



Over-the-Counter (OTC) Wellness Benefit

With this benefit, you can order nonprescription, health-related products from a catalog and have them delivered to your home at no cost to you.¹

Products include:

- Vitamins and minerals
- Allergy, cough, and cold remedies
- Antacids, laxatives, and stomach aids
- Pain relievers and fever reducers
- First aid kits, joint supports, and incontinence products
- Blood pressure monitors and thermometers
- Diabetic supplies such as compression stockings and sharps containers



To see an online catalog of products, visit kp.org/otc/wa.



To have a catalog sent to you, call **1-833-238-6618 (TTY 711)**, Monday through Friday, 7 a.m. to 5 p.m.

You can order up to your plan's benefit limit every quarter.

Kaiser Permanente Medicare Advantage (HMO) plan	Benefit limit ¹
Anchor plan – available in Skagit and Whatcom counties	\$75 per quarter
Harbor plan – available in Island, Skagit, and Whatcom counties	\$100 per quarter
Key plan – available in Island, King, Kitsap, Pierce, Snohomish, and Thurston counties	\$75 per quarter
Vital plan – available in King, Kitsap, Lewis, Pierce, Snohomish, and Thurston counties; certain ZIP codes in Grays Harbor and Mason counties ²	\$100 per quarter
Centennial plan – available in Spokane County	\$125 per quarter
Columbia plan – available in Spokane County	\$75 per quarter

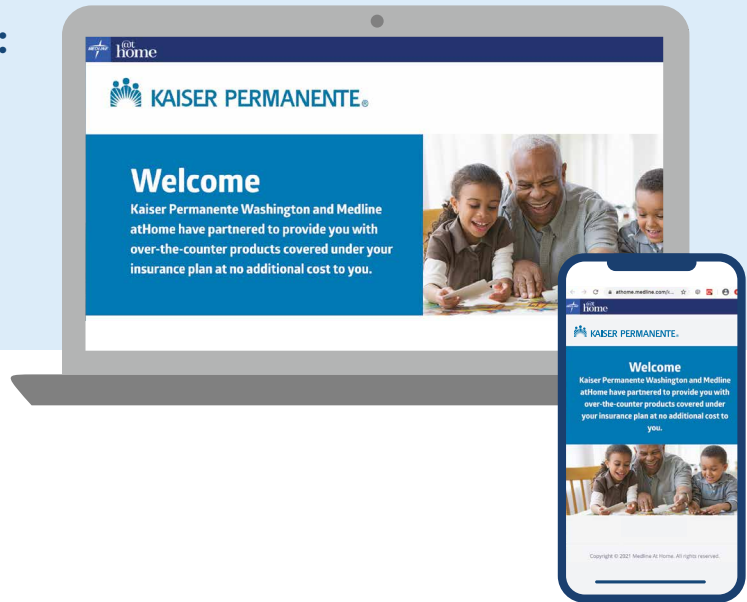
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It's easy to place an order:

Visit kp.org/otc/wa.

Call **1-833-238-6618** (TTY **711**),
Monday through Friday,
7 a.m. to 5 p.m.



¹The OTC quarterly benefit does not roll over to next quarter. Each order must be at least \$15 and must not exceed the benefit limit. Products must be ordered from kp.org/otc/wa or by calling 1-833-238-6618 (TTY 711), Monday through Friday, 7 a.m. to 5 p.m. Cash, checks, credit cards, or money orders are not accepted. Limitations and restrictions may apply.

²Grays Harbor County ZIP codes: 98541, 98557, 98559, and 98568; Mason County ZIP codes: 98524, 98528, 98546, 98548, 98555, 98584, 98588, and 98592

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

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