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M E D I C A R E  
A D V A N T A G E



myFlexCard  
G U I D E



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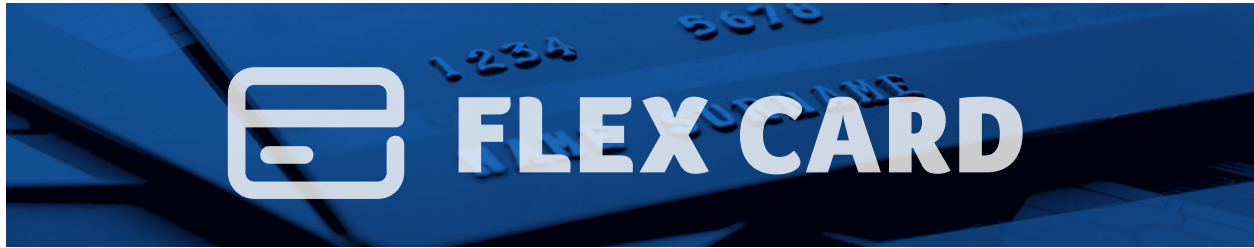
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**Flex Card Member Services:**

**(833) 952-2771 | Monday - Friday, 7 am - 7 pm (CST)**

Vantage Health Plan (Vantage) is an HMO with a Medicare contract. Enrollment in Vantage depends on contract renewal. For more information on Vantage Medicare Advantage Plan benefits, call Member Services at (866) 704-0109 or TTY 711, available from 8:00 a.m.–8:00 p.m. CST seven days a week between October 1 - March 31 and Monday - Friday between April 1 - September 30.

PayForward LLC is an independent company that administers the prepaid Flex Card benefits for Vantage Medicare Advantage.



Vantage provides members with a pre-paid Mastercard® debit card (Flex card). Dollars to be used (allowances) for eyewear, over-the-counter items, and healthy foods which may be covered by your plan are loaded onto your Flex card. Use your Flex card at participating nationwide chain retailers such as WalMart, Walgreens, Dollar General, Albertson's, Kroger, and CVS, as well as many local independent merchants. View balances, search for retail locations, view transactions, and shop for mail order over-the-counter items in the Vantage Member Portal. You can also call our Member Services team at **(833) 952-2771** for more information about your Flex card.

### EYEWEAR

Use your Flex card annual eyewear allowance to purchase glasses or contacts from participating eyewear providers and retailers. Eyewear Flex funds left over at the end of the year expire and do not carry over to the next year.

### OVER-THE-COUNTER (OTC) ITEMS

Use your Flex card quarterly allowance toward a wide range of health-related products available at physical retail locations or through our mail order options. OTC Flex funds left over at the end of the quarter expire and do not carry over to the next quarter.

### HEALTHY FOODS (DUAL PLUS PLAN ONLY)

Use your Flex card monthly allowance toward nutritious food items at any participating retailer. Healthy food Flex funds left over at the end of the month expire and do not carry over to the next month.



*The Vantage Flex MasterCard® Prepaid Card is issued by Stride Bank, N.A., Member FDIC, pursuant to license by MasterCard International."*



### ► **GETTING STARTED WITH FLEX CARD:**

Your Flex card will be mailed to you close to your coverage effective date. When you receive your card, please call **(833) 952-2771** to activate it. If you have trouble activating your card, call Member Services to help!

If you would like to view your card balances and transactions or shop for mail order over-the-counter items online, you will also need to register your Flex card account. Log in to your Vantage Member Portal and click the PayForward link to register for online access.

Keep your Flex card in a safe place! We'll load funds to your same card throughout the year.


### ► **HOW TO USE MY FLEX CARD**

Using your new Flex card is easy! Your Flex card is a Mastercard® debit card that can be swiped through a debit/credit card reader at participating retail locations. If you order OTC items over the phone through one of our mail order options, you will need to read your card numbers when calling in your order.

Depending on your plan's specific benefits, dollars are loaded into specific "benefit purses" like eyewear, OTC, or Healthy Foods. Funds designated for a specific benefit purse cannot be used to purchase products that belong to another benefit purse.

## REGISTER FOR VANTAGE FLEX ONLINE ACCESS


Once you have activated your Flex card, log in to your Vantage Member Portal by going to [Members.VantageHealthPlan.com](https://Members.VantageHealthPlan.com) and click the Vantage Flex link. From there, you will be able to register your Flex card using your date of birth and your Vantage Member ID (or the last 4 digits of your Flex card). In your Flex card account, you can create your username and password, update your mailing address information, and set your communication preferences.

	<b>Eyewear Benefit</b>	Current Balance: \$300
	<b>Over-the-Counter Benefit</b>	Current Balance: \$150
	<b>Healthy Foods Benefit</b>	Current Balance: \$100

### ► YOUR FLEX CARD HOME PAGE






Your home page allows you to see each of the Flex card benefit purses available to you (depending on your plan) as well as a link to the OTC catalog. Each of your Flex card benefit purses will display the current balance remaining in that purse.

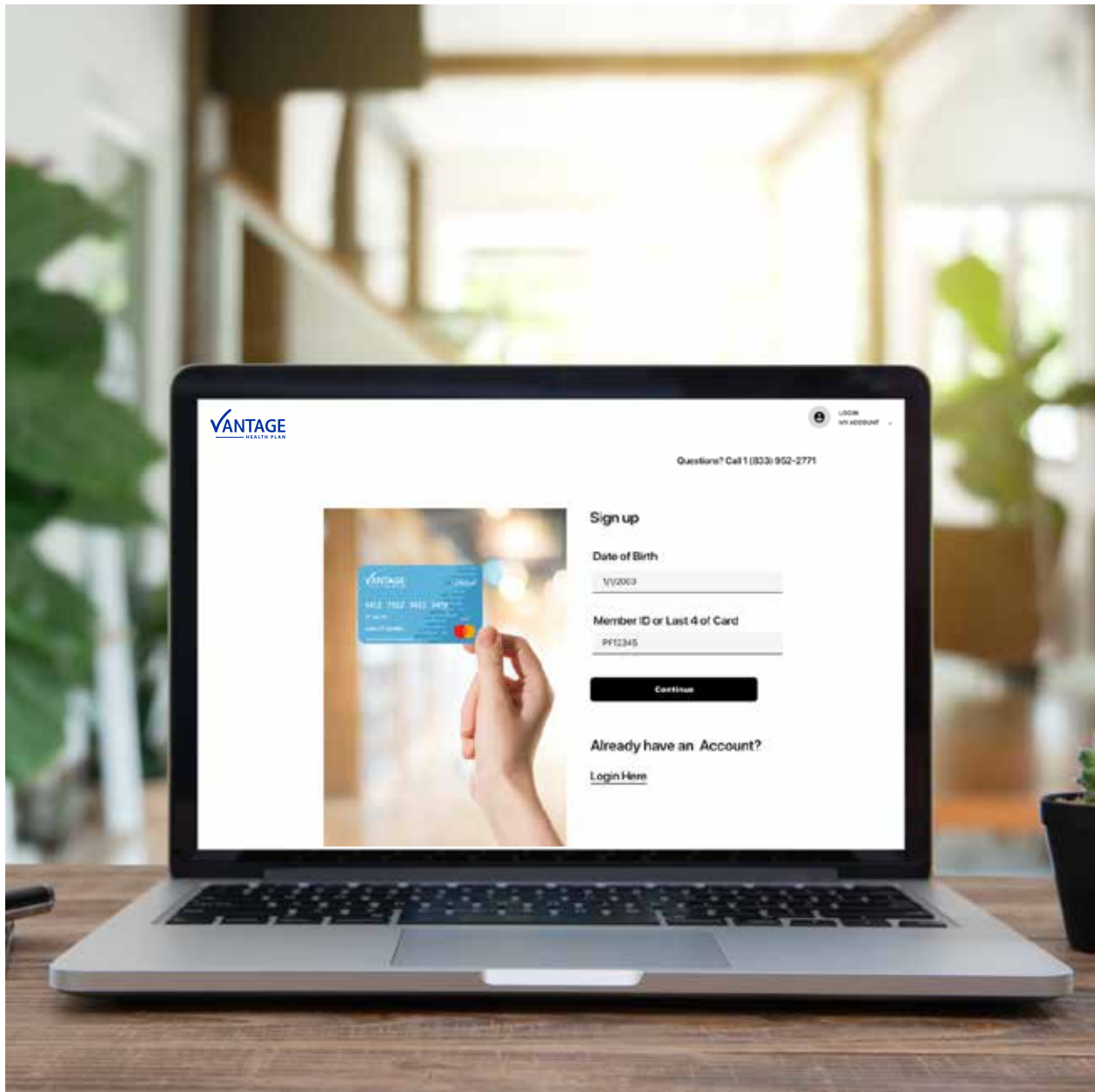
Click on any of your available benefit purses to see more benefit information, such as balances, expiration dates, and recent transactions.

**Over-the-Counter Benefit**Current Balance: \$150.00

Benefit Frequency	Benefit Amount	Benefit Expires	Benefit Renews
Quarterly	\$150	03/31/2023	4/1/2023

Use your Flex card quarterly allowance towards a wide range of health-related products available at physical store locations or through our mail order options. OTC Flex funds left over at the end of the quarter expire and do not carry over to the next quarter.

Shop Now Store List Find Store Scan Product Approved Product List 



## **QUESTIONS?**

Call **(833) 952-2771** or **TTY 711**  
Monday - Friday, 7 am - 7 pm (CST)



## **E?** THINGS TO REMEMBER:

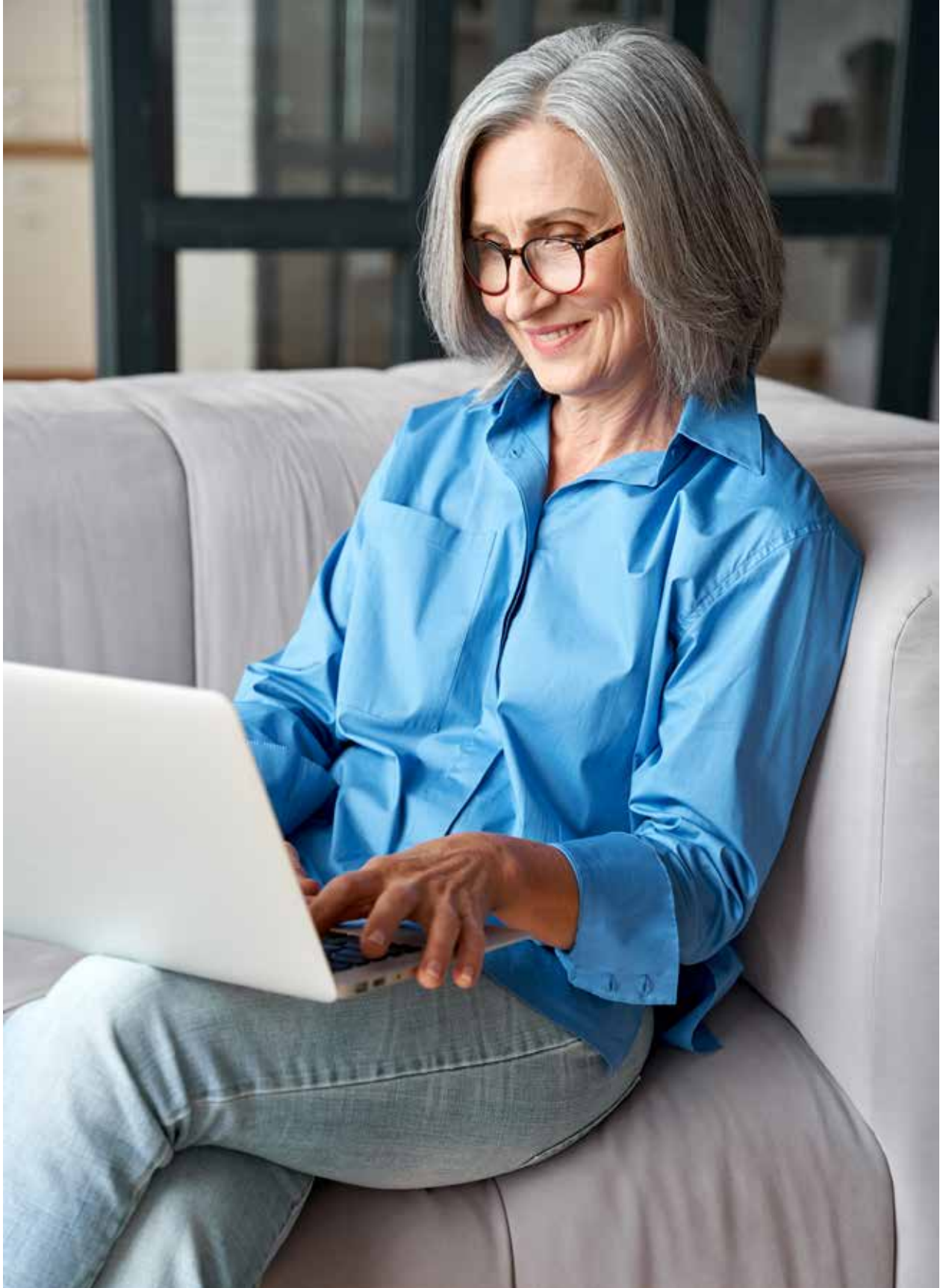
- If the total cost of your purchase exceeds your Vantage Flex card's allowance or includes items that are not covered, you will have to pay the remaining difference at the time of your purchase.
- Depending on your plan, allowances are loaded into specific "benefit purses" like eyewear, OTC, or Healthy Foods. Funds designated for a specific benefit purse cannot be used to purchase products that belong to another benefit purse. For example, Healthy Foods funds may not be used to purchase eyewear.
- Your Vantage Flex card balances and online mail-order OTC statuses can be viewed online through your Vantage Member Portal anytime. If you have questions, please call Member Services at **(833) 952-2771**, Monday - Friday, 7 am - 7 pm (CST). Member Services can answer questions about transactions, balances, where you can use your Flex allowances or what you can buy with your Flex card.

### ■ WHO TO CALL:

Vantage's Flex card servicing team can be reached by calling **(833) 952-2771** Monday - Friday, 7 am - 7 pm (CST). If you have a question about your allowance balances, participating locations, or eligible products, we can help! Don't forget that you can check product eligibility and your Flex card balances 24/7 through the Flex card link within the Vantage Member Portal.

Our servicing team can also assist with re-issuing Flex cards if you lose your card. Please call us as soon as possible so we can stop improper card use and send you a new card quickly!







Each year, Vantage will load your eyewear allowance onto your Vantage Flex card. You can use your eyewear allowance toward new glasses, frames, lenses, or contacts. Your Vantage Flex card allows you to choose specialty lenses with anti-scratch, anti-reflective, or progressive lenses, too. Your Vantage Flex card's eyewear allowance can help you afford the eyewear you want!

You can use the funds in your eyewear benefit purse at any time throughout the year, but if you leave your Vantage Medicare Advantage plan, these funds will be removed from your card upon your termination.

## WHERE CAN I USE MY FLEX CARD TO PURCHASE EYEWEAR?

To ensure your Vantage Flex card funds are debited properly, please purchase your eyewear at one of our participating retailers. These retailers are able to swipe your Vantage Flex card at their registers when you check out. With thousands of participating eyewear retailers in our region, using your Vantage Flex card is easy!

- ▶ **1,800** retailers in Louisiana
- ▶ **1,400** retailers in Arkansas
- ▶ **1,200** retailers in Mississippi

If you purchase your eyewear through your optometrist or ophthalmologist's office, confirm with Vantage that both the clinical provider and the eyewear provider are in-network.

- ▶ Show your Vantage Medicare Advantage member ID card to make sure your clinical provider bills Vantage for your eye exam. Vantage will receive a claim for the provider's services.
- ▶ The eyewear provider will swipe your Vantage Flex card to purchase your eyewear. If the cost of your eyewear purchase is more than the balance in your Vantage Flex card's eyewear benefit purse, you will have to pay the remaining amount owed at that time.



### ► **WHAT IF I FORGET MY FLEX CARD?**

If you forget to use your Vantage Flex card when purchasing your eyewear from a participating retailer, no worries! Contact our Member Services team at **(833) 952-2771** for help. *You will need to supply a receipt or proof of payment and purchase.*

### ► **WHERE CAN I FIND MY ALLOWANCE AND BALANCE?**

Your Vantage Flex card eyewear allowance and eyewear transactions can be viewed online through your Vantage Member Portal anytime. If you have questions about a transaction, your balance, where you can use your Flex card allowance or what you can buy with your Flex card, you can also call Member Services at **(833) 952-2771**, Monday - Friday, 7 am - 7 pm (CST).



More information about our Vantage Flex card program can be found online at [Flex.VantageHealthPlan.com](https://Flex.VantageHealthPlan.com).



Your Vantage Flex card makes stocking your medicine cabinet easy! Vitamins, pain relievers, bandages and self-care items can be expensive. Vantage loads an allowance for over-the-counter (OTC) items onto your Vantage Flex card quarterly to give you easy access, flexibility, and savings.

Most Vantage Medicare Advantage plans have a **\$100** quarterly OTC allowance. Vantage's Dual Plus plans have a **\$150** quarterly allowance. Based on your plan selection, your Vantage Flex card will be loaded at the beginning of each quarter with an allowance to use toward OTC items.

#### QUARTERLY SCHEDULE

- ▶ **Quarter 1** – January, February, March
- ▶ **Quarter 2** – April, May, June
- ▶ **Quarter 3** – July, August, September
- ▶ **Quarter 4** – October, November, December

← Use your full OTC allowance by the end of each quarter! OTC funds are **not** carried over to the next quarter or to the following year.



## ► WHAT ITEMS CAN I BUY WITH MY FLEX CARD?

There are thousands of OTC products available for purchase with your Vantage Flex card's OTC allowance. From pain medicine to cotton balls, first-aid supplies to toothpaste, the products you use most often are available to you. Here are some of the most frequently purchased OTC items:

**PAIN RELIEVERS** like Tylenol®, arthritis relief, ibuprofen, Aleve®, Motrin®, pain relief patches and creams

**COLD AND FLU SYMPTOM SUPPORT** like cough syrup and cough drops, nasal spray, Coricidin HBP®, medicated chest rub

**DIGESTIVE SUPPORT** like Pepto-Bismol®, anti-gas tablets, Metamucil®, probiotics, laxatives

**VITAMINS AND SUPPLEMENTS** like vitamins B, C, D3, calcium, fish oil omega-3, zinc, melatonin

**ALLERGY RELIEF** like Benadryl®, Zyrtec®, Claritin®, Flonase®, Mucinex®

**FIRST AID SUPPLIES** like Band-aids®, gauze, alcohol pads, triple antibiotic ointment, hydrocortisone cream, hydrogen peroxide

**DENTAL AND ORAL CARE ITEMS** like toothpaste, toothbrushes, denture cleaner or cream, floss, oral rinse

**PERSONAL HEALTH AND CARE ITEMS** like thermometers, blood pressure monitors, heating pads, adult pads and briefs, lotions, foot cream, hand sanitizer

*Always check with your healthcare provider when changing your healthcare routine or trying a new medicine, vitamin, or supplement.*



## ► HOW CAN I PURCHASE OTC ITEMS?



Skip the trip to the store! Order your OTC items by phone or online and have them delivered to your home. Once your OTC order is made, please allow 10-14 days for your order to be delivered. Shipping, handling and taxes are all included in the price of your items.

*Vantage is not responsible for out-of-stock, lost, stolen, or damaged goods. Due to the personal nature of OTC items, returns are not accepted.*

► **Saint John Pharmacy OTC Mail Order** – Call **(833) 373-3682** to place your OTC order over the phone. Our Saint John Pharmacy OTC team is available Monday – Friday, 7 am – 6 pm to take your order over the phone. Saint John Pharmacy’s OTC items are listed on pages 16-19 of this Guide.

► **Vantage OTC Mail Order** - Vantage’s OTC Mail Order product list begins on page 20 of this Guide.

Call **(833) 952-2771** to order from Vantage’s OTC Mail Order product list. You can call in with your order Monday - Friday, 7 am - 7 pm (CST).

If you prefer online shopping, log in to your Vantage Member Portal and click the Vantage Flex link to order your OTC online. Online ordering through your Member Portal at [Members.VantageHealthPlan.com](https://Members.VantageHealthPlan.com) is available 24/7! Your online order will be shipped to you within 10-14 days.

### **Ordering OTC online is easy!**

- Shop for OTC items by category, by using the search bar, by filtering alphabetically or by price.
- Add your selected OTC items to your cart
- Enter your preferred shipping address
- Review your order
- Click "Purchase"

Once your online purchase is complete, your new Flex card balance will be reflected in your OTC benefit purse and can be viewed in your "OTC Transaction History".



## RETAIL LOCATIONS

Many of our Vantage members enjoy the variety, brands, and experience that a retail location can provide. You can use your Vantage Flex card in a variety of local and nationwide stores.

- ▶ **DeSiard Pharmacy Network (DPN) pharmacies** – Vantage has partnered with over 1,000 local independent pharmacies to create the DeSiard Pharmacy Network. DPN pharmacies can now provide both your prescription medications and your OTC needs. Use your Vantage Flex card for your OTC purchases at checkout, but use your Vantage Medicare Advantage member ID card when filling your prescriptions.
- ▶ **National Retailers** – Walmart, Walgreens, CVS, Kroger, Albertsons and Dollar General are a few of the nationwide retailers that can accept the Vantage Flex card. If you are traveling or shopping at one of these big box retailers, don't forget to use your Vantage Flex card for eligible OTC items.



### OTC REMINDERS:

- ▶ If the total cost of your OTC purchase exceeds your Vantage Flex card's OTC allowance or includes OTC items that are not covered, you may have to pay the remaining difference at the time of your purchase.
- ▶ Your Vantage Flex OTC benefit purse balance and online mail order status can be viewed online through your Vantage Member Portal anytime. If you have questions about a transaction, your balance, where you can use your Flex allowance, or what you can buy with your Flex card, you can also call Member Services at **(833) 952-2771**, Monday - Friday, 7 am - 7 pm (CST).
- ▶ Allowances can only be used for their designated products. For example, the funds in the Healthy Foods benefit purse may not be used to purchase eyewear.

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
<b>ANALGESIC &amp; PAIN RELIEVERS</b>				
01	Acetaminophen Tablets	100 ct	500 mg	\$7.00
48	8 Hr Arthritis Pain Tablets	50 ct	650 mg	\$9.00
03	Aspirin Chewable Tablets	36 ct	81 mg	\$4.00
02	Aspirin Tablets	100 ct	81 mg	\$4.00
04	Ibuprofen Tablets	100 ct	200 mg	\$9.00
05	Pain Relieving Caplets	50 ct	220 mg	\$8.00
49	Pain Relieving Cream	3 oz		\$11.00
112	Salonpas® Pain Relieving Patch	6 ct		\$10.00
71	Urinary Pain Relief Tablets	12 ct	99.5 mg	\$6.00
<b>ANTACIDS, HEARTBURN, GAS RELIEF &amp; MOTION SICKNESS</b>				
09	Heartburn Relief Tablets	60 ct		\$16.00
105	Alka-Seltzer	12 ct		\$6.00
07	Antacid Liquid	12 fl oz		\$8.00
06	Antacid Tablets	150 ct	500 mg	\$5.00
08	Chewable Anti-Gas Tablets	100 ct	80 mg	\$7.00
10	Acid Reducer Tablets	14 ct	20 mg	\$8.00
<b>ANTI-DIARRHEAL</b>				
11	Anti-Diarrheal Liquid	8 fl oz		\$5.00
12	Anti-Diarrheal Tablets	12 ct	2 mg	\$3.00
<b>ANTI-FUNGAL</b>				
14	Antifungal Cream	0.5 oz	1%	\$3.00
13	Vaginal Cream	1.5 oz	1%	\$9.00
<b>ANTI-HEMORRHOIDAL</b>				
15	Hemorrhoidal Ointment	2 oz		\$4.00

*There may be times when some items are out of stock due to manufacturer backorder.*



<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
<b>COUGH, COLD &amp; ALLERGY</b>				
16	Allergy Relief Tablets	100 ct	10 mg	\$5.00
82	Benadryl Allergy Capsules	24 ct	25 mg	\$12.00
85	Coricidin Hbp Liquid Gels	20 ct		\$13.00
74	Coricidin Hbp Tablets	10 ct	325 mg	\$9.00
17	Cough Syrup	4 fl oz		\$5.00
61	Fluticasone Propionate Nasal Spray	50 mcg		\$35.00
20	Halls® Cough Drops (Cherry)	30 ct		\$5.00
50	Halls® Cough Drops Sugar Free (Honey Lemon)	25 ct		\$5.00
60	Loratadine - Antihistamine Tablets	100 ct	10 mg	\$13.00
107	Medicated Chest Rub	3.53 oz		\$5.00
18	Mucus Relief Tablets	60 ct	400 mg	\$12.00
19	Sugar Free Cough Liquid	4 fl oz		\$11.00
<b>EYE &amp; EAR CARE</b>				
84	Clear Eyes Triple Action Eye Drops	0.5 fl oz		\$8.00
22	Earwax Drops	0.5 fl oz		\$5.00
68	Healthy Eye Tablets With Lutein	60 ct		\$7.00
<b>FIRST AID</b>				
117	Sterile Bandage Roll	1 ct		\$2.00
25	Curad® Bandages - Sheer	80 ct		\$4.00
90	First Aid Kit	70 items		\$10.00
23	Hydrocortisone • 10 Cream	1 oz	1%	\$7.00
91	Hydrogen Peroxide	8 fl oz		\$3.00
128	Large Bandages - Sheer	10 ct	3x4 in	\$4.00
111	Nexcare Bandages (Sensitive Skin)	20 ct		\$6.00

*Brand availability may be subject to change.*

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
116	Athletic Bandage Roll	1 ct		\$7.00
24	Triple Antibiotic Ointment	1 oz		\$7.00
<b>LAXATIVE, STOOL &amp; CONSTIPATION RELIEF</b>				
28	Fiber Supplement - Sugar Free (Orange Flavor)	10 oz		\$8.00
27	Laxative Powder	4.1 oz		\$10.00
26	Laxative Softgels	100 ct	240 mg	\$12.00
<b>ORAL CARE</b>				
83	Biotene Oral Rinse	8 fl oz		\$8.00
52	Blistex® Medicated Lip Balm	.15 oz		\$3.00
32	Crest® Toothpaste	4.6 oz		\$4.00
30	Efferdent Tablets	44 ct		\$6.00
94	REACH® Mint Waxed Floss	55 yd		\$3.00
77	Reach® Toothbrush	QTY: 1		\$4.00
29	Super Poligrip® Extra Care	2.2 oz		\$11.00
<b>PERSONAL CARE</b>				
38	Alcohol Swabs	100 ct		\$4.00
95	Blood Pressure Monitor	1 ct		\$32.00
35	Chewable Glucose Tablets (Raspberry Flavor)	10 ct	4 g	\$3.00
86	Cottonelle® Flushable Wipes	42 ct		\$5.00
89	Cotton Swabs	170 ct		\$2.00
36	Dandruff Shampoo	7 fl oz		\$11.00
103	Disposable Face Masks	50 ct		\$7.00
34	Gold Bond® Diabetic Foot Cream	3.4 oz		\$12.00
79	Gold Bond® Eczema Lotion	3 oz		\$9.00

*There may be times when some items are out of stock due to manufacturer backorder.*

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
104	Hand Sanitizer With Aloe	4 fl oz		\$3.00
115	Infrared Thermometer	QTY: 1		\$43.00
53	Jergens Ultra Healing Moisturizer	10 fl oz		\$8.00
88	Jumbo Cotton Balls	100 ct		\$3.00
54	Nasal Spray	3 fl oz		\$4.00
33	Toe Nail Clippers	QTY: 1		\$3.00
<b>VITAMINS &amp; MINERALS</b>				
41	B-Complex Plus Vitamin C Caplets	100 ct		\$7.00
72	Biotin Tablets	120 ct	10,000 mcg	\$12.00
92	Certavite® Senior Multivitamin	90 ct		\$11.00
55	Co Q-10 Capsules	30 ct	100 mg	\$12.00
39	Fish Oil Omega-3 Softgels	100 ct	1000 mg	\$12.00
47	Glucosamine Daily Complex + Vitamin D3	60 ct	1500 mg	\$20.00
78	Magnesium Oxide Tablets	120 ct	400 mg	\$9.00
58	Melatonin Tablets	90 ct	5 mg	\$10.00
46	Oyster Shell Calcium Plus Vitamin D Tablets	60 ct	500 mg	\$5.00
56	Probiotic Dietary Supplement	100 ct		\$11.00
57	Sublingual B-12 Vitamins	110 ct	2500 mcg	\$9.00
40	Vitamin C Tablets	110 ct	500 mg	\$7.00
42	Vitamin D3 Softgel Capsules	100 ct	2,000 iu	\$11.00
43	Vitamin E Softgels	110 ct	180 mg	\$10.00
98	Zinc Tablets	100 ct	50 mg	\$6.00

*Brand availability may be subject to change.*

# VANTAGE OTC MAIL ORDER

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
<b>ALLERGY</b>				
163	Allergy Nasal Spray, 24-hour	60 spray	50mcg	\$19.00
34	Cetirizine	30 ct	10mg	\$8.00
406	Children's Allergy Liquid	4 oz		\$5.00
442	Children's Mucinex	4 oz		\$6.00
701	Chlorpheniramine Maleate Antihistamine	24 ct	4mg	\$3.00
29	Diphenhydramine Antihistamine	24 ct	25mg	\$3.00
609	Diphenhydramine Antihistamine Tabs	100 ct	25mg	\$6.00
25	Loratadine Allergy Tabs	30 ct	10mg	\$6.00
482	Nasal Decongestant Inhaler	1		\$9.00
176	Nasal Decongestant Spray, 12-Hour	1 oz		\$5.00
104	Nasal Spray, Saline	1.5 oz		\$4.00
<b>ANTACIDS &amp; ACID REDUCERS</b>				
381	Alka-Seltzer	36 ct		\$12.00
121	Antacid Chewables	150 ct	500mg	\$6.00
625	Antacid/Anti-Gas Liquid	12 oz		\$7.00
126	Effervescent Antacid & Pain Relief	36 ct		\$6.00
159	Famotidine (Acid Reducer)	30 ct	10mg	\$7.00
598	Omeprazole (Acid Reducer, Delayed Release)	14 ct	20mg	\$16.00
323	Simethicone (Gas Relief)	100 ct	80mg	\$6.00
<b>ANTICANDIDAL (YEAST)</b>				
392	Miconazole (3-Day Cream w/ Applicator)	1		\$15.00
<b>ANTI-DIARRHEAL, LAXATIVES &amp; DIGESTIVE HEALTH</b>				
49	Anti-Diarrheal Tablets	12 ct	2mg	\$5.00
250	Bisacodyl E.C.	100 ct	5mg	\$5.00
133	Bismuth Chewable Tablets	30 ct	262mg	\$7.00
185	ClearLax	4 oz		\$9.00

*There may be times when some items are out of stock due to manufacturer backorder.*

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
171	Enema Saline	4.5 oz		\$4.00
298	Fiber Tablets	90 ct	625mg	\$9.00
303	Glycerin Suppository Laxative	25 ct		\$5.00
449	Lactase Capsules	60 ct		\$12.00
291	Milk of Magnesia	12 oz	1,200mg	\$5.00
111	Pink Bismuth Liquid	8 oz	525mg/30ml	\$6.00
503	Stool Softener	100 ct	100mg	\$9.00
<b>ANTI-FUNGAL</b>				
592	Clotrimazole (Athlete's Foot Cream)	1 oz		\$9.00
497	Miconazole Nitrate (Anti-fungal Cream)	1 oz		\$9.00
180	Tolnaftate	1.25 oz		\$4.00
<b>BATHROOM SAFETY &amp; FALL PREVENTION</b>				
1067	Adjustable Transfer Bench	1		\$60.00
1068	Bath Bench with Back	1		\$50.00
1066	Bath Bench without Back	1		\$40.00
414	Bath Mat, Non-Skid	1		\$15.00
1069	Bath Tub Safety Rail	1		\$40.00
1071	Bedside Commode 1 ct	1		\$50.00
343	Folding Cane Ergonomic Handle	1		\$20.00
453	Knurled Chrome Grab Bar - 12	1		\$19.00
507	Knurled Chrome Grab Bar - 24	1		\$22.00
60	Nightlight 1 ct	1		\$4.00
1048	Quad Cane, Large Base	1		\$35.00
1049	Quad Cane, Small Base	1		\$25.00
1065	Raised Toilet Seat	1		\$20.00
456	Shower Mat, Non-Skid	1		\$20.00
1070	Toilet Safety Rails	1		\$45.00

*Brand availability may be subject to change.*

## VANTAGE OTC MAIL ORDER

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
<b>COLD &amp; FLU</b>				
206	Cough & Cold for HBP	16 ct		\$6.00
327	Cough Drops, Cherry	30 ct		\$3.00
225	Cough Drops, Honey Lemon	30 ct		\$3.00
82	Cough Drops, Menthol	30 ct		\$3.00
107	Cough Drops, Sugar Free, Cherry	25 ct		\$3.00
119	Cough Syrup, Expectorant	4 oz	200mg/10ml	\$7.00
595	Guaifenesin Tablets	100 ct	200mg	\$12.00
292	Mucus Relief DM	30 ct	400mg/20mg	\$6.00
551	Mucus Relief Tablets	30 ct	400mg	\$6.00
252	Multi-Symptom Cold Formula	20 ct		\$7.00
304	Nasal Decongestant PE	36 ct	10mg	\$5.00
213	Night Time Cold & Flu	4 oz		\$8.00
93	Sore Throat Lozenges, Cherry	18 ct		\$4.00
236	Sore Throat Spray, Cherry	6 oz		\$6.00
62	Tussin DM SF	4 oz		\$7.00
37	Vapor Rub	3.5 oz		\$4.00
<b>COLD SORE &amp; MEDICATED LIP PRODUCTS</b>				
368	Blistex Lip Ointment	1		\$4.00
<b>DENTAL &amp; DENTURE CARE</b>				
40	Dental Floss	1		\$3.00
73	Dental Travel Kit	1		\$6.00
207	Denture Brush	1		\$3.00
66	Denture Cleaning Tablets	40 ct		\$4.00
652	Efferfrip Cream	1.5 oz		\$7.00
528	Effergrip Cream	2.4 oz		\$9.00
616	Fingertip Tooth & Gum Massager	1		\$6.00

*There may be times when some items are out of stock due to manufacturer backorder.*

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
72	Interdental Flossups	90 ct		\$5.00
599	Interdental Gum Brushes	10 ct		\$6.00
194	Oral Pain Relief	.5 oz		\$4.00
535	Polident Denture Cream	3.9 oz		\$8.00
443	Polident Overnight	84 ct		\$12.00
587	Rechargeable Toothbrush Replacement Heads	2 ct		\$10.00
468	Tongue Cleaner	1		\$6.00
4	Toothbrush - Adult	1		\$3.00
617	Toothbrush, Colgate - Soft	1		\$3.00
287	Toothbrush, Rechargeable	1		\$30.00
95	Toothpaste, Colgate	4 oz		\$4.00
52	Toothpaste, Sensitive Teeth	4.3 oz		\$4.00
397	Ultrabrite Toothpaste	6 oz		\$4.00
317	Water Jet	1		\$50.00
563	Water Jet Replacement Tips	5 ct		\$20.00
<b>DIABETES CARE</b>				
295	Diabetic Skin Relief Foot Cream	4 oz		\$12.00
202	Diabetic Socks, Black, Large	3-pack		\$8.00
201	Diabetic Socks, Black, Medium	3-pack		\$8.00
199	Diabetic Socks, White, Large	3-pack		\$8.00
198	Diabetic Socks, White, Medium	3-pack		\$8.00
390	Glucose Tablets	50 ct		\$7.00
283	Thermometer, Talking Ear and Forehead	1		\$45.00
<b>DIAGNOSTICS</b>				
508	Activity Tracker	1		\$40.00
71	Blood Pressure Monitor, Desktop Automatic	1		\$35.00
460	Blood Pressure Monitor, Desktop Talking	1		\$40.00

*Brand availability may be subject to change.*

## VANTAGE OTC MAIL ORDER

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
85	Blood Pressure Monitor, Wrist	1		\$30.00
499	Blood Pressure Monitor, Wrist Talking	1		\$35.00
1047	Digital Bathroom Scale	1		\$40.00
394	Fever Strip Thermometer	1		\$6.00
270	Finger Pulse Oximeter	1		\$30.00
360	Flexible Tip Thermometer	1		\$10.00
559	Heart Rate Monitor Watch	1		\$40.00
514	Peak Flow Meter	1		\$15.00
399	Thermometer Probe Covers	30 ct		\$5.00
48	Thermometer, Digital 60 Seconds	1		\$7.00
105	Thermometer, Digital Ear	1		\$30.00
283	Thermometer, Talking Ear and Forehead	1		\$45.00
<b>EYE &amp; EAR CARE</b>				
61	Artificial Tears Drops	.5 oz		\$5.00
245	Cosmetic Tweezer	1		\$3.00
220	Cotton Tipped Swabs	300 ct		\$5.00
148	Ear Wax Removal Drops	.5 oz		\$4.00
483	Ear Wax Removal System w/Rubber Bulb	1		\$5.00
32	Eyeglass Cleaner	1		\$4.00
588	Irritation Relief Eye Drops	15 ml		\$4.00
560	Multi-Purpose Contact Lens Solution	12 oz		\$8.00
731	Reading glass Diopter 1.0	1	Diopter 1.0	\$4.00
732	Reading glass Diopter 1.25	1	Diopter 1.25	\$4.00
733	Reading glass Diopter 1.5	1	Diopter 1.5	\$4.00
734	Reading glass Diopter 1.75	1	Diopter 1.75	\$4.00
735	Reading glass Diopter 2.0	1	Diopter 2.0	\$4.00
736	Reading glass Diopter 2.25	1	Diopter 2.25	\$4.00

*There may be times when some items are out of stock due to manufacturer backorder.*



<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
737	Reading glass Diopter 2.50	1	Diopter 2.50	\$4.00
738	Reading glass Diopter 2.75	1	Diopter 2.75	\$4.00
739	Reading glass Diopter 3.0	1	Diopter 3.0	\$4.00
740	Reading glass Diopter 3.25	1	Diopter 3.25	\$4.00
741	Reading glass Diopter 3.5	1	Diopter 3.5	\$4.00
742	Reading glass Diopter 4.0	1	Diopter 4.0	\$4.00
106	Redness Relief Eye Drops	15ml		\$4.00
485	Swim-Ear Ear Drops	1 oz		\$7.00
<b>FIRST AID</b>				
19	Adhesive Bandages	100 ct		\$4.00
315	After Bite Relief	.5 oz		\$9.00
8	Alcohol Pads	100 ct		\$4.00
395	Anti-Itch Cream	1 oz		\$5.00
578	Antiseptic Skin Cleanser (No Rinse Foam Cleanser)	8 oz		\$9.00
517	Antiseptic Towelettes (Resealable Canister)	40 ct		\$7.00
175	Bacitracin Ointment	1 oz	500u/gm	\$3.00
581	Bactine Solution	4 oz		\$14.00
610	Caldyphen Clear (Anti-Itch Lotion)	6 oz		\$12.00
430	Cotton Balls	300 ct		\$3.00
9	Dust and Germ Mask	10 ct		\$4.00
589	Elastic Bandage - 3 x 5 yd	3 x 5 yd		\$3.00
583	Elastic Bandage - 4 x 5 yd	4 x 5 yd		\$3.00
571	Elastic Bandage - 6 x 5 yd	6 x 5 yd		\$3.00
572	First Aid Kit, 15 Pieces	15 pieces		\$4.00
337	First Aid Kit, 175 Pieces	175 pieces		\$15.00
70	First Aid Kit, 75 Pieces	75 pieces		\$8.00
421	Flex Seal Spray Bandage	1.35 oz		\$6.00

*Brand availability may be subject to change.*

## VANTAGE OTC MAIL ORDER

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
91	Hot Cold Reusable Pack 4 x 6	1 ct.		\$3.00
519	Hot/Cold Pack with Wrap (1 sm., 1 lg.)	2 ct.		\$6.00
44	Hydrocortisone 1% Cream	1 oz		\$3.00
56	Hydrogen Peroxide	16 oz		\$5.00
282	Insect Repellant Spray - Deet	2 oz		\$6.00
235	Insect Repellant Spray - Deet	4 oz		\$9.00
374	Insect Repellant Spray - Deet	8 oz		\$14.00
393	Iodine Solution Antiseptic	4 oz		\$6.00
77	Isopropyl Alcohol	16 oz		\$5.00
463	Isopropyl Alcohol, Wintergreen	16 oz		\$5.00
80	KN-95 Disposable Mask	2 ct		\$4.00
297	Liquid Bandage	.0225 oz		\$8.00
378	Neosporin + Pain Relief	.5 oz		\$11.00
1044	Nitrile Exam Gloves Large	100 ct		\$16.00
504	Procedural Face Masks w/Earloops	50 ct		\$9.00
18	Triple Antibiotic Ointment	1 oz		\$4.00
<b>FOOT CARE</b>				
613	Bunion Guard	1		\$9.00
500	Callus Remover Pads	6 ct		\$4.00
181	Foot Nail Brush and Pumice Stone	1 set		\$3.00
122	Foot Powder	7 oz		\$8.00
601	Lamb's Wool Padding	1		\$8.00
272	Manicure Beauty Set	3 ct		\$3.00
569	Medicated Callus Remover Pads	6 ct		\$4.00
45	Nail File	1		\$3.00
260	Shoe Horn	1		\$3.00
391	Toe Protector, Universal	1		\$9.00

*There may be times when some items are out of stock due to manufacturer backorder.*

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
614	Toe Separator	6 ct		\$7.00
<b>HEMORRHOIDAL PREPARATIONS</b>				
218	Hemorrhoidal Ointment	2 oz		\$7.00
324	Hemorrhoidal Suppository	12 ct		\$8.00
160	Pre-moist Hemorrhoid Pads	100 ct		\$8.00
<b>HOME AIDS</b>				
1	Baby Wipes Travel Size	10 ct		\$3.00
344	Button And Zipper Puller	1		\$6.00
458	Cooling Towel	1		\$9.00
1057	CPAP Pillow Fiber Filled	1		\$50.00
1056	CPAP Pillow Memory Foam	1		\$65.00
1054	Cushion, Foam Ring	1		\$25.00
1053	Cushion, Gel / Foam Seat	1		\$30.00
1055	Cushion, Lumbar	1		\$30.00
411	Door Knob Gripper	1		\$7.00
635	Elastic Mattress Cover - King	1		\$30.00
1052	Foam Pillow 20 x 14 x 5	1		\$40.00
22	Hair Brush & Comb Set	2 sets		\$4.00
375	Hand Held Shower	1		\$25.00
1003	Humidifier, Ultra-Sonic Cool Mist	1		\$50.00
341	Inflatable Neck Cushion	1		\$8.00
135	Jar Opener Faucet Gripper	1		\$4.00
380	Key Turner	1		\$8.00
224	Kitchen Scale, Dial	1		\$20.00
533	Kitchen Scale, Digital	1		\$25.00
382	Lamp Switch Turner	1		\$5.00
92	Letter Opener	1		\$3.00

*Brand availability may be subject to change.*

## VANTAGE OTC MAIL ORDER

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
284	Long Handle Bath Sponge	1		\$7.00
170	Lysol Disinfecting Spray	12.5 oz		\$7.00
50	Lysol Disinfecting Wipes, Resealable Flat Pack	15 ct		\$4.00
149	Lysol Disinfecting Wipes, Resealable Flat Pack	80 ct		\$6.00
521	Lysol Spray On The Go	1 oz		\$4.00
99	Nail Clipper	1		\$3.00
541	Pill Bottle Opener Aid	1		\$4.00
428	Pill Crusher with Storage	1		\$9.00
197	Pill Cutter with Safety Shield	1		\$9.00
209	Rain Bonnet	1		\$3.00
271	Reaching Aid Device	1		\$20.00
561	Sharps Container, 1 gallon	1 gallon		\$9.00
544	Shave Cream	1.5 oz		\$3.00
562	Shave Cream	11 oz		\$6.00
447	Shopping Bag Carrier	1		\$4.00
350	Shower Cap	3 ct		\$3.00
429	Stress Ball	1		\$4.00
87	Tooth Paste Squeezer	1		\$3.00
3	Travel Adult Wipes	10 ct		\$4.00
345	Tummy Trimmer	1		\$8.00
253	Weekly AM / PM Pill Case	1		\$9.00
<b>INCONTINENCE SUPPLIES</b>				
217	A & D Ointment	4 oz		\$4.00
1009	Adult Briefs, Large	20 ct		\$18.00
1008	Adult Briefs, Medium	20 ct		\$18.00
1010	Adult Briefs, X-Large	20 ct		\$18.00
1060	Att Discreet Women's Maximum Bladder Pad	20 ct		\$15.00

*There may be times when some items are out of stock due to manufacturer backorder.*

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
1061	Att Discreet Women's Moderate Bladder Pad	20 ct		\$15.00
1062	Att Discreet Women's Ultimate Bladder Pad	20 ct		\$15.00
1059	Attends Discreet Men's Guard	20 ct		\$14.00
1058	Attends Discreet Men's Shield	20 ct		\$14.00
489	Attends Discreet Women's Panty Liner	28 ct		\$9.00
549	Attends Discreet Women's Ultrathin Pad	20 ct		\$9.00
586	Barrier Cream	4 oz		\$8.00
1063	Bladder Control Pad, Heavy Absorbency	28 ct		\$14.00
1064	Bladder Control Pad, Maximum Absorbency	28 ct		\$16.00
1000	Bladder Control Pad, Moderate Absorbency	28 ct		\$12.00
1005	Disposable Underwear, Large	20 ct		\$20.00
1004	Disposable Underwear, Medium	20 ct		\$20.00
1006	Disposable Underwear, X-Large	20 ct		\$20.00
75	Flushable Wipes	24 ct		\$6.00
646	Lantiseptic Skin Protectant Ointment	4 oz		\$12.00
520	No-Rinse Body Wash	8 oz		\$9.00
294	Perineal Wash Rinse-Free	8 oz		\$6.00
1012	Premier Disposable Underwear, Large	20 ct		\$18.00
1011	Premier Disposable Underwear, Medium	20 ct		\$18.00
1013	Premier Disposable Underwear, X-Large	20 ct		\$18.00
1050	Underpad, Disposable - 23 x 24	10 ct		\$10.00
1051	Underpad, Disposable - 30 x 30	10 ct		\$10.00
306	Washcloth with Lanolin	68 ct		\$7.00
<b>MOTION SICKNESS</b>				
153	Motion Sickness Tablets	12 ct	50mg	\$4.00
<b>PAIN RELIEF AIDS</b>				
461	Arthritis Hot Pain Relief Cream	3 oz		\$12.00

*Brand availability may be subject to change.*

## VANTAGE OTC MAIL ORDER

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
334	Aspercreme	1.25 oz		\$9.00
21	Cold/Hot Menthol Medicated Patch	5 ct		\$8.00
108	Epsom Salt	16 oz		\$5.00
441	Fast Freeze Pain Relief Spray	4 oz		\$12.00
446	Heating Pad Wrap For Shoulder, Neck, and Back	1		\$55.00
138	Heating Pad, 12 x 15			\$25.00
506	HeatWraps - Back & Hip	2 ct		\$15.00
538	HeatWraps - Neck, Shoulder, & Wrist	3 ct		\$12.00
480	Ice Bag	1		\$6.00
389	Lidocaine Patch	5 ct		\$15.00
248	Menthol Gel	4 oz		\$12.00
596	Pain Relief Mask	1		\$6.00
340	Pain Relieving Muscle Rub	2 oz		\$4.00
215	Salonpas Pain Relief Patches	5 ct		\$14.00
567	Warm or Cold Water Bottle	1		\$9.00
<b>PAIN RELIEVERS &amp; FEVER REDUCERS</b>				
14	Acetaminophen (Regular Strength)	100 ct	325mg	\$3.00
116	Acetaminophen Arthritis	24 ct	650mg	\$6.00
120	Acetaminophen Chewables	30 ct	80mg	\$6.00
64	Acetaminophen Extra Strength	100 ct	500mg	\$6.00
100	Acetaminophen PM	50 ct	500mg	\$4.00
255	Arthritis Pain Reliever	100 ct	650mg	\$12.00
208	Aspirin	100 ct	325mg	\$5.00
27	Aspirin E.C. Low Dose	120 ct	81mg	\$3.00
311	Aspirin, Enteric Coated	100 ct	325mg	\$6.00
47	Aspirin, Low Dose, Chewables	36 ct	81mg	\$4.00
492	Capsaicin (Pain Relief Cream)	2 oz		\$11.00

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<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
130	Ibuprofen	100 ct	200mg	\$5.00
469	Ibuprofen	500 ct	200mg	\$12.00
88	Naproxen Sodium	100 ct	220mg	\$9.00
<b>PEDICULICIDE (LICE TREATMENT)</b>				
314	Lice Treatment Shampoo	4 oz		\$9.00
<b>SKIN &amp; SUN CARE</b>				
136	Acne Gel 10% Benzoyl Peroxide	1 oz		\$6.00
564	Ammonium Lactate Moisturizing Lotion	8 oz		\$9.00
228	Calamine Skin Protectant Lotion	6 oz		\$6.00
266	Hand Sanitizer	8 oz		\$5.00
239	Moisturizing Body Lotion with Aloe	8 oz		\$6.00
277	Sunscreen Lotion Babies SPF 50	8 oz		\$9.00
648	Sunscreen Lotion SPF 30	1.5 oz		\$4.00
326	Sunscreen Lotion SPF 30	3.5 oz		\$6.00
<b>SLEEP AIDS</b>				
151	Diphenhydramine Sleep Tabs	50 ct	25mg	\$5.00
216	Eye Mask	1		\$4.00
531	Nasal Strips, Medium / Large	30 ct		\$15.00
400	Snoring Nose Strips	10 ct		\$9.00
<b>SMOKING CESSATION</b>				
377	Nicotine Gum	20 ct	4mg	\$20.00
704	Nicotine Lozenges	72 ct	4mg	\$45.00
<b>SUPPORTS &amp; BRACES</b>				
362	Ankle Support	1		\$10.00
722	Arm Sling	1		\$14.00
369	Arthritis Gloves, Large	1 ct		\$20.00

*Brand availability may be subject to change.*

## VANTAGE OTC MAIL ORDER

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
584	Arthritis Gloves, Medium	1 ct		\$20.00
629	Arthritis Gloves, Small	1 ct		\$20.00
642	Arthritis Knee Sleeve, Large	1		\$15.00
654	Arthritis Knee Sleeve, Medium	1		\$15.00
720	Arthritis Knee Sleeve, Small	1		\$15.00
624	Arthritis Knee Sleeve, X-Large	1		\$15.00
462	Back Support Elastic	1		\$30.00
689	Carpal Tunnel Brace, Large	1		\$30.00
677	Carpal Tunnel Brace, Medium	1		\$30.00
717	Carpal Tunnel Brace, Small	1		\$30.00
602	Compression Knee High Socks, Women's Beige, Large	1		\$20.00
674	Compression Knee High Socks, Women's Beige, Medium	1		\$20.00
723	Compression Knee High Socks, Women's Beige, Small	1		\$20.00
486	Compression Knee High Socks, Women's Black, Large	1		\$20.00
608	Compression Knee High Socks, Women's Black, Medium	1		\$20.00
728	Compression Knee High Socks, Women's Black, Small	1		\$20.00
474	Elbow Support Elastic	1		\$10.00
706	Heel & Elbow Protector, Universal	1		\$12.00
724	Hip Protector, Large	1		\$43.00
713	Hip Protector, Medium	1		\$43.00
730	Hip Protector, Small	1		\$43.00
718	Hip Protector, X-Large	1		\$43.00
579	Knee Stabilizer	1		\$30.00
566	Knee Support, Elastic, Large	1		\$10.00
466	Knee Support, Elastic, Medium	1		\$10.00
450	Knee Support, Elastic, Small	1		\$10.00
685	Knee Support, Elastic, Small w/Stays	1		\$30.00

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<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
725	Night Wrist Support	1		\$32.00
471	Protective Arm Sleeve - Large	1		\$25.00
683	Protective Arm Sleeve - Small	1		\$25.00
518	Protective Arm Sleeve - X-Large	1		\$25.00
680	Rib Belt - Female (one size fits most)	1		\$16.00
516	Rib Belt - Male (one size fits most)	1		\$16.00
615	Thumb Brace	1		\$15.00
681	Wrist Compression - Large	1		\$14.00
672	Wrist Compression - Medium	1		\$14.00
694	Wrist Compression - Small	1		\$14.00
709	Wrist Compression - X-Large	1		\$14.00
281	Wrist Splint	1		\$15.00
357	Wrist Support	1		\$10.00
<b>VITAMINS &amp; MINERALS</b>				
302	Adult Multivitamin	100 ct		\$6.00
623	Biotin	60 ct	5,000mcg	\$9.00
264	Biotin Gummy	60 ct	5,000mcg	\$9.00
300	Calcium	60 ct	600mg	\$6.00
109	Calcium + Vitamin D3	60 ct	500mg/1,000IU	\$5.00
661	Calcium Chew, Chocolate	60 ct	650mg	\$9.00
700	Calcium+Vitamin D3 Gummy Child	30 ct	250mg/500IU	\$12.00
365	Cod Liver Oil	100 ct		\$9.00
748	Coenzyme Q-10	60 ct	100mg	\$12.00
667	Daily Multivitamin	100 ct		\$6.00
231	Daily Multivitamin Gummy	60 ct		\$13.00
532	Daily Multivitamin w/Minerals	100 ct		\$8.00
479	DHEA	30 ct	50mg	\$12.00

*Brand availability may be subject to change.*

## VANTAGE OTC MAIL ORDER

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
140	Ferrous Sulfate	100 ct	325mg	\$5.00
554	Fish Oil Soft Gels	120 ct	1,200mg	\$9.00
289	Flaxseed	100 ct	1,000mg	\$11.00
451	Folic Acid	100 ct	800mcg	\$6.00
545	Glucosamine Sulfate	100 ct	500mg/400mg	\$9.00
102	Glucosamine/Chondroitin	60 ct	500mg	\$14.00
234	Lutein	30 ct	20mg	\$9.00
243	Magnesium	100 ct	500mg	\$7.00
438	Melatonin	90 ct	5mg	\$6.00
15	Melatonin Gummy	60 ct	5mg	\$15.00
716	Natural Beta Carotene	100 ct	25,000IU	\$9.00
631	Niacin	100 ct	500mg	\$9.00
656	Niacin, No Flush	60 ct	500mg	\$9.00
606	Omega & DHA Gummy	90 ct		\$14.00
607	One Daily Mens Multivitamin	100 ct		\$9.00
318	One Daily Womens Multivitamin	90 ct		\$8.00
524	Potassium Gluconate	100 ct	595mg	\$9.00
67	Senior Multivitamin	90 ct		\$9.00
233	Stress Formula w/Zinc	60 ct		\$9.00
262	Vitamin A	100 ct	10,000IU	\$9.00
659	Vitamin B-1	100 ct	100mg	\$6.00
166	Vitamin B-12	100 ct	1,000mcg	\$9.00
187	Vitamin B-12	60 ct	500mcg	\$9.00
622	Vitamin B-12, Sublingual	60 ct	3,000mcg	\$9.00
263	Vitamin B-6	100 ct	100mg	\$9.00
244	Vitamin B-Complex	100 ct		\$9.00
565	Vitamin B-Complex Gummy	70 ct		\$9.00

*There may be times when some items are out of stock due to manufacturer backorder.*

<b>Item #</b>	<b>Product</b>	<b>Packaging</b>	<b>Strength</b>	<b>Price</b>
17	Vitamin C	100 ct	500mg	\$6.00
590	Vitamin C	100 ct	1,000mg	\$9.00
42	Vitamin C Gummy	60 ct	250mg	\$9.00
542	Vitamin D3	60 ct	5,000IU	\$9.00
186	Vitamin D3	100 ct	1,000IU	\$9.00
269	Vitamin D3 Gummy	60 ct	2,000IU	\$9.00
162	Vitamin E Soft Gels	100 ct	400IU	\$8.00
191	Zinc Tab	100 ct	50mg	\$6.00
<b>WART REMOVER</b>				
261	Wart Remover, Liquid	1		\$6.00

*Brand availability may be subject to change.*



Healthy food choices can improve your health and your quality of life, but groceries can really add up! Vantage wants to give you access to the fuel your body needs. Vantage's Dual Plus members receive a Healthy Foods allowance of **\$100** per month on their Vantage Flex pre-paid debit card.

### ► WHAT CAN I BUY?

At the beginning of each month, Dual Plus members' Vantage Flex cards will be loaded with an allowance to purchase fresh produce, meats, bread, eggs and dairy items, and pantry staples at participating retail locations. Now you can try a new recipe, balance your plate with fresh produce, or stock up on non-perishable items with your Flex card allowance. Examples of approved groceries include:

- Fruits and vegetables
- Meat, poultry, and fish
- Eggs and dairy products like milk, cheese, and yogurt
- Beans, bread, pasta, oatmeal, and cereal
- Canned soups and vegetables
- Supplemental drinks like Boost®, Ensure®, and Special K®

*Unapproved items like tobacco, vaping products, and alcohol are not eligible purchases for the Vantage Flex card.*



Use all of your Healthy Foods allowance by the end of each month! Funds are not carried over to the next month or to the following year.

## WHERE CAN I USE MY FLEX CARD FOR HEALTHY FOODS?

Use your Flex card at participating nationwide chain retailers such as WalMart, Walgreens, Dollar General, Albertson's, Kroger, and CVS, as well as many local independent merchants.



Check your Vantage Member Portal at [Members.VantageHealthPlan.com](https://Members.VantageHealthPlan.com) for your Healthy Foods balance, transaction list, and the growing list of retail locations that will accept the Vantage Flex card! You can also call our Member Services team at **(833) 952-2771** for more information about your Flex card.



## NONDISCRIMINATION NOTICE

Vantage complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, religion, national origin, age, disability, sex, gender identity, sexual orientation, or any other legally protected characteristic. Vantage does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, religion, national origin, age, disability, sex, gender identity, sexual orientation, or any other legally protected characteristic.

Vantage provides free aids and services to people with disabilities to communicate effectively with us. Those services include qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, and other formats).

For people whose primary language is not English, Vantage provides free language translation services. Those services include qualified interpreters and information written in other languages. You can use Vantage's free language translation services by calling the "Members" phone number on the back of your Member ID card. For Members who are deaf or hearing impaired, please call for teletypewriter (TTY) services at 711.

If you believe that Vantage has failed to provide these services or has discriminated in another way on the basis of race, color, religion, national origin, age, disability, sex, gender identity, sexual orientation, or any other legally protected characteristic, you can file a grievance with Vantage or the U.S. Dept. of Health and Human Services, Office for Civil Rights.

If you would like to file a complaint directly with Vantage, you can reach us in person, by mail, by fax, or by email at the addresses below:

Vantage Health Plan  
Attention: Civil Rights Coordinator  
130 DeSiard Street, Suite 300  
Monroe, LA 71201  
Phone: (318) 998-2887, TTY 711  
Fax: (318) 361-2165  
Email: [civilrightscordinator@vhpla.com](mailto:civilrightscordinator@vhpla.com)

If you would like to file a complaint directly with the U.S. Dept. of Health and Human Services, Office for Civil Rights, you can contact them by mail, by phone, or by email at the addresses below:

U.S. Department of Health and Human Services  
200 Independence Avenue SW Room 509F, HHH Building Washington, DC 20201  
Phone: (800) 368-1019, (800) 537-7697 (TDD)  
Online Complaint Portal: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>. If you need help filing a grievance, our Civil Rights Coordinator is available to help at [civilrightscordinator@vhpla.com](mailto:civilrightscordinator@vhpla.com) or by phone at (318) 998-2887.

Vantage has adopted internal grievance procedures for providing prompt and equitable resolution of complaints alleging discrimination on the basis of race, color, religion, national origin, age, disability, sex, gender identity, sexual orientation, or any other legally protected characteristic. Any person who believes someone has been subjected to discrimination on any of these grounds, may file a grievance under Vantage's grievance procedure. It is against the law for Vantage to retaliate against anyone who opposes discrimination, files a grievance, or participates in the investigation of a grievance. Depending on the type of grievance, a 60-day filing limit may apply. To learn more about Vantage's grievance procedure, you can call or email our Civil Rights Coordinator at the addresses above or you can visit our website at [www.vantagehealthplan.com/vhpnondiscriminationgrievanceprocedure](http://www.vantagehealthplan.com/vhpnondiscriminationgrievanceprocedure).

*Vantage Health Plan is required by federal law to provide the following information.*

MULTI-LANGUAGE INSERT  
MULTI-LANGUAGE INTERPRETER SERVICES

**English:** We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at 888-823-1910 (TTY 711). Someone who speaks English/Language can help you. This is a free service.

**Spanish:** Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 888-823-1910 (TTY 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

**Chinese Mandarin:** 我们提供免费的翻译服务，帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务，请致电 888-823-1910 (TTY 711)。我们的中文工作人员很乐意帮助您。这是一项免费服务。

**Chinese Cantonese:** 您對我們的健康或藥物保險可能存有疑問，為此我們提供免費的翻譯服務。如需翻譯服務，請致電 888-823-1910 (TTY 711)。我們講中文的人員將樂意為您提供幫助。這是一項免費服務。

**Tagalog:** Mayroon kaming libreng serbisyo sa pagsasalang-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasalang-wika, tawagan lamang kami sa 888-823-1910 (TTY 711). Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

**French:** Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au 888-823-1910 (TTY 711). Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

**Vietnamese:** Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quý vị cần thông dịch viên xin gọi sẽ có nhân viên nói tiếng Việt giúp đỡ quý vị. Đây là dịch vụ miễn phí.

**German:** Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter 888-823-1910 (TTY 711). Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

**Korean:** 당사는 의료 보험 또는 약품 보험에 관한 질문에 대해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 888-823-1910 (TTY 711) 번으로 문의해 주십시오. 한국어를 하는 담당자가 도와드릴 것입니다. 이 서비스는 무료로 운영됩니다.

**Russian:** Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону 888-823-1910 (TTY 711). Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

**Arabic:** إننا نقدم خدمات المترجم الفوري المجانية للإجابة عن أي أسئلة تتعلق بالصحة أو جدول الأدوية لدينا. للحصول على مترجم فوري، ليس عليك سوى الاتصال بنا على 888-823-1910 (TTY 711). سيقيم شخص ما يتحدث العربية بمساعدتك. هذه خدمة مجانية.

**Hindi:** हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं। एक दुभाषिया प्राप्त करने के लिए, बस हमें 888-823-1910 (TTY 711) पर फोन करें। कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है। यह एक मुफ्त सेवा है।

**Italian:** È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero 888-823-1910 (TTY 711). Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

**Portuguese:** Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número 888-823-1910 (TTY 711). Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

**French Creole:** Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan 888-823-1910 (TTY 711). Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

**Polish:** Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer 888-823-1910 (TTY 711). Ta usługa jest bezpłatna.

**Japanese:** 当社の健康 健康保険と薬品 処方薬プランに関するご質問にお答えするために、無料の通訳サービスがあります。通訳をご用命になるには、888-823-1910 (TTY 711) にお電話ください。日本語を話す人者が支援いたします。これは無料のサービスです。

**Choctaw:** Chishnoat yvmmakosh chi apelaachih, hachishnovt ponaklo pilah Vantage Health Plan achih, chi ishtimpakvt chi nokfokah annopa chim annopoli keyo tvli holissoh ishahlih. Yvmma-kosh annopoli tosholi, makachi telefon 888-823-1910 (TTY 711).

**Laotian:** ພວກເຮົາມີບໍລິການແປພາສາພຣີເພື່ອຕອບຄໍາຖາມໃດໆທີ່ທ່ານອາດມີກ່ຽວກັບແຜນສຸຂະພາບຫຼືຢາຂອງພວກເຮົາ. ເພື່ອຮັບຜູ້ແປພາສາ, ພາຍໃຈທາງພວກເຮົາທີ່ 888-823-1910 (TTY 711). ຄົນທີ່ເວົ້າພາສາລາວສາມາດຊ່ວຍທ່ານໄດ້. ນີ້ແມ່ນການບໍລິການພຣີ.

**Persian:** ما خدمات مترجم رایگان برای پاسخ به هر گونه سوال شما ممکن است در مورد سلامت ما و یا طرح مواد مخدر داشته. تماس بگیرید. کسی که فارسی صحبت می کند می تواند به (TTY 711) باشد. برای دریافت مترجم، فقط با ما در 1910-823-888. شما کمک کند. این یک سرویس رایگان است.

**Urdu:** ہمارے پاس بیماری صحت یا منشیات کے منصوبے کے بارے میں آپ کے کسی بھی سوال کا جواب دینے کے لئے مفت ترجمان خدمات ہیں۔ ایک ترجمان حاصل کرنے کے لئے، صرف ہمیں 888-823-1910 (ٹی وائی 711) پر کال کریں۔ جو کوئی اردو بولتا ہے وہ آپ کی مدد کر سکتا ہے۔ یہ ایک مفت سروس ہے۔



Freedom to live a healthy life

#### **FLEX CARD MEMBER SERVICES**

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**PHONE:**

(833) 952-2771

TTY 711 *(for the hearing impaired)*

**HOURS OF OPERATION:**

Monday - Friday, 7 a.m. - 7 p.m.

#### **GENERAL MEMBER SERVICES**

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**PHONE:**

(866) 704-0109

TTY 711 *(for the hearing impaired)*

**WEBSITE:**

[www.VantageMedicare.com](http://www.VantageMedicare.com)

#### **VANTAGE LOCATIONS**

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**CORPORATE  
HEADQUARTERS**

130 DeSiard Street

Suite 300

Monroe, LA 71201

**MEMBER SERVICES  
AND SALES**

122 St. John Street

Monroe, LA 71201

**OTHER LOCATIONS:**

[VantageHealthPlan.com/locations](http://VantageHealthPlan.com/locations)