 ‡	970454	AIRSHIELD GUMMIES, ORANGE LEMON	42 CT	$11
C44 ‡	381791	AIRSHIELD TABLETS, ORANGE TWIN PACK	10 CT	$11
C46	554912	VITAMIN C 1000MG POWDER PACKETS	10 CT	$5
AROMATHERAPY				
C52	277896	VAPOR STEAM COUGH SUPPRESSANT CAMPHOR	8 OZ	$11
CHEST RUBS				
C57	277898	MEDICATED CHEST RUB	1.76 OZ	$6
C58	587618	MEDICATED CHEST RUB	3.53 OZ	$9
COLD TABLETS				
C64 ★	441208	ALKA-SELTZER DAY & NIGHT LIQUID GELS	24 CT	$14
C65	954405	COLD AND FLU COOLING SEVERE DAYTIME RELIEF CAPLETS	24 CT	$12
C66	896264	COLD AND FLU DAY AND NIGHT RELIEF SOFTGELS	48 CT	$15
C67	890425	COLD AND FLU DAYTIME RELIEF SOFTGELS	16 CT	$7
C68	338131	COLD AND FLU HBP RELIEF TABLETS	20 CT	$8
C69	164257	COLD AND FLU MULTI-SYMPTOM DAY AND NIGHT RELIEF SOFTGELS	24 CT	$9
C70	890411	COLD AND FLU MULTI-SYMPTOM NIGHTTIME RELIEF SOFTGELS	16 CT	$7
C71	362042	COLD AND FLU SEVERE DAYTIME RELIEF SOFTGELS	24 CT	$12
C72	970805	COLD AND FLU SEVERE NIGHTTIME RELIEF SOFTGELS	24 CT	$12
C73	970306	COLD AND FLU SEVERE RELIEF CAPLETS	24 CT	$8
C74 ★	974226	CORICIDIN HBP COLD AND FLU	20 CT	$13
C75	244956	COUGH AND COLD HBP RELIEF TABLETS	16 CT	$8
C76	442006	VICKS DAYQUIL SEVERE LIQUICAPS	24 CT	$16
C77	451200	VICKS NYQUIL SEVERE LIQUICAPS	24 CT	$16

UPC	SKU	DESCRIPTION	SIZE	PRICE
COUGH				
C82	132213	CHEST CONGESTION AND COUGH HBP SOFTGELS	20 CT	$8
C83	297885	CHEST CONGESTION RELIEF TABLETS	60 CT	$10
C84	895137	COUGH AND CONGESTION SEVERE RELIEF LIQUID	6 OZ	$13
C85	895138	DM MAXIMUM STRENGTH LIQUID	6 OZ	$13
C86	430367	MUCINEX DM 1200MG EXTENDED RELEASE TABLETS	14 CT	$23
C87	292925	MUCINEX DM 600MG EXTENDED RELEASE TABLETS	20 CT	$21
C88	810461	MUCINEX FAST-MAX SEVERE CONGESTION AND COUGH RELIEF	6 OZ	$18
C90	173270	MUCUS DM MAXIMUM STRENGTH EXTENDED RELEASE TABLETS	14 CT	$16
C91	173321	MUCUS DM MAXIMUM STRENGTH EXTENDED RELEASE TABLETS	28 CT	$26
C93	971824	TUSSIN CF	4 OZ	$7
C94	707516	TUSSIN DM	4 OZ	$7
C95	707512	TUSSIN DM	8 OZ	$11
C96	971823	TUSSIN DM NIGHTTIME	4 OZ	$7
C97	477060	TUSSIN DM SUGAR FREE	8 OZ	$9
COUGH DROPS				
C102	379157	COUGH DROPS HONEY LEMON	160 CT	$7
C103	654515	MUCINEX SORE THROAT AND COUGH RELIEF DROPS HONEY	40 CT	$7
C104	694506	MUCINEX SORE THROAT AND COUGH RELIEF DROPS	40 CT	$7
C106	179666	SUGAR FREE MENTHOL COUGH DROPS	140 CT	$8
DEVICES				
C111	193592	DIGITAL THERMOMETER	1 CT	$21
C112	442271	PURE MISTAIRE HUMIDIFIER	1 CT	$40
FLU REMEDIES				
C117	442927	COLD AND FLU HBP MULTI-SYMPTOM NIGHTTIME RELIEF LIQUID	12 OZ	$9
C118	895139	COLD, FLU & SORE THROAT RELIEF MAX STRENGTH LIQUID	6 OZ	$13
C120	548074	MAXIMUM STRENGTH SEVERE COLD LIQUID	6 OZ	$13
C122	954406	SEVERE DAYTIME LIQUID	12 OZ	$12
C123	180192	SEVERE NIGHTTIME LIQUID	12 OZ	$12
C124	939419	VICKS DAYQUIL SEVERE LIQUID	12 OZ	$16
C125	939406	VICKS NYQUIL SEVERE LIQUID	12 OZ	$16
C126 ‡	382934	ZICAM COLD REMEDY QUICK DISSOLVE TABLETS	25 CT	$14
LIP				
C131	882775	CARMEX CLASSIC LIP BALM 3 PACK	1.05 OZ	$5
C132	337401	COLD SORE TREATMENT	0.07 OZ	$18
NASAL/SINUS				
C139	164183	NASAL MIST	1 OZ	$8
C140	858828	NASAL MIST SEVERE	0.5 OZ	$8
C141	858830	NASAL SPRAY	0.5 OZ	$7
C142	857132	NASAL SPRAY	1 OZ	$6
C143	953436	NASAL STRIPS LARGE	30 CT	$11
C144	953437	NASAL STRIPS MEDIUM	30 CT	$11

UPC	SKU	DESCRIPTION	SIZE	PRICE
C145	938777	SINUS AND SEVERE CONGESTION RELIEF CAPLETS	20 CT	$12
C146	408566	SINUS PAIN AND CONGESTION RELIEF CAPLETS	24 CT	$7
C147	343398	SINUS PE PRESSURE AND PAIN RELIEF CAPLETS	24 CT	$8
SALINE				
C153	891465	NASAL SPRAY SALINE	1.5 OZ	$5
C154	277790	NASAL SPRAY SALINE 2 PACK	1.5 OZ	$7
C155	896038	SINUS WASH REFILL SALINE PACKETS	100 CT	$14
C156	896024	SINUS WASH SYSTEM NETI POT	1 CT	$14
SORE THROAT				
C161	857378	CEPACOL EXTRA STRENGTH SORE THROAT LOZENGES, CHERRY	16 CT	$6
C162	316620	SORE THROAT SPRAY	6 OZ	$7
COSMETICS				
C167	365244	COTTON ROUNDS	1 CT	$4
C168	230332	NAIL CLIPPER	1 CT	$6
C174	230363	SLANT TWEEZER	1 CT	$5
DEODORANTS				
MEN'S				
D1	140574	OLD SPICE DEODORANT	3.25 OZ	$6
WOMEN'S				
D7	251549	SECRET CLINICAL STRENGTH ANTIPERSPIRANT	2.6 OZ	$15
D8	374111	SECRET DEODORANT	2.4 OZ	$9
DIET/NUTRITION				
ACTIVE NUTRITION				
D15	204464	LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX	6 CT	$12
D16	264399	OWYN PROTEIN SHAKE DARK CHOCOLATE 4 PACK	11.1 OZ	$9
D17	264635	OWYN PROTEIN SHAKE VANILLA 4 PACK	11.1 OZ	$9
DIGESTIVE HEALTH				
ANTACIDS				
D35	836320	ANTACID CALCIUM CHEWABLE TABLETS, ASSORTED FRUIT	96 CT	$6
D36	690266	ANTACID CALCIUM CHEWABLE TABLETS, ASSORTED FRUIT	160 CT	$9
D37	230995	ANTACID ULTRA STRENGTH CHEWABLE TABLETS, ASSORTED FRUIT	72 CT	$6
D38	860849	HEARTBURN RELIEF CHEWABLE TABLETS, ORIGINAL	100 CT	$10
D39	164422	HEARTBURN RELIEF LIQUID, COOL MINT	12 OZ	$9
D40	236859	MYLANTA MAXIMUM STRENGTH ANTACID PLUS ANTI-GAS LIQUID	12 OZ	$11
D41	282267	TUMS CHEWY BITES, ASSORTED BERRIES	32 CT	$8
ANTI-GAS MEDICATIONS				
D48	883928	GAS RELIEF EXTRA STRENGTH CHEWABLE TABLETS, CHERRY	48 CT	$12
D49	232981	GAS RELIEF EXTRA STRENGTH CHEWABLE TABLETS, PEPPERMINT	18 CT	$6
D50	206805	GAS RELIEF EXTRA STRENGTH SOFTGELS	30 CT	$6
D51	690035	GAS RELIEF ULTRA STRENGTH SOFTGELS	20 CT	$5

Help Your Child Feel Better!

If your child is not feeling well, here are some tips to consider.

- Contact your doctor before using any new medication.
- The doctor can tell you if it's safe for your child.
- The doctor can help you find the right dose of medicine.

For more information:

- If you need help finding a doctor, call us! We're here to help.
- We can even connect you to a nurse.

Let's work together to keep your child healthy!

Know Where to Go for Care!

Understanding the difference between Urgent Care Centers and Emergency Rooms can help you make the best choice for your child. Check out the table below to see which option is right for you!

Feature	Urgent Care Centers	Emergency Rooms
What They Do	Help with minor problems and injuries	Take care of serious and life-threatening issues
Common Problems	Mild burns, scrapes, coughs, runny nose, ear pain, mild fever, rashes	Chest pain, trouble breathing, severe bleeding, fainting
Wait Time	Usually shorter, often see you the same day	Can be longer because they treat serious cases first
Hours Open	Often open in the evenings and on weekends	Open 24 hours a day, every day
Cost	Usually costs less than an ER visit	Typically costs more because of emergency care
Follow-Up Care	May send you to your regular doctor	Can help with immediate care and referrals
Virtual Visits	Often available for quick check-ups	Limited virtual options

Remember: Knowing where to go for care can help your child feel better faster!

UPC	SKU	DESCRIPTION	SIZE	PRICE
DIARRHEA				
D57	232907	ANTI-DIARRHEAL 2MG CAPLETS	24 CT	$10
D58	690041	ANTI-DIARRHEAL 2MG SOFTGELS	24 CT	$10
D59	888495	ANTI-DIARRHEAL ORAL SOLUTION, MINT	4 OZ	$6
ENZYMES & SUPPLEMENTS				
D64	878020	BEANAID CAPSULES	30 CT	$6
D65	267635	DAIRY RELIEF CAPLETS	60 CT	$15
D66	690659	DAIRY RELIEF CHEWABLE TABLETS	60 CT	$14
D68	393041	LACTAID FAST ACT CAPLETS	32 CT	$15
FIBER SUPPLEMENTS				
D73	930981	BENEFIBER POWDER	8.7 OZ	$21
D74	252794	DAILY FIBER CAPSULES	160 CT	$18
D75	348642	DAILY FIBER CAPSULES	320 CT	$28
D76	958326	DAILY FIBER SUGAR FREE POWDER	10 OZ	$12
D77	958332	DAILY FIBER SUGAR FREE POWDER	23.3 OZ	$23
D78	690260	EASY FIBER POWDER	8.6 OZ	$15
D79	567388	GREAT SHAPE FIBER POWDER	17.6 OZ	$23
D80	198529	METAMUCIL FIBER THERAPY CAPSULES	160 CT	$27
D81	883843	METAMUCIL SUGAR FREE FIBER SUPPLEMENT	15 OZ	$24
H2 BLOCKERS				
D87	398671	ACID CONTROLLER MAXIMUM STRENGTH TABLETS	25 CT	$11
D88	398672	ACID CONTROLLER MAXIMUM STRENGTH TABLETS	50 CT	$19
D89	422050	ACID CONTROLLER MAXIMUM STRENGTH TABLETS	100 CT	$27
D90	690256	ACID CONTROLLER TABLETS	30 CT	$9
D91	116960	ACID CONTROLLER TABLETS	90 CT	$22
HEMORRHOID TREATMENT				
D97	317686	HEMORRHOIDAL COOLING GEL	0.9 OZ	$7
D98	689613	HEMORRHOIDAL CREAM	1 OZ	$8
D99	452277	HEMORRHOIDAL CREAM	1.8 OZ	$13
D100	401472	HEMORRHOIDAL MEDICATED WIPES	48 CT	$7
D101	913037	HEMORRHOIDAL MEDICATED WIPES	96 CT	$11
D102	144212	HEMORRHOIDAL OINTMENT	2 OZ	$13
D103	961468	HEMORRHOIDAL SUPPOSITORIES	12 CT	$9
LAXATIVES				
D114	166371	BISACODYL LAXATIVE 10MG SUPPOSITORIES	8 CT	$13
D115	317857	BISACODYL LAXATIVE 5MG TABLETS	10 CT	$3
D116	348639	BISACODYL LAXATIVE 5MG TABLETS	25 CT	$5
D117	166363	BISACODYL LAXATIVE 5MG TABLETS	50 CT	$10
D119	108597	DULCOLAX LAXATIVE TABLETS	25 CT	$10
D120	108530	GLYCERIN SUPPOSITORIES	25 CT	$4
D121	707940	LAXATIVE 25MG TABLETS	24 CT	$6
D122	789407	MAGNESIUM CITRATE LAXATIVE LIQUID GRAPE	10 OZ	$4
D123	494222	MILK OF MAGNESIA	12 OZ	$7

UPC	SKU	DESCRIPTION	SIZE	PRICE
D124	415361	MIRALAX POWDER	4.1 OZ	$12
D125	713635	PURELAX POWDER	4.1 OZ	$9
D126	713639	PURELAX POWDER	8.3 OZ	$13
D127	707942	SENNA 8.6MG TABLETS	50 CT	$12
D128	707928	SENNA 8.6MG TABLETS	250 CT	$20
D129	304258	SENOKOT LAXATIVE TABLETS	50 CT	$20
D130	488021	STOOL SOFTENER 100MG CAPSULES	30 CT	$9
D131	317683	STOOL SOFTENER 100MG SOFTGELS	25 CT	$7
D132	689614	STOOL SOFTENER 100MG SOFTGELS	30 CT	$5
D133	310425	STOOL SOFTENER 100MG SOFTGELS	100 CT	$14
D134	707930	STOOL SOFTENER 50MG TABLETS	100 CT	$13
D135	918984	WOMEN'S BISACODYL 5MG TABLETS	25 CT	$6
MOTION SICKNESS				
D141	139139	MOTION SICKNESS RELIEF TABLETS	12 CT	$6
D142	452260	MOTION SICKNESS RELIEF TABLETS	16 CT	$8
D143	690044	MOTION SICKNESS RELIEF TABLETS LESS DROWSY FORMULA	16 CT	$8
D144	366919	NAUSEA RELIEF CHEWABLE TABLETS	42 CT	$9
D145	109278	SEA BAND WRISTBANDS	2 CT	$14
MULTI SYMPTOM				
D150	689598	BISMUTH CAPLETS	24 CT	$6
D151	703368	BISMUTH CHEWABLE TABLETS CHERRY	30 CT	$6
D152	195560	BISMUTH LIQUID	8 OZ	$5
PROBIOTICS				
D158	206583	ALIGN PROBIOTIC CAPSULES	14 CT	$20
D159	919052	DAILY PROBIOTIC 4 STRAINS 2 BILLION CPU	30 CT	$23
D160	919055	DAILY PROBIOTIC 4 STRAINS 24 BILLION CPU	30 CT	$21
D161	883948	DAILY PROBIOTIC 9 STRAINS CAPSULES	15 CT	$15
D162	919047	DIGESTIVE PROBIOTIC CAPSULES	20 CT	$20
PROTON PUMP INHIBITORS				
D168	272739	ESOMEPRAZOLE MAGNESIUM 20MG CAPSULES	14 CT	$10
D169	272733	ESOMEPRAZOLE MAGNESIUM 20MG TABLETS	28 CT	$18
D170	272722	ESOMEPRAZOLE MAGNESIUM 20MG CAPSULES	42 CT	$24
D172	883055	LANSOPRAZOLE 15MG CAPSULES	14 CT	$10
D173	883051	LANSOPRAZOLE 15MG CAPSULES	42 CT	$24
D174	967601	NEXIUM 24 HOUR CAPSULES	42 CT	$31
D175	488025	OMEPRAZOLE 20MG CAPSULES	14 CT	$11
D176	488027	OMEPRAZOLE 20MG CAPSULES	28 CT	$19
D177	451300	OMEPRAZOLE 20MG TABLETS	14 CT	$11
D178	451305	OMEPRAZOLE 20MG TABLETS 3 PACK	14 CT	$24
D179	352716	OMEPRAZOLE AND SODIUM BICARBONATE CAPSULES	14 CT	$10
D180	250975	PRILOSEC 20MG 24HR RELIEF TABLETS	42 CT	$30

UPC	SKU	DESCRIPTION	SIZE	PRICE
EXTERNAL PAIN				
HOT COLD				
E1	324111	COLD COMPRESS	1 CT	$8
E2	313072	FAULTLESS WATER BOTTLE	1 CT	$20
E4	215314	HEATING PAD EXTRA LONG	1 CT	$37
E5	215313	HEATING PAD STANDARD	1 CT	$30
E6	318180	HOT AND COLD COMPRESS	1 CT	$15
E7 🚚	499911	HOT AND COLD COMPRESSION WRAP	1 CT	$35
E8	844209	ICEBAG LARGE	1 CT	$15
E9	455739	THERMACARE BACK PAIN HEAT THERAPY	3 CT	$15
MUSCLE/BODY				
E14	259256	ANKLE STABILIZING SUPPORT	1 CT	$28
E15	151571	ANKLE SUPPORT SLEEVE L	1 CT	$15
E16	151555	ANKLE SUPPORT SLEEVE M	1 CT	$15
E17	151480	ANKLE SUPPORT SLEEVE S	1 CT	$15
E21	453866	COPPER COMPRESSION ELBOW SLEEVE L	1 CT	$18
E22	449079	COPPER FIT ICE COMPRESSION GLOVES L/XL	1 CT	$26
E23	449080	COPPER FIT ICE COMPRESSION GLOVES S/M	1 CT	$26
E25	482566	ELBOW SUPPORT L	1 CT	$25
E26	144056	HAND/WRIST COMPRESSION GLOVE L/XL	1 CT	$18
E27	144057	HAND/WRIST COMPRESSION GLOVE S/M	1 CT	$18
E31	152116	KNEE SUPPORT SLEEVE L	1 CT	$16
E32	151894	KNEE SUPPORT SLEEVE M	1 CT	$16
E33	472994	KNEE SUPPORT SLEEVE S	1 CT	$16
E34	482556	KNEE SUPPORT SLEEVE XL	1 CT	$16
E35	482568	LEFT WRIST BRACE STABILIZING COMPRESSION L/XL	1 CT	$31
E36	482567	LEFT WRIST BRACE STABILIZING COMPRESSION S/M	1 CT	$31
E41	482571	RIGHT WRIST BRACE STABILIZING COMPRESSION L/XL	1 CT	$31
E42	482569	RIGHT WRIST BRACE STABILIZING COMPRESSION S/M	1 CT	$31
E43	462605	WRIST SUPPORT DELUXE COMPRESSION ONE SIZE	1 CT	$14
E44	902106	WRIST SUPPORT STRAP	1 CT	$10
PAIN RELIEF DEVICES				
E49 🚚	424311	COPPER POWER MASSAGER	1 CT	$20
E52	459917	TENS REPLACEMENT PADS	4 CT	$24
TOPICAL ANALGESIC				
E67	459362	ARTHRITIS PAIN RELIEF CREAM	4 OZ	$24
E70	211615	BIOFREEZE PAIN RELIEVING GEL	3 OZ	$15
E71	209270	BIOFREEZE PAIN RELIEVING SPRAY	3 OZ	$15
E72	214395	BIOFREEZE ROLL-ON	2.5 OZ	$16
E73	695905	COLD AND HOT CREAM	3 OZ	$7
E74	957604	COLD AND HOT PATCHES	5 CT	$7

UPC	SKU	DESCRIPTION	SIZE	PRICE
E76	161764	DICLOFENAC SODIUM 1% TOPICAL GEL	1.7 OZ	$9
E77	516173	DICLOFENAC SODIUM 1% TOPICAL GEL	5.2 OZ	$21
E78	162527	ICY HOT LIDOCAINE CREAM	2.7 OZ	$10
E79	977934	LIDOCAINE CREAM	2.7 OZ	$7
E80	197229	LIDOCAINE PATCHES	5 CT	$10
E81	371271	LIDOCAINE PATCHES	6 CT	$12
E82	328522	LIDOCAINE ROLL ON WITH MENTHOL	2.5 OZ	$9
E83	256563	LIDOCAINE ROLL-ON	2.5 OZ	$9
E85	320989	MUSCLE RUB CREAM	2 OZ	$5
E86	200964	MUSCLE RUB CREAM	3 OZ	$7
E87	665933	PAIN RELIEF GEL	3 OZ	$12
E88	610722	PAIN RELIEF ROLL-ON MENTHOL	2.5 OZ	$13
E89	240119	SALONPAS LIDOCAINE GEL PATCHES	6 CT	$15
E90	287461	SALONPAS LIDOCAINE ROLL-ON	3 OZ	$15
E91	775065	SALONPAS PATCHES	60 CT	$13
E92	239673	SALONPAS PATCHES LARGE	6 CT	$8
E94	343885	VOLTAREN ARTHRITIS PAIN RELIEVER GEL	5.3 OZ	$28
EYE CARE/EAR CARE				
CONTACT LENS CARE				
E99	284000	CONTACT LENS REWETTING DROPS	0.5 OZ	$6
E100	695753	CONTACT LENS SOLUTION	4 OZ	$5
E101	695755	CONTACT LENS SOLUTION	12 OZ	$14
E102	458126	SALINE CONTACT SOLUTION 2 PACK	12 OZ	$7
EAR CARE				
E108	941579	EARWAX CARE KIT	1 CT	$9
E109	110973	EARWAX REMOVAL DROPS	0.5 OZ	$6
E111	457795	SILICONE EARPLUGS	12 CT	$6
E112	457496	SWIMMERS EAR SOLUTION	1 OZ	$5
EYE CARE ACCESSORIES				
E117	251591	EYE PATCH	1 CT	$7
E118	251599	EYEGLASS LENS CLEANER	4 OZ	$4
E119	251597	EYEGLASS REPAIR KIT	1 CT	$4
E120	694692	LENS CLEANSING WIPES	100 CT	$10
E121	643940	WARMING EYE COMPRESS	1 CT	$11
EYE DROPS				
E126	208334	ALLERGY RELIEF EYE DROPS	0.5 OZ	$8
E127	171322	ARTIFICIAL TEARS LUBRICANT EYE DROPS	1 OZ	$9
E128	453524	EYE ITCH RELIEF	0.17 OZ	$14
E132	881367	REFRESH TEARS LUBRICANT EYE DROPS 2 PACK	0.5 OZ	$21
GENERAL EYE CARE				
E138	482149	EYELID CLEANSING WIPES	30 CT	$20
VITAMINS				
E144	976354	EYE HEALTH 50 SOFTGELS	90 CT	$23

UPC	SKU	DESCRIPTION	SIZE	PRICE
FACIAL CARE				
DERM CLEANSER				
F1	432838	FOAMING FACIAL CLEANSER	12 OZ	$12
DERM MOISTURIZER				
F9	327779	HYDRATING FACIAL SERUM	1 OZ	$21
F12	929469	MOISTURIZING FACIAL LOTION	3 OZ	$14
F13	988581	REPAIRING EYE CREAM	0.5 OZ	$14
FACIAL CLEANSER				
F18	848287	OLAY GENTLE FOAMING CLEANSER	6.78 OZ	$7
FACIAL MOISTURIZERS				
F23	763250	OLAY DAILY MOISTURIZER WITH SUNSCREEN SPF 15	6 OZ	$13
F24	872079	OLAY REGENERIST HYDRATING MOISTURIZER	1.7 OZ	$33
F25	397983	OLAY RETINOL24 NIGHT HYDRATING MOISTURIZER	1.7 OZ	$37
FEMININE CARE				
FULL SIZE PADS				
F37	927025	MAXI PADS LONG SUPER	42 CT	$5
F38	692443	MAXI PADS REGULAR	48 CT	$5
F39	127200	MAXI PADS WITH WINGS LONG SUPER	32 CT	$5
F40	842800	MAXI PADS WITH WINGS OVERNIGHT	36 CT	$6
F41	872912	ULTRA THIN PADS LONG SUPER	40 CT	$5
F42	836891	ULTRA THIN PADS WITH WINGS REGULAR	36 CT	$5
INTIMATE CLEANSING				
F47	289061	CLEANSING WIPES FLUSHABLE FRAGRANCE FREE	32 CT	$5
LUBRICANTS/MOISTURIZERS				
F53	418121	PERSONAL LUBRICANT	5.6 OZ	$9
MEDICATION				
F58	420684	AZO MAXIMUM STRENGTH TABLETS	12 CT	$10
F59	325394	CRANBERRY 450MG TABLETS	100 CT	$16
F60	318718	ITCH RELIEF VAGINAL CREME	1 OZ	$6
F62	740732	MENSTRUAL PMS RELIEF	32 CT	$7
F63	234554	URINARY PAIN RELIEF TABLETS	30 CT	$9
F64 ‡ ★	870916	UTI TEST STRIPS	3 CT	$9
PREGNANCY TEST KITS				
F71	326808	PREGNANCY TEST	1 CT	$7
SMALL SIZE PADS				
F77	470890	THINX FOR ALL MENSTRUAL BRIEFS BLACK L	1 CT	$19
F78	664121	THINX FOR ALL MENSTRUAL BRIEFS BLACK M	1 CT	$19
F79	625028	THINX FOR ALL MENSTRUAL BRIEFS BLACK S	1 CT	$19
F80	501914	THINX FOR ALL MENSTRUAL BRIEFS BLACK XL	1 CT	$19
TAMPONS				
F87	416639	TAMPONS MULTIPACK	34 CT	$8

UPC	SKU	DESCRIPTION	SIZE	PRICE
VAGINAL ANTIFUNGAL				
F92	721062	MICONAZOLE 1 DAY VAGINAL INSERT AND CREAM	1 CT	$18
F93	333336	MICONAZOLE 7 DAY VAGINAL CREAM	1 CT	$11
FIRST AID				
ACCESSORIES				
F98	455049	ARM SLING	1 CT	$18
F99	259370	BUTTERFLY CLOSURES	12 CT	$4
F100	337274	FINGER INJURY KIT	1 CT	$8
F102	310272	VELCRO FINGER SPLINT	2 CT	$8
ADHESIVE BANDAGES				
F107	257974	ADVANCED HEALING HYDROCOLLOID BANDAGES	8 CT	$6
F108	241483	ANTIBACTERIAL ASSORTED BANDAGES	120 CT	$15
F109	875957	ANTIBACTERIAL BANDAGES HEAVY DUTY FABRIC	20 CT	$5
F110	951341	ANTIBACTERIAL BANDAGES HEAVY DUTY FABRIC	60 CT	$13
F111	488598	ASSORTED BANDAGES VALUE PACK	200 CT	$18
F112	383505	CLEAR BANDAGES	45 CT	$7
F113	951344	FLEXIBLE FABRIC ANTIBACTERIAL BANDAGES	100 CT	$13
F116	482019	HEAVY DUTY WATERPROOF BANDAGES	10 CT	$6
F117	336846	LIQUID BANDAGE	0.3 OZ	$7
F118	702514	SHEER BANDAGES ASSORTED	80 CT	$5
F119	259372	WATERPROOF FINGER BANDAGES	20 CT	$6
IODINE				
F129	602441	IODINE	1 OZ	$6
LICE				
F134	178608	LICE KILLING SHAMPOO	8 OZ	$15
F135	870947	LICE SOLUTION KIT	1 CT	$20
TREATMENTS				
F143	219634	BACITRACIN OINTMENT	1 OZ	$8
F144	109405	CALAMINE PLUS LOTION	6 OZ	$7
F145	955322	CALAMINE PLUS SPRAY	4.1 OZ	$10
F146	731192	CORTIZONE-10 ECZEMA CARE LOTION	3.5 OZ	$14
F149	482649	EPSOM SALT	22 OZ	$6
F150	963880	EXEDERM FLARE CONTROL CREAM	2 OZ	$15
F151	832864	FREEZE WART REMOVER	12 CT	$17
F152	373019	HYDROCORTISONE 1% CREAM	1 OZ	$6
F153	690242	HYDROCORTISONE 1% INTENSIVE HEALING CREAM	1 OZ	$5
F154	373092	HYDROCORTISONE 1% OINTMENT	1 OZ	$6
F155	550749	ITCH RELIEF CREAM	1 OZ	$6
F156	334700	JOCK ITCH RELIEF CREAM	0.5 OZ	$10
F157	531343	PETROLEUM JELLY	2.5 OZ	$4
F158	444797	RUBBING ALCOHOL WIPES	40 CT	$6
F159	322430	TRIPLE ANTIBIOTIC AND PAIN RELIEF OINTMENT	0.5 OZ	$7
F160	702498	TRIPLE ANTIBIOTIC AND PAIN RELIEF OINTMENT	1 OZ	$9

UPC	SKU	DESCRIPTION	SIZE	PRICE
F161	219626	TRIPLE ANTIBIOTIC OINTMENT	1 OZ	$8
F162	618348	TRIPLE ANTIBIOTIC PAIN & SCAR OINTMENT	0.5 OZ	$8
F163	482021	WART REMOVER CLEAR STRIPS	14 CT	$9
F164	946095	WITCH HAZEL SPRAY	6 OZ	$9
F166	219642	ZINC OXIDE OINTMENT	1 OZ	$4
WOUND CARE				
F171	830970	CLOTH TAPE 1IN X 10YD	2 CT	$8
F172	547273	DERMOPLAST PAIN AND ITCH SPRAY	2.75 OZ	$15
F173	893119	GAUZE PADS 2X2 STERILE	25 CT	$4
F174	935683	GAUZE PADS 2X3 NON-STICK	25 CT	$6
F175	893120	GAUZE PADS 3X3 STERILE	25 CT	$6
F176	893125	GAUZE PADS 3X4 NON-STICK	10 CT	$5
F177	893121	GAUZE PADS 4X4 STERILE	25 CT	$8
F178	894104	GAUZE ROLL 4IN X 2YDS	1 CT	$6
F179	102994	HIBICLENS LIQUID	8 OZ	$15
F180	330703	LIDOCAINE BURN RELIEF GEL	8 OZ	$8
F181	991269	NITRILE EXAM GLOVES LARGE	50 CT	$15
F182	991272	NITRILE EXAM GLOVES ONE SIZE FITS MOST	100 CT	$30
F183	336795	NON-IRRITATING PAPER TAPE FOR SENSITIVE SKIN	1 CT	$5
F184	615637	PAIN-FREE 1IN WRAP	2 CT	$7
F185	210000	PAIN-FREE 2IN WRAP	1 CT	$6
F186	249816	SCAR GEL	0.7 OZ	$20
F188	489905	SURGICAL FACE MASKS	25 CT	$14
F189	964606	WATERPROOF ADHESIVE TAPE 1/2IN X 5YD	1 CT	$3
F190	894077	WATERPROOF TRANSPARENT DRESSINGS	8 CT	$9
F191	270304	WATERPROOF TRANSPARENT DRESSINGS LARGE	4 CT	$17
F192	998839	WOUND CARE KIT SMALL/MEDIUM 30 PIECES	1 CT	$18
F193	209024	WOUND WASH	6 OZ	$5
FITNESS				
D28	674284	FOAM ROLLER	1 CT	$20
D29	635468	GAIAM RESTORE LOOP BANDS	3 CT	$15
D30	374765	HAND HELD MASSAGER	1 CT	$13
H82 ❶ ‡	864739	DIGITAL BODY SCALE	1 CT	$19
FOOT CARE				
ANTIFUNGAL				
F198	859684	ANTI-FUNGAL POWDER	2.5 OZ	$9
F199	521682	ATHLETE'S FOOT ANTIFUNGAL CREAM	1 OZ	$12
F200	334067	ATHLETE'S FOOT ANTIFUNGAL POWDER SPRAY	4.6 OZ	$11
F201	211003	CLOTRIMAZOLE 1% CREAM	0.5 OZ	$8
F202	743609	FUNGAL NAIL RENEWAL TREATMENT	0.33 OZ	$25
CORN/CALLOUS/BUNION				
F211	139231	CORN AND CALLOUS REMOVER KIT	1 CT	$7
F212	334560	GEL TOE PROTECTOR	1 CT	$6

UPC	SKU	DESCRIPTION	SIZE	PRICE
F213	669939	GEL TOE SPACERS VALUE PACK	6 CT	$9
F214	314468	MEDICATED CORN CUSHION	9 CT	$6
F215	894580	MOLESKIN PADDING	2 CT	$6
F216	267828	WART REMOVER LIQUID	0.5 OZ	$10
FOOT PAIN RELIEF				
F226	894776	PLANTAR FASCIITIS GEL ARCH SLEEVE	1 CT	$12
INSOLES				
F231	489144	DOUBLE AIR FOAM CUSHIONING INSOLES ONE SIZE	1 CT	$5
ODOR/WETNESS				
F236	229790	FOOT POWDER	10 OZ	$9
F237	334566	ODOR CONTROL SPRAY POWDER	4 OZ	$7
HAIR CARE				
GROOMING				
H1	447036	CONAIR HAIR PICK	3 CT	$5
H2	516310	HAIR BRUSH	1 CT	$5
H3	371303	HAIR COMBS	3 CT	$5
H4	226674	SHOWER CAPS	4 CT	$11
SHAMPOO/ CONDITIONER				
H21	952394	DANDRUFF SHAMPOO	14.2 OZ	$6
H22	248570	HEAD & SHOULDER CLASSIC CLEAN	12.5 OZ	$7
H24	887911	PANTENE PRO-V DAILY MOISTURE CONDITIONER	10.4 OZ	$6
H25	887910	PANTENE PRO-V DAILY MOISTURE SHAMPOO	12 OZ	$6
H26	970245	SCALP RELIEF SERUM	2.5 OZ	$9
HAND & BODY				
HAND & FOOT				
H31	275530	EUCERIN ADVANCED REPAIR HAND CREAM	2.7 OZ	$6
THERAPEUTIC				
H43	147648	ADVANCED HEALING OINTMENT	2 OZ	$5
H44	399584	AQUAPHOR HEALING OINTMENT	14 OZ	$25
H45	329818	CERAVE DIABETICS' DRY SKIN CREAM	8 OZ	$12
H46	212846	CERAVE ECZEMA RELIEF CREAMY OIL	8 OZ	$20
H47	270085	CERAVE PSORIASIS CREAM	8 OZ	$26
H48	905369	ECZEMA CARE MOISTURIZING CREAM	12 OZ	$17
H49	457492	EUCERIN ADVANCED REPAIR LOTION	16.9 OZ	$15
H50	483135	INTENSE DRY SKIN THERAPY LOTION	16.9 OZ	$11
H52	246784	SCAR GEL	1.76 OZ	$21
H53	447703	SKIN THERAPY LOTION	5.5 OZ	$6
HOME DIAGNOSTICS				
BLOOD PRESSURE				
H64 ❶ ‡	800232	BLOOD PRESSURE MONITOR MANUAL UPPER ARM	1 CT	$22
CARE AND ACCESSORIES				
H80	130344	ALCOHOL PREP PADS	100 CT	$3

UPC	SKU	DESCRIPTION	SIZE	PRICE
H83	193503	GOLD BOND DIABETICS' DRY SKIN LOTION	4.5 OZ	$11
H85	882127	SHARPS CONTAINER	1 CT	$14
EDIBLES				
H90	149616	GLUCOSE TABLETS RASPBERRY	50 CT	$6
GLUCOSE TEST				
H95 ‡	306412	KETONE TEST STRIPS	50 CT	$11
H96	732550	LANCETS MICRO-THIN 33 GAUGE	100 CT	$7
H97 ‡	149668	LANCETS THIN 28 GAUGE	100 CT	$8
H98	235157	LANCETS ULTRA-THIN 30 GAUGE	100 CT	$8
H99	343477	LANCING DEVICE	1 CT	$10
HOME HEALTH CARE				
AIDES FOR DAILY LIVING				
H109	868916	3X GLASS POCKET MAGNIFIER	1 CT	$10
H111	792517	INFLATABLE RUBBER CUSHION SEAT	1 CT	$20
H116 🚚	493768	SAFER LOCK BOX	1 CT	$17
BATH SAFETY				
H131	741740	MEDLINE HANDHELD SHOWER HEAD	1 CT	$27
H133 🚚	861900	RUBBER BATH MAT	1 CT	$22
H136	792495	SUCTION GRAB BAR	1 CT	$18
CANES/CRUTCHES				
H145	980705	CANE TIP 3/4IN BLACK	1 CT	$5
COMMODES/TOILETTE SEATS				
H155	792500	COMMODE LINERS	12 CT	$17
H158	741737	MALE URINAL	1 CT	$13
HOUSEHOLD				
CLEANERS				
H177	942211	ANTIBACTERIAL DISINFECTANT SPRAY	12.5 OZ	$6
HOUSEHOLD PAPER				
H183	265212	FACIAL TISSUES 8 PACK	10 CT	$4
H184	860410	KLEENEX SLIM PACK TISSUE 3 PACK	10 CT	$3
H185	390195	WALLET FACIAL TISSUES 6 PACK	10 CT	$6
HOUSEWARES				
H191	278510	INDOOR NIGHT LIGHTS	2 CT	$8
INSECTICIDE & PEST				
H198	407571	OFF! FAMILY CARE INSECT REPELLENT	4 OZ	$11
LAUNDRY				
H205	279013	LAUNDRY DETERGENT PACKS	24 CT	$9
QUIT SMOKING SUPPORT				
LOZENGE				
N1	398300	NICOTINE LOZENGES 2MG SUGAR FREE CITRUS	20 CT	$12
N2	971448	NICOTINE LOZENGES 2MG SUGAR FREE MINT	20 CT	$12
N3	398338	NICOTINE LOZENGES 4MG SUGAR FREE CITRUS	20 CT	$12
N4	971444	NICOTINE LOZENGES 4MG SUGAR FREE MINT	20 CT	$12

❶ 1 PER YEAR 🚚 HOME DELIVERY ONLY ‡ DUAL-PURPOSE ITEM ★ IN STORE ONLY

Let's Kick the Habit Together: Quit Smoking Support!

Quitting smoking can be tough, but you can do it! With the right help and some good tips, you succeed. Here are some easy steps to help you quit:

1. **Pick a Quit Day**
   - Choose a day in the next 1–2 weeks to stop smoking.
   - Get ready and mark it on your calendar!
2. **Know What Makes You Want to Smoke**
   - Think about times or feelings that make you want a cigarette.
   - Plan fun things to do instead, like chewing gum or going for a walk.
3. **Try Nicotine Replacement Therapy (NRT)**
   - Ask about patches, gum, or lozenges that can help with cravings.
   - These can make it easier to quit.
4. **Talk to Your Doctor**
   - Ask your doctor about medicines that can help you stop smoking.
   - They can give you advice and support.





5. **Get Support from Others**
    - Join a support group or talk to friends and family.
    - Use apps or websites to find more help and motivation.
6. **Change Your Space**
    - Throw away cigarettes, lighters, and ashtrays.
    - Clean your clothes and home to get rid of the smoke smell.
7. **Find New Things to Do**
    - Keep your hands busy with toothpicks or stress balls.
    - Try new hobbies like exercise or drawing.
8. **Treat Yourself**
    - Set goals and reward yourself when you reach them.
    - Use the money you save from not buying cigarettes for something fun!
9. **Don't Worry About Mistakes**
    - If you slip up, don't give up! Think about what happened and make a new plan.
10. **Stay Positive!**
    - Remember why you want to quit—your health, family, and money.
    - Celebrate every little step you take!

You've got this! Start your journey to a smoke-free life today!

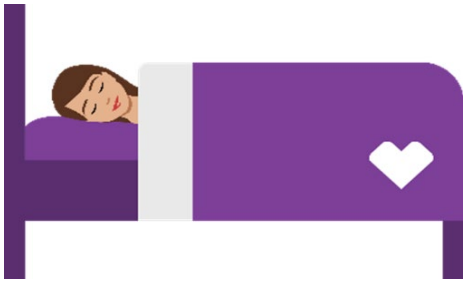
For more information visit

UPC	SKU	DESCRIPTION	SIZE	PRICE
NICOTINE GUM				
N9	968554	NICOTINE GUM 2MG SUGAR FREE ASSORTED FRUIT	20 CT	$12
N10	720014	NICOTINE GUM 2MG SUGAR FREE ORIGINAL FLAVOR	20 CT	$12
N11	968555	NICOTINE GUM 4MG SUGAR FREE ASSORTED FRUIT	20 CT	$12
N12	979096	NICOTINE GUM 4MG SUGAR FREE MINT	20 CT	$12
N13	720035	NICOTINE GUM 4MG SUGAR FREE ORIGINAL FLAVOR	20 CT	$12
NICOTINE PATCHES				
N18	173013	NICOTINE TRANSDERMAL 14MG PATCH STEP 2	14 CT	$39
N19	133177	NICOTINE TRANSDERMAL 21MG PATCH STEP 1	14 CT	$39
N20	338618	NICOTINE TRANSDERMAL 7MG PATCH STEP 3	14 CT	$39
ORAL HYGIENE				
BATTERY TOOTHBRUSH				
O1	214174	ORAL-B COMPLETE BATTERY TOOTHBRUSH	1 CT	$9
O2	214176	ORAL-B COMPLETE REPLACEMENT BRUSH HEADS	2 CT	$9
O3	808698	PROFESSIONAL CLEAN POWER TOOTHBRUSH WITH REPLACEMENT BRUSH HEAD	1 CT	$9
DENTAL FLOSS				
O8	933844	DENTAL FLOSS MINT 43.7YD	43.7 OZ	$6
O9	454381	FLOSS PICKS	90 CT	$3
O10	454376	FLOSS PICKS MINT	90 CT	$3
O11	978931	FLOSS PICKS SENSITIVE	90 CT	$3
DENTURE				
O18	230196	DENTURE ADHESIVE CREAM	2.4 OZ	$5
O19	213330	DENTURE CLEANSER EFFERVESCENT TABLETS	40 CT	$3
O20	122340	DENTURE CLEANSER EFFERVESCENT TABLETS MINT	84 CT	$7
O21	235332	FIXODENT ULTRA DENTURE ADHESIVE CREAM	2.2 OZ	$8
INTERDENTAL				
O28	902457	COMFORT NIGHTTIME DENTAL GUARDS	2 CT	$20
O29	246932	EASEBETWEEN GENTLE PICKS	120 CT	$9
O34	377971	INTERDENTAL PICKS ADVANCED SUPER SOFT	60 CT	$6
O35	572131	TONGUE BRUSHES	2 CT	$8
MANUAL TOOTHBRUSHES				
O40	682983	CLEAN PRO TOOTHBRUSHES SOFT	6 CT	$6
O41	956360	CLEAR PRO TOOTHBRUSHES MEDIUM	3 CT	$3
O43	972670	ORAL-B SENSITIVE SOFT TOOTHBRUSHES	2 CT	$8
O44	956183	PULSATING TOOTHBRUSH MEDIUM	2 CT	$11
O45	453008	PULSATING TOOTHBRUSH SOFT	2 CT	$11
O46	910693	TOOTHBRUSH SOFT	1 CT	$1
O47	897755	TOOTHBRUSHES MEDIUM	2 CT	$6
O48	248185	ULTIMATE CLEAN TOOTHBRUSHES SOFT	10 CT	$10
MOUTHWASH				
O53	336263	ANTISEPTIC MOUTHWASH BLUE MINT	8.45 OZ	$4

UPC	SKU	DESCRIPTION	SIZE	PRICE
O54	212209	LISTERINE COOL MINT MOUTHWASH	8.4 OZ	$5
O56	877796	PEROXIDE SORE MOUTH CLEANSER	8 OZ	$6
ORAL ANALGESIC				
O61	258802	MOUTH SORE RINSE	16 OZ	$8
O62	997166	ORAL ANESTHETIC LIQUID	0.5 OZ	$12
O63	933834	ORAL PAIN RELIEF GEL	0.33 OZ	$6
O64	695108	TEMPORARY LOST FILLING AND LOOSE CAP REPAIR	1 CT	$4
O65	933833	TOOTHACHE AND GUM RELIEF GEL	0.25 OZ	$9
PORTABLE BREATH CARE				
O70	379375	BIOTENE DRY MOUTH LOZENGES SUGAR FREE MINT	27 CT	$10
O71	497555	BIOTENE MOISTURIZING MOUTH SPRAY	1.5 OZ	$10
O73	998700	MOISTURIZING ORAL SPRAY 2 PACK	0.25 OZ	$3
POWER TOOTHBRUSHES				
O80	341166	EASYFLEX REPLACEMENT BRUSH HEADS	3 CT	$25
TOOTHPASTE				
O95	795997	BIOTENE TOOTHPASTE	4.3 OZ	$10
O96	237416	COLGATE SENSITIVE WHITENING ANTICAVITY TOOTHPASTE	6 OZ	$7
O97 ★	237544	COLGATE STAIN FIGHTER ANTICAVITY TOOTHPASTE	4.2 OZ	$5
O98	100032	CREST CAVITY PROTECTION FLUORIDE ANTICAVITY TOOTHPASTE	5.7 OZ	$3
O99 ★	705527	CREST COMPLETE TOOTHPASTE WITH SCOPE	5.4 OZ	$5
O100	234585	CREST COMPLETE TOOTHPASTE WITH SCOPE 2 PACK	5.4 OZ	$8
O103	246165	CREST TARTAR PROTECTION TOOTHPASTE	5.7 OZ	$3
O104	502119	GUM HEALTH TOOTHPASTE	4.1 OZ	$6
O105	452206	KID'S CREST FLUORIDE ANTICAVITY TOOTHPASTE	4.6 OZ	$4
O106 ★	369717	PARODONTAX TOOTHPASTE	3.4 OZ	$9
O107	368775	SENSITIVE TOOTHPASTE	3.4 OZ	$6
O108	307117	SENSITIVE TOOTHPASTE EXTRA WHITENING	4 OZ	$6
O109 ★	414261	SENSODYNE PRONAMEL TOOTHPASTE	4 OZ	$9
O111 ★	201228	SENSODYNE TOOTHPASTE	4 OZ	$9
WHITENING KITS				
O116	942304	CREST WHITENING STRIPS	10 CT	$25
O117	857242	TEETH WHITENING PEN	1 CT	$12
PAIN RELIEVERS				
ACETAMINOPHEN				
P1	301424	ACETAMINOPHEN 325MG TABLETS	100 CT	$8
P2	686584	ACETAMINOPHEN 500MG CAPLETS	24 CT	$5
P3	371914	ACETAMINOPHEN 500MG CAPLETS	100 CT	$9
P4	879536	ACETAMINOPHEN 500MG CAPLETS	225 CT	$14
P5	317581	ACETAMINOPHEN 500MG GELCAPS	100 CT	$10
P6	317583	ACETAMINOPHEN 500MG GELCAPS	50 CT	$7
P7	695051	ACETAMINOPHEN 500MG LIQUID CHERRY	8 OZ	$8
P8	132704	ACETAMINOPHEN 500MG TABLETS	100 CT	$9

UPC	SKU	DESCRIPTION	SIZE	PRICE
P9	199239	ARTHRITIS PAIN RELIEF 650MG CAPLETS	24 CT	$6
P10	193588	ARTHRITIS PAIN RELIEF 650MG CAPLETS	100 CT	$10
P11	154641	TYLENOL EXTRA STRENGTH CAPLETS 500MG	24 CT	$6
APOTHECARY				
P18	460706	4-A-DAY WEEKLY PILL CASE	1 CT	$12
P19	715123	7-DAY PILL BOX	1 CT	$2
P20	217709	AM/PM PILL CASE	1 CT	$2
P21	869091	PILL CRUSHER	1 CT	$11
P22	460696	TABLET CUTTER	1 CT	$7
P23	715130	WEEKLY AM/PM PILL PLANNER	1 CT	$10
ASPIRIN				
P28	152314	ASPIRIN 325MG TABLETS	100 CT	$6
P29	695034	BACK AND BODY EXTRA STRENGTH CAPLETS	100 CT	$10
BACK/LEG ANALGESICS				
P34	389200	NERVIVE NERVE RELIEF TABLETS	30 CT	$28
DICLOFENAC				
P39	441099	PAIN RELIEVER GEL	3.5 OZ	$15
HEADACHE/MIGRAINE				
P44	906001	EXCEDRIN MIGRAINE RELIEF	100 CT	$16
P45	109017	HEADACHE RELIEF CAPLETS	100 CT	$11
P46	185226	MIGRAINE RELIEF CAPLETS	24 CT	$5
HEART HEALTH				
P51	547802	ASPIRIN 81MG CHEWABLE TABLETS ORANGE	36 CT	$2
P52	126148	ASPIRIN 81MG CHEWABLE TABLETS ORANGE	108 CT	$8
P53	419423	ASPIRIN 81MG TABLETS	32 CT	$3
P54	230268	ASPIRIN 81MG TABLETS	120 CT	$7
P55	346248	ASPIRIN 81MG TABLETS	200 CT	$10
P56	126623	ASPIRIN 81MG TABLETS	300 CT	$12
P57	271531	ASPIRIN 81MG TABLETS	500 CT	$15
P58	695200	BAYER ASPIRIN 81MG TABLETS	300 CT	$18
IBUPROFEN				
P63	164020	ADVIL 200MG TABLETS	50 CT	$9
P65	144778	IBUPROFEN 200MG CAPLETS	100 CT	$9
P66	374714	IBUPROFEN 200MG MINI SOFTGELS	80 CT	$9
P67	306397	IBUPROFEN 200MG SOFTGELS	80 CT	$9
P68	213634	IBUPROFEN 200MG SOFTGELS	160 CT	$15
P70	371948	IBUPROFEN 200MG TABLETS	50 CT	$5
P71	713233	IBUPROFEN 200MG TABLETS	200 CT	$15
P72	923748	IBUPROFEN 200MG TABLETS	500 CT	$20
NAPROXEN				
P77 ★	695196	ALEVE 220MG CAPLETS	90 CT	$15
P78	483469	ALEVE 220MG TABLETS	50 CT	$10

UPC	SKU	DESCRIPTION	SIZE	PRICE
P79	263652	NAPROXEN SODIUM 220MG CAPLETS	90 CT	$11
P80	299470	NAPROXEN SODIUM 220MG TABLETS	24 CT	$5
P81	299472	NAPROXEN SODIUM 220MG TABLETS	50 CT	$8
P82	879445	NAPROXEN SODIUM 220MG TABLETS	200 CT	$16
P83	340744	NAPROXEN SODIUM 220MG TABLETS BACK AND MUSCLE PAIN	24 CT	$5
PMS				
P88	456231	MENSTRUAL PAIN RELIEF	24 CT	$7
SLEEP AIDS				
P94	245414	ACETAMINOPHEN PM 500MG CAPLETS	24 CT	$5
P95	124886	ACETAMINOPHEN PM 500MG CAPLETS	100 CT	$10
P96	475817	IBUPROFEN PM 200MG CAPLETS	20 CT	$5
P97	263674	MELATONIN 10MG CAPSULES	120 CT	$18
P98	268542	MELATONIN 10MG GUMMIES STRAWBERRY	60 CT	$14
P99	376137	MELATONIN 10MG TABLETS	60 CT	$11
P100	892422	MELATONIN 12MG TABLETS	90 CT	$15
P101	419642	MELATONIN 3MG TABLETS	120 CT	$12
P102	343538	MELATONIN 5MG GUMMIES STRAWBERRY	60 CT	$11
P103	866534	MELATONIN 5MG TABLETS	90 CT	$9
P104	454600	MELATONIN 5MG TABLETS	120 CT	$11
P105	374425	NAPROXEN SODIUM PM CAPLETS	20 CT	$6
P106	918867	SLEEP-AID 25MG SOFTGELS	24 CT	$9
P107	960108	SLEEP-AID 25MG TABLETS	96 CT	$16
P108	933380	SLEEP-AID 50MG LIQUID BERRY	6 OZ	$6
P109	918861	SLEEP-AID 50MG LIQUID BERRY	12 OZ	$9
P110	864199	SLEEP-AID 50MG SOFTGELS	32 CT	$9
P111	222633	SLEEP-AID 50MG SOFTGELS	200 CT	$30
P112	882205	VICKS ZZZQUIL NIGHTTIME SLEEP-AID LIQUICAPS	24 CT	$12
P113	882207	VICKS ZZZQUIL NIGHTTIME SLEEP-AID LIQUID WARMING BERRY	12 OZ	$12
P114	233770	VICKS ZZZQUIL PURE ZZZS GUMMIES WILDBERRY VANILLA	48 CT	$20
PERSONAL CLEANSING				
BODY WASH				
P119	103571	AVEENO SKIN RELIEF BODY WASH FRAGRANCE FREE	12 OZ	$10
P122	448047	NIVEA MEN'S SENSITIVE BODY WASH	16.9 OZ	$6
P123	264733	SENSITIVE SKIN BODY WASH	22 OZ	$7
HAND SANITIZER				
P130	669862	PURELL HAND SANITIZER	4 OZ	$5
SOAP				
P137	809971	IVORY BAR SOAP 10 PACK	3.1 OZ	$10
P138	485926	SOFTSOAP LIQUID HAND SOAP	7.5 OZ	$3
TALCUMS/DUST POWDER				
P143	227230	MEDICATED BODY POWDER	10 OZ	$7



Healthy Sleep Habits: Let's Get Better Sleep!

Are you ready to sleep better? Follow these easy tips to create healthy sleep habits and wake up feeling great!

- Stick to a Schedule: Go to bed and wake up at the same time every day, even on weekends. Your body will love it!
- Create a Relaxing Bedtime Routine: Do calming things like reading or stretching before bed to help you relax.
- Limit Screen Time Before Bed: Put away your phones and tablets at least 1 hour before sleep. This helps your body get ready for bed.
- Make Your Bedroom Sleep-Friendly: Keep your room cool, quiet, and dark for the best sleep.
- Limit Caffeine and Alcohol: Don't drink caffeine in the afternoon and try not to use alcohol to help you sleep.
- Avoid Large Meals Before Bed: Eat light meals in the evening to help your body rest.
- Get Sunlight During the Day: Spend time outside to help your body know when it's time to be awake.
- Exercise Regularly: Move your body to stay healthy, but finish exercising a few hours before bedtime.
- Limit Naps: If you nap, keep it short—under 30 minutes—and don't nap too late in the day.
- Use Your Bed Only for Sleep and Relaxing: This helps your brain remember that your bed is for sleeping.

Now it's your turn! Start using these tips tonight and enjoy better sleep. Sweet dreams are waiting for you!

For more information, visit

UPC	SKU	DESCRIPTION	SIZE	PRICE
READING GLASSES				
R1 🚚	592158	READERS +1.50 - ASSORTED	1 CT	$20
R2 🚚	583101	READERS +1.50 - BLACK	1 CT	$14
R3 🚚	712934	READERS +2.00 - ASSORTED	1 CT	$20
R4 🚚	630719	READERS +2.00 - BLACK	1 CT	$14
R5 🚚	923978	READERS +2.50 - ASSORTED	1 CT	$20
R6 🚚	604172	READERS +2.50 - BLACK	1 CT	$14
R7 🚚	600741	READERS +2.75 - ASSORTED	1 CT	$20
R8 🚚	706600	READERS +2.75 - BLACK	1 CT	$14
R9 🚚	639298	READERS +3.25 - ASSORTED	1 CT	$20
R10 🚚	632602	READERS +3.25 - BLACK	1 CT	$14
SHAVING NEEDS				
DISPOSABLE RAZORS				
S1 ★	235378	GILLETTE SENSOR 3 DISPOSABLE RAZORS	4 CT	$9
S2 ★	313622	GILLETTE WOMEN'S SENSITIVE DISPOSABLE RAZORS	3 CT	$10
S3	995726	MEN'S DISPOSABLE RAZORS	12 CT	$7
SHAVE CREAMS				
S29	103655	GILLETTE MEN'S FOAMY SHAVE CREAM	11 OZ	$4
SUNCARE				
AFTER SUN/BURN				
S114	985326	AFTERSUN ALOE VERA GREEN GEL	20 OZ	$7
GENERAL PROTECTION SKIN				
S119	401537	CHILDREN'S CLEAR SPRAY SUNSCREEN SPF 50	6 OZ	$9
S120	197863	COPPERTONE BABY TEAR FREE SUNSCREEN SPF 50	6 OZ	$13
S123	822572	SPORT SUNSCREEN SPF 100 CONTINUOUS SPRAY	5.5 OZ	$10
S124	478059	SPORT SUNSCREEN SPF 50 CONTINUOUS SPRAY	6 OZ	$9
S125	794661	SPORT SUNSCREEN SPF 70 CONTINUOUS SPRAY	6 OZ	$10
S128	478041	ULTRA SHEER SUNSCREEN LOTION SPF 55	3 OZ	$10
VITAMINS				
HERBAL SUPPLEMENTS				
V2	432062	BLACK ELDERBERRY GUMMIES	60 CT	$20
V3 ‡	710802	CINNAMON 1000MG CAPSULES	180 CT	$16
V4 ‡	305663	CRANBERRY 500MG CAPSULES	60 CT	$18
V5 ‡	277439	FLAXSEED OIL 1000MG SOFTGELS	250 CT	$23
V7 ‡	305315	GINGER ROOT 550MG CAPSULES	100 CT	$17
V8 ‡	273799	SAW PALMETTO 450MG CAPSULES	250 CT	$32
V10 ‡	337711	TURMERIC CURCUMIN 500MG CAPSULES	60 CT	$10
MINERALS				
V16 ‡	889908	CALCIUM 500MG + D3 25MCG GUMMIES	50 CT	$13
V17 ‡	287250	CALCIUM 500MG + D3 25MCG GUMMIES	60 CT	$13
V20 ‡	145485	CALCIUM CITRATE + D3 TABLETS	120 CT	$15
V21 ‡	244798	CALCIUM MAGNESIUM + ZINC TABLETS	100 CT	$5
V23 ‡	246181	MAGNESIUM 250MG CAPLETS	100 CT	$5

❶ 1 PER YEAR 🚚 HOME DELIVERY ONLY ‡ DUAL-PURPOSE ITEM ★ IN STORE ONLY

UPC	SKU	DESCRIPTION	SIZE	PRICE
V27 ‡	250191	POTASSIUM GLUCONATE 650MG CAPLETS	100 CT	$7
V29 ‡	965748	TRIPLE MAGNESIUM COMPLEX CAPSULES	120 CT	$10
MULTI VITAMINS				
V35 ‡	808702	CHILDREN'S MULTIVITAMIN GUMMIES	70 CT	$7
V36 ‡	460133	HAIR, SKIN & NAILS CAPLETS	60 CT	$14
V37 ‡	928914	HAIR, SKIN & NAILS CAPLETS	200 CT	$27
V38 ‡	797751	LUTEIN 40MG SOFTGELS	30 CT	$24
V39 ‡	448404	MEN'S 50+ ADVANCED MULTIVITAMIN TABLETS	65 CT	$8
V40 ‡	378592	MEN'S MULTIVITAMIN	120 CT	$12
V41 ‡	460687	NATURAL LUTEIN 20MG SOFTGELS	60 CT	$16
V42 ‡	459960	ONE DAILY WOMEN'S 50 PLUS ADVANCED VITAMIN	100 CT	$11
V43 ‡	255042	ONE DAILY WOMEN'S FORMULA VITAMIN	100 CT	$10
V44 ‡	252577	PRENATAL VITAMIN TABLETS	100 CT	$12
V46 ‡	448393	WOMEN'S 50+ ADVANCED MULTIVITAMIN TABLETS	65 CT	$8
V47 ‡	378615	WOMEN'S MULTIVITAMIN	120 CT	$11
SUPPLEMENTS				
V53 ‡	592601	5-FUNCTION BRAIN HEALTH SOFTGELS	30 CT	$28
V54 ‡	632558	6-FUNCTION BRAIN HEALTH SOFTGELS	30 CT	$40
V60	714451	COGNITIVE HEALTH EXTRA STRENGTH CAPSULES	30 CT	$35
V61 ‡	271097	COLLAGEN + VITAMIN C TABLETS	120 CT	$13
V62 ‡	184708	COQ-10 100MG SOFTGELS	45 CT	$27
V63 ‡	710797	COQ-10 200MG SOFTGELS	108 CT	$54
V64 ‡	459957	COQ-10 400MG SOFTGELS	39 CT	$49
V65 ‡	122869	COQ-10 50MG SOFTGELS	45 CT	$12
V66	357343	FISH OIL 1000MG SOFTGELS	120 CT	$13
V67 ‡	849036	FISH OIL 1000MG SOFTGELS	200 CT	$16
V68 ‡	366732	FISH OIL 1200MG SOFTGELS	200 CT	$20
V69 ‡	349455	GLUCOSAMINE CHONDROITIN + D3 CAPLETS	100 CT	$33
V70 ‡	145514	GLUCOSAMINE CHONDROITIN REGULAR STRENGTH TABLETS	150 CT	$27
V71 ‡	166790	GLUCOSAMINE CHONDROITIN TRIPLE STRENGTH CAPLETS	80 CT	$33
V72 ‡	247303	GLUCOSAMINE CHONDROITIN TRIPLE STRENGTH CAPLETS	120 CT	$43
V73 ‡	451093	GLUCOSAMINE CHONDROITIN TRIPLE STRENGTH CAPLETS	240 CT	$68
V74 ‡	247302	GLUCOSAMINE CHONDROITIN WITH MSM DOUBLE STRENGTH TABLETS	90 CT	$31
V77 ★	181022	NEURIVA BRAIN PERFORMANCE CAPSULES	30 CT	$35
V79 ‡	308698	OMEGA-3 FISH OIL ENHANCED WITH KRILL OIL 500MG SOFTGELS	80 CT	$35
V80 ‡	717912	OMEGA-3 KRILL OIL 350MG ANTARCTIC PURE SOFTGELS	60 CT	$26
V81 ‡	870668	OMEGA-3 KRILL OIL 500MG ANTARCTIC PURE SOFTGELS	45 CT	$28
V82 ‡	888292	PREVAGEN REGULAR STRENGTH CAPSULES	30 CT	$43
V83 ‡	382098	PROSTATE MAX+ CAPLETS	60 CT	$27
V84 ‡	968084	QUNOL ULTRA COQ-10 100MG SOFTGELS	30 CT	$28
V85 ‡	968085	QUNOL ULTRA COQ-10 100MG SOFTGELS	60 CT	$45

Take Charge of Your Healthy Pregnancy Today!

Taking care of yourself and your baby is super important!

Here's How You Can Do It

- **Keep Your Appointments:** Regular check-ups are key! We can help you find a doctor or get to your visits.
- **Avoid Alcohol and Smoking:** It's important to stay away from these for your baby's health.
- **Need Support?** If you've had issues with drugs or alcohol, your doctor is here to help.
- **Eat Well:** A balanced diet is essential for you and your little one!
- **Stay Active:** Talk to your doctor about safe exercises during your pregnancy.
- **Create a Birth Plan:** Let's make sure your delivery goes the way you want!
- **Post-Delivery Care:** Check in with your doctor about follow-up visits after your baby arrives.

Take Care of Your Smile While Pregnant!



Dental care is safe and important during pregnancy.

- See a dentist as early in your pregnancy as possible.
- Brush your teeth twice a day with fluoridated toothpaste and floss once a day.
- Choose healthy snacks and avoid foods and drinks with sugar.
- Drink fluoridated tap water to keep your teeth strong.

Changes in your body can affect your mouth, and a healthy mom helps a healthy baby! Germs from tooth infections can be passed to your child.

If you're pregnant and need a dentist, reach out to us! You have dental benefits at no cost. Let's keep your smile bright

Know the Urgent Maternal Warning Signs!

If you experience any of these symptoms, seek help right away:

- Headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about hurting yourself or your baby
- Changes in your vision
- Fever
- Trouble breathing
- Chest pain or fast-beating heart
- Severe belly pain that doesn't go away
- Severe nausea and throwing up (not like morning sickness)
- Baby's movements stopping or slowing during pregnancy
- Vaginal bleeding or fluid leaking during or after pregnancy
- Swelling, redness, or pain of your leg
- Extreme swelling of your hands or face
- Overwhelming tiredness

Your health matters - don't hesitate to reach out for help!

Want to Learn More? Check Out HEAR HER TEXAS!



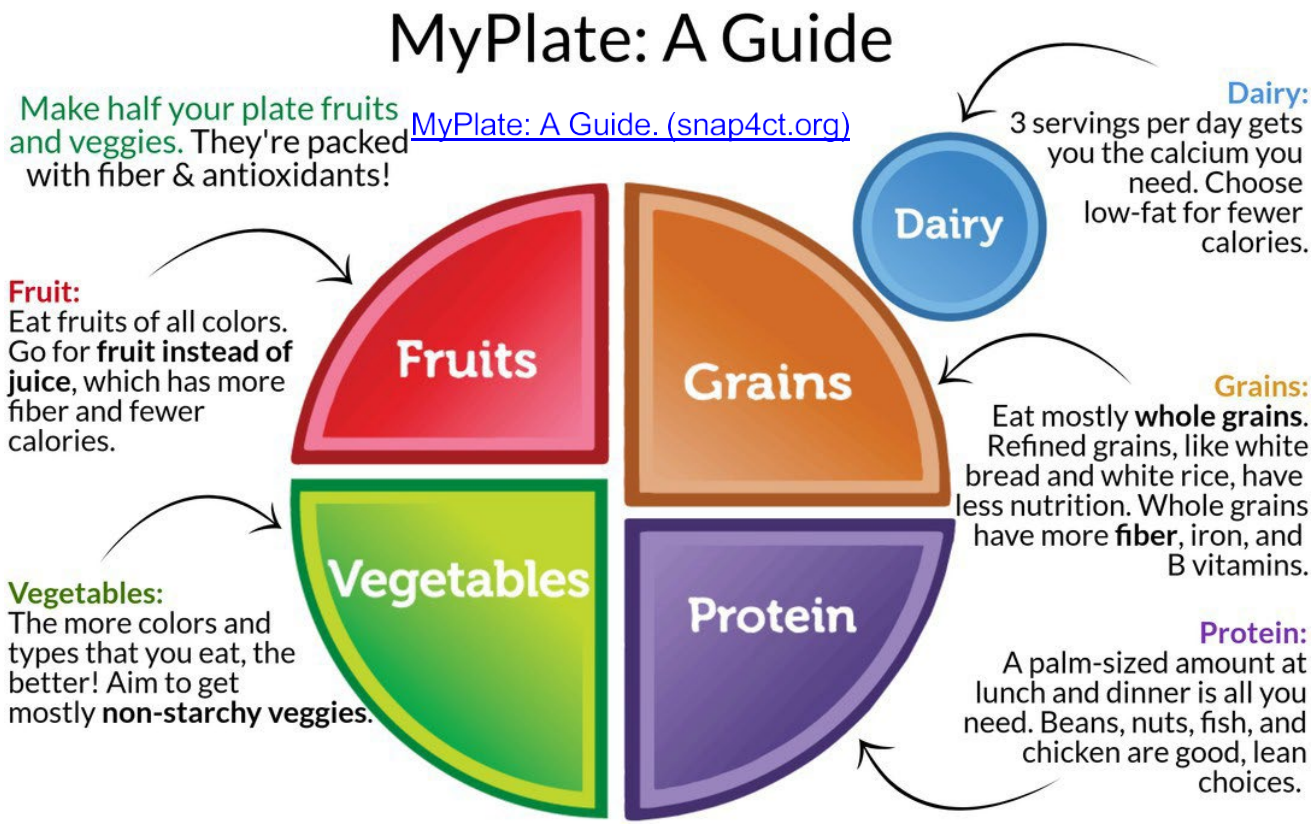
UPC	SKU	DESCRIPTION	SIZE	PRICE
VITAMIN A/ D/ K				
V96 ‡	162640	VITAMIN D3 10,000IU SOFTGELS	60 CT	$16
V97 ‡	346754	VITAMIN D3 1000IU SOFTGELS	100 CT	$10
V98 ‡	695912	VITAMIN D3 1000IU SOFTGELS	300 CT	$17
V99 ‡	710787	VITAMIN D3 2000IU SOFTGELS	100 CT	$10
V100 ‡	717911	VITAMIN D3 5000IU SOFTGELS	100 CT	$14
VITAMIN B				
V108 ‡	933919	B-12 5000MCG MICROLOZENGES CHERRY	30 CT	$14
V109 ‡	343572	B-12 5000MCG MICROTABLETS	100 CT	$16
V111 ‡	965747	BIOTIN 10,000MCG SOFTGELS	60 CT	$15
V112 ‡	931260	BIOTIN 5000MCG TABLETS	150 CT	$23
V113 ‡	300258	FOLIC ACID 800MCG TABLETS	100 CT	$4
V114 ‡	145626	SUPER B COMPLEX WITH VITAMIN C CAPLETS	100 CT	$14
V115 ‡	300260	SUPER B COMPLEX WITH VITAMIN C CAPLETS	300 CT	$31
VITAMIN C				
V120 ‡	973804	AIRSHIELD ADULT IMMUNITY GUMMY	42 CT	$13
V121 ‡	446547	AIRSHIELD IMMUNITY GUMMIES	63 CT	$17
VITAMIN E				
V132 ‡	243204	VITAMIN E 1000IU SOFTGELS	50 CT	$18

IMPORTANT: Item list is subject to change. In the event an item is out of stock, an item of similar or greater value will be substituted in your order. If an item is recalled by the manufacturer for any reason, it will be removed from the product offering immediately.

Make Healthy Choices with MyPlate!

- Get your nutrients from foods and drinks.
- Drink water when you're thirsty.
- Try different foods from each group.
- Watch your portion sizes.
- Eat and drink less salt, fat, and sugar.

Let's build a healthier plate together!



Shift your sweet tooth

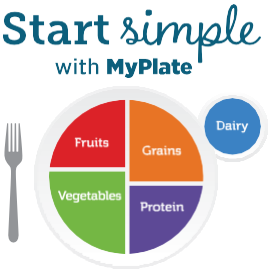
Choose foods with little or no added sugars and drink water or unsweetened sparkling water in place of soda or juice. Fruits are naturally sweet and packed with nutrients.





Go easy on the salt

Choose fresh foods when possible or low sodium packaged foods. Add flavor to foods with spices and skip the saltshaker at the table.



Healthy Snacking With MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.



Prep ahead

Portion snack foods into reusable containers when you get home from the store so they're ready to grab-and-go.



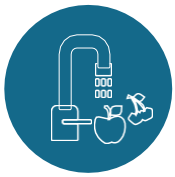
Make it a combo

Use the food groups to build a satisfying snack: yogurt and berries, apple with nut butter, or whole-grain crackers with turkey and avocado.



Eat vibrant vegetables

Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.



Wash and enjoy

Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.



Stock your fridge

Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.

DGA Dietary Guidelines for Americans

Go to MyPlate.gov for more information.
USDA is an equal opportunity provider, employer, and lender.

The benefits of healthy eating add up over time, bite by bite.

FNS-905-12
March 2022

MyPlate Food Categories

UPC	SKU	DESCRIPTION	SIZE	PRICE
BEVERAGES				
ISOTONICS				
G1 ★	332710	ELECTROLYTE MAX ELECTROLYTE SOLUTION, BERRY FROST	33.8 OZ	$4
G2 ★	652138	ELECTROLYTE MAX ELECTROLYTE SOLUTION, CHERRY POMEGRANATE	33.8 OZ	$4
DAIRY				
ALTERNATIVE MILK				
G24 ★	910410	ALMOND BREEZE ALMOND VANILLA 64OZ UNSW	64 OZ	$7
G27 ★	457605	HORIZON ORGANIC WHOLE MILK HIGH VITAMIN D (1/2 GALLON)	1 CT	$7
G28 ★	727846	LACTAID 100% LACTOSE FREE WHOLE MILK (1/2 GALLON)	64 OZ	$7
G29 ★	629862	LACTAID-REDUCED FAT	64 OZ	$7
EGGS				
G49 ★	339062	NELLIE'S EGGS FREE RANGE LARGE GRADE A BROWN (1 DOZEN)	12 CT	$7
MILK GALLONS				
G54 ★	666891	PRODUCERS DAIRY 2% REDUCED FAT MILK (1 GALLON)	128 OZ	$7
G55 ★	663864	PRODUCERS DAIRY WHOLE MILK (1 GALLON)	128 OZ	$7
MILK HALF GALLONS				
G60 ★	666628	PRODUCERS DAIRY 2% REDUCED FAT MILK (1/2 GALLON)	64 OZ	$4
G61 ★	664235	PRODUCERS DAIRY WHOLE MILK (1/2 GALLON)	64 OZ	$4
FRESH & FROZEN FOODS				
BREAD & PASTRY				
G76 ★	486150	BAKER'S CHOICE 100% WHOLE WHEAT BREAD SLICED	16 OZ	$4
G77 ★	456573	BAKER'S CHOICE WHITE BREAD SLICED	16 OZ	$4
GROCERY				
BAKING NEEDS				
G98	721552	GRANULATED SUGAR	60 OZ	$5
G100	351798	ORGANIC RAW HONEY	12 OZ	$10
G101	698060	PANCAKE SYRUP	12 OZ	$4
BREAKFAST				
G108	845296	FIBER ONE CHOCOLATE FUDGE BROWNIES	0.89 OZ	$5
G109 ★	703277	GENERAL MILLS CHEERIOS CEREAL	8.9 OZ	$7
G110 ★	731695	GENERAL MILLS HONEY NUT CHEERIOS CEREAL	10.8 OZ	$7
G111	703276	GENERAL MILLS HONEY NUT CHEERIOS CEREAL	18.8 OZ	$8
G112 ★	465994	GENERAL MILLS MULTI GRAIN CHEERIOS CEREAL	12 OZ	$7
G113	706276	GREAT GRAINS RAISINS, DATES & PECANS	16 OZ	$8
G114 ★	273722	KELLOGG'S CORN FLAKES BREAKFAST CEREAL	9.6 OZ	$6
G115 ★	742904	KELLOGG'S NUTRI-GRAIN SOFT BAKED BREAKFAST BARS, APPLE CINNAMON	1.3 OZ	$5
G116 ★	813568	KELLOGG'S NUTRI-GRAIN SOFT BAKED BREAKFAST BARS, BLUEBERRY	1.3 OZ	$5
G117 ★	795971	KELLOGG'S NUTRI-GRAIN SOFT BAKED BREAKFAST BARS, STRAWBERRY	1.3 OZ	$5
G118 ★	541607	KELLOGG'S POP-TARTS FROSTED TOASTER PASTRIES, BROWN SUGAR CINNAMON	13.5 OZ	$4

UPC	SKU	DESCRIPTION	SIZE	PRICE
G119 ★	545012	KELLOGG'S POP-TARTS FROSTED TOASTER PASTRIES, STRAWBERRY	13.5 OZ	$4
G120	674195	KELLOGG'S RAISIN BRAN BREAKFAST CEREAL	24 OZ	$8
G121	196977	KELLOGG'S SPECIAL K PASTRY CRISP BARS, STRAWBERRY	0.88 OZ	$4
G122 ★	184524	KELLOGG'S SPECIAL K RED BERRIES BREAKFAST CEREAL	11.7 OZ	$6
G124	489497	KIND FAMILY PACK GRANOLA, OATS AND HONEY	17 OZ	$12
G125	480879	KIND FAMILY PACK GRANOLA, PEANUT BUTTER	17 OZ	$12
G126	380353	KIND MINIS, DARK CHOCOLATE NUTS & SEA SALT	0.7 OZ	$10
G127	827616	KIND THINS BARS - CARAMEL, ALMOND AND SEA SALT	0.74 OZ	$11
G128	337762	KIND THINS, DARK CHOCOLATE NUTS & SEA SALT	0.74 OZ	$12
G129	792956	KIND THINS, PEANUT BUTTER DARK CHOCOLATE	0.74 OZ	$12
G130	875732	LARABAR BARS, PEANUT BUTTER CHOCOLATE CHIP	1.6 OZ	$9
G132	184498	NATURE VALLEY GRANOLA BARS OATS 'N HONEY	1.49 OZ	$5
G133	381155	NATURE VALLEY PROTEIN CHEWY BARS - PEANUT BUTTER DARK CHOCOLATE	1.42 OZ	$11
G134	319424	NATURE VALLEY SWEET & SALTY GRANOLA BARS - ALMOND	1.2 OZ	$5
G135	230874	NATURE VALLEY SWEET & SALTY GRANOLA BARS - DARK CHOCOLATE, PEANUT & ALMOND	1.24 OZ	$5
G136	961245	NATURE VALLEY SWEET & SALTY GRANOLA BARS - PEANUT	1.2 OZ	$5
G137	237356	NATURE VALLEY TRAIL MIX BARS FRUIT & NUT	1.2 OZ	$5
G139	106274	POST HONEY BUNCHES OF OATS HONEY ROASTED CEREAL	12 OZ	$6
G140	198594	POST HONEY BUNCHES OF OATS WITH ALMONDS	14.5 OZ	$6
CANNED VEGETABLES				
G148 ★	402197	BUSH'S ORIGINAL BAKED BEANS	16 OZ	$3
CANNED/DRIED FRUIT				
G158	184552	MOTT'S ORIGINAL APPLE SAUCE	4 OZ	$5
G159	387813	WELCH'S MIXED FRUIT FLAVORED FRUIT SNACKS POUCHES	0.8 OZ	$8
COFFEE/TEA				
G164	383713	BIGELOW HERBAL TEA BAGS WITH PROBIOTICS - LEMON GINGER	18 CT	$4
G166	502187	COFFEEMATE POWDERED COFFEE CREAMER	16 OZ	$6
G169	433439	DUNKIN' DONUTS GROUND COFFEE ORIGINAL BLEND MEDIUM ROAST	12 OZ	$12
G170	467031	DUNKIN' DONUTS K-CUP PODS - ORIGINAL MEDIUM ROAST	12 OZ	$12
G171 ★	479729	DUNKIN DONUTS K-CUP PODS ORIGINAL BLEND ROAST COFFEE MEDIUM	10 CT	$11
G174	354531	FOLGERS INSTANT COFFEE CRYSTALS CLASSIC ROAST	8 OZ	$9
G179	370694	MAXWELL HOUSE GROUND COFFEE - DECAF	29.3 OZ	$21
G180	577850	MAXWELL HOUSE GROUND COFFEE - MEDIUM ROAST	30.6 OZ	$22
G181	861983	MAXWELL HOUSE GROUND COFFEE WAKE UP ROAST	30.6 OZ	$17
G182	479687	MAXWELL HOUSE GROUND INSTANT COFFEE - MEDIUM ROAST	8 OZ	$11
G183	442624	MAXWELL HOUSE INSTANT COFFEE - ORIGINAL	8 OZ	$9
G192	947379	TWININGS HERBAL TEA BAGS - LEMON AND GINGER	20 CT	$5
G193	429571	TWININGS OF LONDON 100% PURE BLACK TEA BAGS	20 CT	$5

UPC	SKU	DESCRIPTION	SIZE	PRICE
CONDIMENTS				
G204	183342	ORGANIC APPLE CIDER VINEGAR	32 OZ	$5
DESSERTS				
G209 ★	240972	WELCH'S FRUIT SNACKS MIXED FRUIT	0.8 OZ	$5
DRY GROCERY				
G215	354757	JIF CREAMY PEANUT BUTTER	16 OZ	$4
G216	107300	MINUTE INSTANT WHITE RICE	14 OZ	$4
G217	517573	SKIPPY CREAMY PEANUT BUTTER	16.3 OZ	$4
ETHNIC FOOD				
G224	190136	NUTELLA HAZELNUT SPREAD W/ SKIM MILK & COCOA	13 OZ	$5
HEAT & SERVE				
G229	105685	DINTY MOORE BEEF STEW	20 OZ	$5
G230	962359	KRAFT MACARONI & CHEESE BIG CUP	4.1 OZ	$3
G232	969600	SPAM CLASSIC	12 OZ	$5
G233	492541	SPAM LITE	12 OZ	$5
G234	190903	UNCLE BEN'S ORIGINAL READY RICE, JASMINE	8.5 OZ	$4
MISCELLANEOUS				
G264 ★	193128	EXTRA VIRGIN OLIVE OIL	17 OZ	$10
G265 ★	957771	FRATELLI MANTOVA COOKING SPRAY 100% PURE CANOLA OIL	5 OZ	$5
G267	183318	ORGANIC EXTRA VIRGIN COCONUT OIL	14 OZ	$11
PASTA/SAUCE				
G272	542007	BARILLA PENNE PASTA	16 OZ	$3
G273	409739	BARILLA ROTINI PASTA	16 OZ	$3
G274	273598	BARILLA SPAGHETTI	16 OZ	$3
SHELF STABLE SEAFOOD				
G281	432544	BUMBLE BEE TUNA SALAD WITH CRACKERS	3.5 OZ	$3
SOUP				
G287 ★	701793	CAMPBELL'S CHUNKY CHICKEN NOODLE SOUP	18.6 OZ	$4
G288 ★	730630	CAMPBELL'S CHUNKY CLASSIC CHICKEN NOODLE SOUP	18.6 OZ	$4
G293 ★	403081	PROGRESSO RICH N HEARTY WHITE MEAT CHICKEN HOMESTLYE	19 OZ	$5
G294 ★	169968	PROGRESSO TRADITIONAL CHICKEN NOODLE SOUP	19 OZ	$5
G295	559194	SWANSON CHICKEN BROTH	32 OZ	$4
SUGAR SUBSTITUTE				
G315	195266	STEVIA IN THE RAW PACKETS	100 CT	$7
SNACKS				
COOKIES/CRACKERS				
S34	194708	CHEEZ-IT EXTRA TOASTY CHEESE CRACKERS	7 OZ	$4
S35	872556	CHEEZ-IT ORIGINAL CHEESE CRACKERS	7 OZ	$4
S36	204789	CHEEZ-IT ORIGINAL CHEESE CRACKERS	21 OZ	$8
S37	204210	CHEEZ-IT ORIGINAL CHEESE CRACKERS GRAB BAG	7 OZ	$4
S38	159574	CHEEZ-IT WHITE CHEDDAR CHEESE CRACKERS	7 OZ	$4
S39	588794	CLUB CRACKERS SNACK STACKS	12.5 OZ	$6

UPC	SKU	DESCRIPTION	SIZE	PRICE
S40	297868	CLUB ORIGINAL CRACKERS	13.7 OZ	$6
S43	339124	HONEY MAID HONEY GRAHAMS	14.4 OZ	$6
S45	252353	NABISCO FIG NEWTONS	6.5 OZ	$3
S46 ★	695734	NABISCO ORIGINAL WHEAT THINS	8.5 OZ	$5
S47	169490	NABISCO PREMIUM SALTINE CRACKERS	4 OZ	$3
S48 ★	850310	NABISCO PREMIUM SALTINE CRACKERS	13.6 OZ	$6
S49 ★	742956	NABISCO PREMIUM SALTINE CRACKERS	16 OZ	$6
S50	435537	RITZ ORIGINAL CRACKERS	3.47 OZ	$3
S51 ★	510568	RITZ ORIGINAL CRACKERS	11.8 OZ	$5
S52 ★	493508	RITZ ORIGINAL CRACKERS	13.7 OZ	$5
HEALTHY SNACKS				
S57	299668	HIGHKEY MINI COOKIES, CHOCOLATE CHIP	2 OZ	$5
S58	311551	HIPPEAS ORGANIC CHICKPEA PUFFS, VEGAN WHITE CHEDDAR FLAVORED	4 OZ	$5
S59	589280	LESSEREVIL ORGANIC POPCORN, HIMALAYAN GOLD	4.6 OZ	$5
S60	325352	LESSEREVIL ORGANIC POPCORN, HIMALAYAN PINK SALT	4.6 OZ	$5
S61	547370	QUINN CREAMY PEANUT BUTTER FILLED PRETZEL NUGGETS	7 OZ	$5
S62	403674	QUINN MAPLE ALMOND BUTTER FILLED PRETZEL NUGGETS	5 OZ	$5
NUTS				
S68	961793	BLUE DIAMOND ALMONDS, LIGHTLY SALTED	16 OZ	$12
SALTY SNACKS				
S88	228057	CLASSIC BLEND TRAIL MIX	8 OZ	$3
S89	958483	CLASSIC BLEND TRAIL MIX, VALUE SIZE	28 OZ	$10
S90	920705	DARK CHOCOLATE, FRUIT & NUT TRAIL MIX	6 OZ	$4
S91	102238	DAVID ORIGINAL SUNFLOWER SEEDS	5.25 OZ	$3
S92	880785	DRIED PHILIPPINE MANGOES	5 OZ	$8
S93	183574	DRIED PHILIPPINE MANGOES	10 OZ	$12
S95	966050	FRUIT & NUTTY PROBIOTIC TRAIL MIX	6 OZ	$4
S97	966054	OMEGA-3 TRAIL MIX	6 OZ	$4
S98	698754	OMEGA-3 TRAIL MIX	13 OZ	$8
S99	235393	PEANUT BUTTER LOVER'S TRAIL MIX	8 OZ	$5
S101	909324	SENSIBLE PORTIONS SEA SALT GARDEN VEGGIE STRAWS	5 OZ	$5
S103	304023	SNACK FACTORY PRETZEL CRISPS	7.2 OZ	$4
S104	995851	STRAWBERRY CRISPS	1 OZ	$5
S105	921948	SWEET & SALTY TRAIL MIX	10 OZ	$5

IMPORTANT: Item list is subject to change. In the event an item is out of stock, an item of similar or greater value will be substituted in your order. If an item is recalled by the manufacturer for any reason, it will be removed from the product offering immediately.

Get the Extra Help You Need for Your Period!

Aetna Better Health of Texas has you covered with certain over-the- counter period (menstrual) care products as part of your OTC benefit. You can get monthly care items like pads, tampons, cleansing wipes and more.



Take Care of You!

Don't forget to see your doctor each year for a checkup. They can help you with:

- How to get to a healthy weight and stay there
- How to manage your stress
- What to do if you plan to have children
- Disease screenings and treatments

Need Help?

We're here to help! You can reach us Monday to Friday from 8 AM to 5PM using the phone number on the back of your Aetna member ID card.

Period Promise

UPC	SKU	DESCRIPTION	SIZE	PRICE
ADULT CARE				
CARE & ACCESSORIES				
A21	458004	ADULT CARE WIPES	192 CT	$12
PADS				
A46	150744	WOMEN'S PROTECTIVE PADS, MAX LONG	39 CT	$13
A47	240487	WOMEN'S PROTECTIVE PADS, MODERATE	20 CT	$6
A48	535872	WOMEN'S PROTECTIVE PADS, MODERATE	66 CT	$13
PANTS				
A65	489350	WOMEN'S UNDERWEAR MAX, L	18 CT	$14
A67	489330	WOMEN'S UNDERWEAR MAX, S/M	20 CT	$14
A69	973821	WOMEN'S UNDERWEAR MAX, XL	16 CT	$14
EXTERNAL PAIN				
HOT COLD				
E4	215314	HEATING PAD EXTRA LONG	1 CT	$37
E5	215313	HEATING PAD STANDARD	1 CT	$30
TOPICAL ANALGESIC				
E74	957604	COLD AND HOT PATCHES	5 CT	$7
FEMININE CARE				
FULL SIZE PADS				
F37	927025	MAXI PADS LONG SUPER	42 CT	$5
F38	692443	MAXI PADS REGULAR	48 CT	$5
F39	127200	MAXI PADS WITH WINGS LONG SUPER	32 CT	$5
F40	842800	MAXI PADS WITH WINGS OVERNIGHT	36 CT	$6
F41	872912	ULTRA THIN PADS LONG SUPER	40 CT	$5
F42	836891	ULTRA THIN PADS WITH WINGS REGULAR	36 CT	$5
INTIMATE CLEANSING				
F47	289061	CLEANSING WIPES FLUSHABLE FRAGRANCE FREE	32 CT	$5
LUBRICANTS/MOISTURIZERS				
F53	418121	PERSONAL LUBRICANT	5.6 OZ	$9
MEDICATION				
F58	420684	AZO MAXIMUM STRENGTH TABLETS	12 CT	$10
F59	325394	CRANBERRY 450MG TABLETS	100 CT	$16
F60	318718	ITCH RELIEF VAGINAL CREME	1 OZ	$6
F62	740732	MENSTRUAL PMS RELIEF	32 CT	$7
F63	234554	URINARY PAIN RELIEF TABLETS	30 CT	$9
PREGNANCY TEST KITS				
F71	326808	PREGNANCY TEST	1 CT	$7

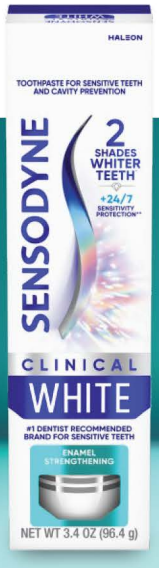
UPC	SKU	DESCRIPTION	SIZE	PRICE
SMALL SIZE PADS				
F77	470890	THINX FOR ALL MENSTRUAL BRIEFS BLACK L	1 CT	$19
F78	664121	THINX FOR ALL MENSTRUAL BRIEFS BLACK M	1 CT	$19
F79	625028	THINX FOR ALL MENSTRUAL BRIEFS BLACK S	1 CT	$19
F80	501914	THINX FOR ALL MENSTRUAL BRIEFS BLACK XL	1 CT	$19
TAMPONS				
F87	416639	TAMPONS MULTIPACK	34 CT	$8
HAIR CARE				
GROOMING				
H1	447036	CONAIR HAIR PICK	3 CT	$5
H2	516310	HAIR BRUSH	1 CT	$5
H4	226674	SHOWER CAPS	4 CT	$11
SHAMPOO/ CONDITIONER				
H26	970245	SCALP RELIEF SERUM	2.5 OZ	$9
PAIN RELIEVERS				
NAPROXEN				
P79	263652	NAPROXEN SODIUM 220MG CAPLETS	90 CT	$11
P83	340744	NAPROXEN SODIUM 220MG TABLETS BACK AND MUSCLE PAIN	24 CT	$5
PMS				
P88	456231	MENSTRUAL PAIN RELIEF	24 CT	$7
SLEEP AIDS				
P105	374425	NAPROXEN SODIUM PM CAPLETS	20 CT	$6

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❶ 1 PER YEAR 🚚 HOME DELIVERY ONLY ‡ DUAL-PURPOSE ITEM ★ IN STORE ONLY

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Clinically Proven **Pain Relief**



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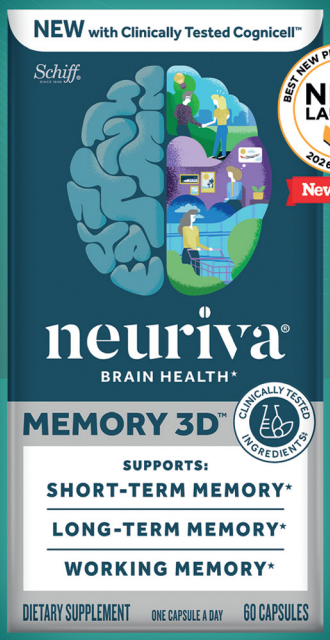


*Subject to health plan participation. Eligible items may vary. Item names are trademarked, with such trademarks owned by or licensed to the Haleon group. Products containing NSAIDs and/or Acetaminophen should not be taken together. Read label before use. Use products as directed. Trademarks are owned by or licensed to the Haleon group of companies. ©2025 Haleon group of companies. The items displayed are subject to plan availability and may vary.

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neuriva® MEMORY 3D

A CLEAR CHOICE FOR MEMORY SUPPORT



VS



Product is nominated for a 2026 Best New Product Award. Winners announced in early 2026.

✓ SUPPORTS SHORT-TERM MEMORY*	✗
✓ SUPPORTS LONG-TERM MEMORY*	✗
✓ & SUPPORTS WORKING MEMORY*	✗
✓ 3 PUBLISHED CLINICAL STUDIES ON INGREDIENTS‡	✗

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

‡Neurofactor® & Cognicell™ Neurofactor® products are covered by U.S. patents. Details found at FCpatent.com. Cognicell™ is used under license from Bionap S.r.l.

Health, Wellness, and Home OTC products at

NO ADDITIONAL COST[1]

EXTERNAL PAIN



SUPPLEMENTS



COLD REMEDIES



LAUNDRY



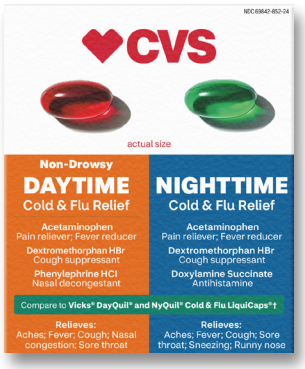
PERSONAL INTIMACY





[1]Exclusions apply. Plan eligibility and over-the-counter (OTC) items vary. The items displayed are subject to plan availability and may vary.

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Items purchased through this program may be reported back to the program sponsor for their operations and administration of the program.

OTC Health Solutions

CVS Flex Benefits™