

Keep this catalog for future orders.

2025 Product Catalog

Over-the-Counter (OTC) | Grocery



Get products delivered to your doorstep at no additional cost!



LACare.NationsBenefits.com

Personalize Your Shopping with NationsBenefits®

Hello, Valued Member:

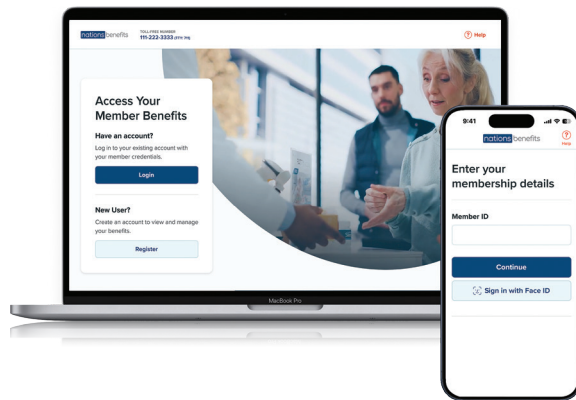
We are happy to welcome you to **L.A. Care Medicare Plus!** As a member, you have benefits through **NationsBenefits®** that include OTC items, groceries, and fresh produce.

This catalog helps you find a variety of products that can help keep you healthy. Please keep this catalog handy. Inside, you will find an order form and a postage-paid envelope to make ordering easy.

To manage your benefits online, including OTC items and groceries, you can use the **Benefits Pro™ Portal and App**. Get started by downloading the app or visiting **LACare.NationsBenefits.com** and log into your account. If it's your first time using Benefits Pro, just follow the steps to create your account and log in.

Once logged in, you can easily:

- **Search** by category, price and more
- **Order** health and wellness products (OTC), Grocery, Fresh Produce
- **Track** your order status in real time
- **View** transactions
- **Check** eligible products
- **Access** store locator
- **Request** a new card



If you need help with the Benefits Pro™ Portal or placing an order, please call **1-833-571-7587 (TTY: 711)**. Member Experience Representatives are available from 8 a.m. - 8 p.m., local time. Language support services are available if needed, free of charge.

Sincerely,

Your NationsBenefits Team

Helpful Benefit Information



You can save time and money by using your OTC, Grocery, and Fresh Produce benefit allowance to order the items you need to personalize your care. We encourage you to spend your full allowance before the end of each month, as allowance does not roll over.

Additional information about your benefit is outlined below:



Benefit Usage:

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



Availability:

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



Substitution:

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



Delivery:

Please allow two business days for delivery.



Returns:

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



Disenrollment:

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

Ordering Has Never Been Easier

Choose the best ordering option for you.



Benefits Pro™
Portal



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



Benefits Pro™
App



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



Mail

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

NationsBenefits
1700 N. University Drive
Plantation, FL 33322

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



Call

To place an order by phone, please call **1-833-571-7587 (TTY: 711)**. Member Experience Representatives are available from 8 a.m. - 8 p.m., local time.

Product Categories

Top Selling Products	6
Bathroom Safety & Fall Prevention	10
Cold, Flu & Allergy	10
Dental & Denture Care	11
Diabetes Care	12
Digestive Health	12
Eye & Ear Care	12
First Aid & Medical Supplies	13
Foot Care	13
Hemorrhoidal Preparations	13
Home Diagnostic & Patient Aids	13
Incontinence Supplies	14
Pain Relief	14
Personal Care	15
Skin Care	15
Sleep Aids	15
Supports & Braces	15
Vitamins & Dietary Supplements	16
Food	18

Top Selling Products



Cetirizine Allergy Tablets,
10 mg.
Count: 30

Item #: 5052 \$13.00



Cough Drops, Cherry
Count: 30

Item #: 5220 \$4.00



Cough Drops, Honey Lemon
Count: 30

Item #: 5545 \$4.00



Denture Cleaning Tablets
Count: 40

Item #: 5546 \$5.50



Fixodent® Cream, 2.4 oz.
Count: 1

Item #: 5379 \$8.00



Interdental Flossers
Count: 90

Item #: 5200 \$4.50



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

Item #: 4110 \$7.00



Toothbrush, Colgate®,
Adult Medium
Count: 1

Item #: 5101 \$3.50



Toothbrush, Colgate®,
Adult Soft
Count: 1

Item #: 5505 \$3.50



Toothpaste, Colgate®, 4 oz.
Count: 1

Item #: 5047 \$6.00

Top Selling Products



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

Item #: 5811 \$10.50



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

Item #: 4065 \$11.50



Alcohol Pads*
Count: 100

Item #: 5295 \$4.50



Cotton Swabs
Count: 300

Item #: 5385 \$5.00



Q-Tips® Cotton Swabs
Count: 170

Item #: 5608 \$6.00



Feminine Hygiene Wipes
Count: 40

Item #: 5114 \$6.00



Band-Aids®*
Count: 100

Item #: 5128 \$13.50



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

Item #: 5227 \$4.50



Petroleum Jelly, 4 oz.
Count: 1

Item #: 5437 \$4.75



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

Item #: 5541 \$5.00

Top Selling Products



Adult Washcloths Disposable*
Count: 48

Item #: 5447 \$8.50



Attends® Discreet Women's
Maximum Bladder Control Pad*
Count: 20

Item #: 5880 \$15.00



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

Item #: 5883 \$17.00



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

Item #: 5882 \$17.00



Flushable Wipes*
Count: 24

Item #: 5529 \$8.00



Acetaminophen Arthritis,
650 mg.
Count: 100

Item #: 5430 \$13.00



Acetaminophen Extra
Strength Tablets, 500 mg.
Count: 100

Item #: 5303 \$9.00



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

Item #: 5090 \$6.00



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

Item #: 5034 \$7.00



Ibuprofen Tablets, 200 mg.
Count: 100

Item #: 5485 \$8.50

Top Selling Products



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

Item #: 5423 \$19.00



Anti-Dandruff Shampoo, 11 oz.
Count: 1

Item #: 5390 \$6.50



Aloe Vera Cream, 6 oz.
Count: 1

Item #: 5535 \$5.50



Anti-Bacterial Wet Wipes
Count: 20

Item #: 5169 \$4.00



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

Item #: 5298 \$6.50



Centrum® Silver Vitamins[†]
Count: 125

Item #: 5001 \$23.00



Coenzyme Q-10, 100 mg.[‡]
Count: 30

Item #: 5156 \$16.50



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

Item #: 5140 \$14.50



Melatonin Gummy, 5 mg.[‡]
Count: 120

Item #: 5358 \$18.00



Vitamin D3, 125 mcg.[‡]
Count: 100

Item #: 5749 \$10.50

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

Item #	Description	Count	Price
Bathroom Safety & Fall Prevention			
5647	Bath Mat, Non-Skid	1 ct.	\$14.00
5853	Shower Mat, Non-Skid	1 ct.	\$14.00
5806	Slipper Socks, One Size Fits Most	1 ct.	\$6.50
Cold, Flu & Allergy			
5084	Acetaminophen Sinus Congestion Caplets, 325 mg., 5 mg.	24 ct.	\$8.00
5335	Afrin® Nasal Spray, 0.05%, 0.5 oz.	1 ct.	\$13.00
5790	Airborne® Chew†	32 ct.	\$14.00
5606	Blistex® Ointment, 0.15 oz.	1 ct.	\$4.00
5344	Carmex®	1 ct.	\$3.00
5133	Cepacol® Sore Throat Lozenges	16 ct.	\$6.50
5334	Claritin® Tablets, 10 mg.	10 ct.	\$19.00
5338	Cough & Cold for High Blood Pressure	16 ct.	\$6.50
5202	Cough Drops, Halls®	25 ct.	\$5.50
5126	Cough Drops, Menthol	30 ct.	\$4.00
5405	Cough Drops, Sugar-Free	25 ct.	\$4.50
5399	Day & Night Cold & Flu Caplets	20 ct.	\$7.00
5153	Day Cold & Flu Liquid, 325 mg., 10 mg., 5 mg., 8 oz.	1 ct.	\$8.50
5234	DayQuil® Liquid, 325 mg., 10 mg., 5 mg., 8 oz.	1 ct.	\$14.00
5854	Diphenhydramine Allergy Tablets, 25 mg.	100 ct.	\$6.00
5855	Fexofenadine Allergy Tablets, 180 mg.	30 ct.	\$13.00
5856	Fluticasone Propionate Allergy Nasal Spray, 24-Hour, 144 sprays, 50 mcg.	1 ct.	\$24.00
5095	Green Tea Flu & Cold Honey Lemon	6 ct.	\$9.00
5418	Loratadine Allergy Tablets, 10 mg.	30 ct.	\$6.50
5857	Loratadine Allergy Tablets, 10 mg.	90 ct.	\$14.00
5559	Medicated Lip Balm, 0.15 oz.	1 ct.	\$2.50
5465	Mucinex® DM Tablets, 600 mg., 30 mg.	20 ct.	\$20.00
5464	Mucinex® Tablets, 600 mg.	20 ct.	\$18.00
5858	Mucus Relief DM Expectorant & Cough Suppressant, Extended Release, 1,200 mg., 60 mg.	14 ct.	\$10.50
5081	Nasal Decongestion Spray, 0.05%, 1 oz.	1 ct.	\$5.50
5040	Night Cold & Flu Liquid, 650 mg., 30 mg., 12.5 mg., 8 oz.	1 ct.	\$8.50
5233	NyQuil® Liquid, 650 mg., 30 mg., 12.5 mg., 8 oz.	1 ct.	\$14.00

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

Item #	Description	Count	Price
Cold, Flu & Allergy			
5005	Robitussin® DM Syrup, 200 mg., 20 mg., 4 oz.	1 ct.	\$11.00
5072	Saline Nasal Spray, 0.65%, 1.5 oz.	1 ct.	\$4.00
5693	Sore Throat Lozenges, Cherry	18 ct.	\$5.00
4094	Tussin CF Syrup, 200 mg., 20 mg., 10 mg., 4 oz.	1 ct.	\$3.75
5023	Tussin DM Sugar-Free Syrup, 100 mg., 10 mg., 4 oz.	1 ct.	\$7.00
5008	Tylenol® Sinus Congestion Caplets, 325 mg., 5 mg.	24 ct.	\$12.50
5511	Vapor Rub, 3.5 oz.	1 ct.	\$6.00
5426	Zyrtec®, 10 mg.	14 ct.	\$25.00
Dental & Denture Care			
5700	Biotene® Dry Mouth Oral Rinse, 16 oz.	1 ct.	\$15.00
5330	Dental Floss, Mint Waxed	1 ct.	\$3.50
5130	Dental Floss, Reach®, Mint Waxed	1 ct.	\$4.00
5168	Dental Travel Kit	1 ct.	\$7.00
5260	Denture Adhesive Cream, 2.4 oz.	1 ct.	\$5.00
5626	Denture Brush	1 ct.	\$3.00
5808	Efferdent® Plus Mint Tablets	44 ct.	\$10.00
5204	Efferdent® Tablets	20 ct.	\$3.00
5504	Fixodent® Cream, 0.75 oz.	1 ct.	\$4.00
4073	Interdental Gum Brushes	10 ct.	\$4.75
5113	Mouthwash, 4 oz.	1 ct.	\$3.50
5195	Oral Pain Relief Gel, 20%, 0.33 oz.	1 ct.	\$5.00
5809	Polident® Overnight	84 ct.	\$14.00
4129	Toothbrush Protector	1 ct.	\$2.50
5510	Toothbrush, Adult	1 ct.	\$1.50
6051	Toothbrush, Battery Powered	1 ct.	\$21.00
5702	Toothbrush, Soft 2-pack	1 ct.	\$6.00
5241	Toothpaste Squeezer	1 ct.	\$3.25
5102	Toothpaste, Fluoride, 6.4 oz.	1 ct.	\$5.50
5859	Toothpaste, Pepsodent®, 5.5 oz.	1 ct.	\$4.75
5421	Toothpaste, Sensitive Teeth, 4.3 oz.	1 ct.	\$5.00
5530	Toothpaste, Travel Size, 0.85 oz.	1 ct.	\$1.25
5294	Toothpaste, Ultrabrite®, 6 oz.	1 ct.	\$5.00

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

Item #	Description	Count	Price
Diabetes Care			
4109	Alcohol Pads, Large*	100 ct.	\$6.00
5812	Diabetic Skin Relief Foot Cream, 4 oz.	1 ct.	\$13.00
5223	Diabetic Socks, Black, Large, 3-pack	1 ct.	\$9.00
Digestive Health			
5214	Alka-Seltzer® Tablets	24 ct.	\$9.00
5304	Antacid Chewables, 500 mg.	150 ct.	\$6.50
5438	Antacid Chewables, Extra Strength, 750 mg.	96 ct.	\$6.00
4063	Antacid Soft Chewables, Ultra Strength, 1,177 mg.	36 ct.	\$6.00
5420	Docusate Sodium Stool Softener Softgels, 100 mg.	100 ct.	\$7.50
5554	Dulcolax® Tablets, 5 mg.	25 ct.	\$12.00
5167	Enema, Saline Laxative, 4.5 oz.	1 ct.	\$2.25
5862	Esomeprazole Magnesium Acid Reducer, Delayed Release Tablets, 20 mg.*	42 ct.	\$17.00
5079	Famotidine Acid Reducer, 10 mg.*	30 ct.	\$6.50
5280	Gas Relief Chewable Tablets, 80 mg.	100 ct.	\$7.00
5009	Gas-X® ES Chewables, 125 mg.	18 ct.	\$10.00
5429	Loperamide Anti-Diarrheal Caplets, 2 mg.*	12 ct.	\$6.25
4042	Loperamide Simethicone Anti-Diarrheal & Anti-Gas Caplets, 2 mg., 125 mg.*	12 ct.	\$6.00
5863	Omeprazole Acid Reducer, Delayed Release Tablets, 20 mg.*	42 ct.	\$24.00
5286	Pepto-Bismol®, 525 mg., 8 oz.	1 ct.	\$7.50
5287	Pepto-Bismol®, 525 mg., 16 oz.	1 ct.	\$13.50
5289	Pepto-Bismol® Tablets, 262 mg.	30 ct.	\$9.00
5696	Polyethylene Glycol Powder Laxative, 8.3 oz.	1 ct.	\$16.00
5212	Senna + Laxative Tablets, 50 mg., 8.6 mg.	60 ct.	\$4.50
5800	TUMS® Extra Strength, 750 mg.	96 ct.	\$8.50
4146	TUMS® Ultra Strength, 1,000 mg.	72 ct.	\$10.00
5247	Vitafusion® Fiber Gummy‡	90 ct.	\$19.50
Eye & Ear Care			
5487	Clear Eyes® Eye Drops, 0.2 oz.	1 ct.	\$6.00
5189	Earwax Removal Drops, 6.5%, 0.5 oz.	1 ct.	\$4.50
5041	Irritation Relief Eye Drops, 0.5 oz.	1 ct.	\$7.75

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

Item #	Description	Count	Price
Eye & Ear Care			
4104	Lubricating Eye Drops, Refresh Plus®, 0.5%, 0.01 oz.	50 ct.	\$29.00
4105	Lubricating Eye Drops, Refresh Tears®, 15 ml.	1 ct.	\$20.00
First Aid & Medical Supplies			
5404	Adhesive First Aid Tape*	1 ct.	\$3.75
5798	Bacitracin Ointment, 1 oz.	1 ct.	\$5.00
5151	Bandage, Stretch Gauze*	1 ct.	\$4.50
5173	Bandages, Assorted*	100 ct.	\$7.50
4061	Bandages, Finger & Knuckle	20 ct.	\$6.00
5203	Benadryl® Cream, 1 oz.	1 ct.	\$9.00
5192	Cotton Balls	100 ct.	\$4.75
5078	Diphenhydramine Anti-Itch Cream, 2%, 1.25 oz.	1 ct.	\$6.50
5193	Disposable Gloves, Nitrile, Medium	100 ct.	\$19.00
5191	Disposable Gloves, Nitrile, Large	100 ct.	\$19.00
5930	Disposable Gloves, Nitrile, X-Large	100 ct.	\$19.00
5612	First Aid Kit, 75 Pieces	1 ct.	\$9.00
5711	First Aid Kit, 175 Pieces	1 ct.	\$17.00
5400	Hydrocortisone Cream, 1%, 1 oz.	1 ct.	\$5.00
5527	Hydrogen Peroxide, 3%, 4 oz.	1 ct.	\$2.50
5059	Neosporin® Ointment, 0.5 oz.	1 ct.	\$8.00
5250	Neosporin® Plus, 0.5 oz.	1 ct.	\$11.00
5131	Tape, Paper Surgical, 1" x 10 yd.*	1 ct.	\$2.50
4039	Triple Antibiotic + Pain Relief Ointment, 1 oz.	1 ct.	\$7.00
5869	Triple Antibiotic Ointment, 1 oz.	1 ct.	\$6.00
Foot Care			
5216	Clotrimazole Athlete's Foot Cream, 1%, 1.5 oz.	1 ct.	\$4.00
Hemorrhoidal Preparations			
5820	Preparation H® Medicated Wipes	48 ct.	\$11.50
Home Diagnostic & Patient Aids			
5639	Night Light	1 ct.	\$6.00
5508	Pill Box, 7 Day, AM & PM	1 ct.	\$9.00
5656	Shoe Horn	1 ct.	\$3.00

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

Item #	Description	Count	Price
Incontinence Supplies			
5525	A&D Ointment, 4 oz.	1 ct.	\$6.25
4095	A&D Plus Vitamin E Ointment, 13 oz.	1 ct.	\$8.00
5879	Attends® Discreet Women's Moderate Bladder Control Pad*	20 ct.	\$10.00
5715	Attends® Discreet Women's Ultimate Bladder Control Pad*	20 ct.	\$22.00
5881	Attends® Discreet Women's Panty Liner*	28 ct.	\$11.00
5716	Attends® Discreet Women's Ultrathin Pad*	20 ct.	\$8.00
5825	Bathing Wipes	8 ct.	\$9.50
5718	Bladder Control Shaped Pad, Maximum Absorbency*	28 ct.	\$14.00
5719	Bladder Control Shaped Pad, Ultimate Absorbency*	28 ct.	\$17.00
5884	Disposable Underwear Pull-Up, X-Large, 58" to 68"	14 ct.	\$17.00
5885	No-Rinse Body Wash, 8 oz.	1 ct.	\$4.00
6058	Underpad, Disposable, 23" x 24"	50 ct.	\$16.50
5721	Underpad, Disposable, 23" x 36"	15 ct.	\$12.00
5722	Underpad, Disposable, 30" x 30"	10 ct.	\$11.50
6059	Underpad, Extra Absorbent Air Permeable, 30" x 36"	5 ct.	\$14.50
Pain Relief			
4423	Acetaminophen & Ibuprofen Dual Action Tablets, 250 mg. 125 mg.	36 ct.	\$8.00
5428	Acetaminophen PM Extra Strength Caplets, 500 mg., 25 mg.	50 ct.	\$5.00
6039	Acetaminophen PM Extra Strength Caplets, 500 mg., 25 mg.	100 ct.	\$9.00
5302	Acetaminophen Tablets, 325 mg.	100 ct.	\$4.00
5054	Advil® LiquiGels, 200 mg.	20 ct.	\$10.00
4145	Advil® PM Caplets, 200 mg., 38 mg.	20 ct.	\$9.00
5053	Advil® Tablets, 200 mg.	50 ct.	\$15.00
5375	After Bite® Relief, 0.5 oz.	1 ct.	\$6.50
5243	Aleve® Caplets, 220 mg.	24 ct.	\$8.00
5256	Aleve® Caplets, 220 mg.	90 ct.	\$20.00
4040	Aspercreme® with Lidocaine, 4%, 2.7 oz.	1 ct.	\$13.00
5073	Aspirin Chewables, Low Dose, 81 mg.	36 ct.	\$4.50
4007	Capsaicin Heat Patch, 0.025%	2 ct.	\$3.00
5080	Cold Hot Medicated Patch	5 ct.	\$9.75
4038	Diclofenac Arthritis Pain Relief Gel, 1%, 3.53 oz.	1 ct.	\$15.00
4062	Epsom Salt, 16 oz.	1 ct.	\$5.00

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

Item #	Description	Count	Price
Pain Relief			
5011	Excedrin® Migraine Tablets, 250 mg., 250 mg., 65 mg.	24 ct.	\$9.50
5401	Ibuprofen Liquid Gels, 200 mg.	20 ct.	\$4.75
5093	Ibuprofen Tablets, 200 mg.	50 ct.	\$5.00
5342	Icy Hot® Pain Relief Roll-On, 16%, 2.5 oz.	1 ct.	\$10.00
5341	Icy Hot® Patch, 5%	5 ct.	\$10.00
4150	Lidocaine Pain Relief Cream, 4%, 2.7 oz.	1 ct.	\$8.00
5888	Lidocaine Patch, 4%	5 ct.	\$10.50
5457	Muscle Rub Cream, 1.25 oz.	1 ct.	\$4.00
5889	Naproxen Sodium Caplets, 220 mg.	90 ct.	\$9.00
5383	Salonpas® Patch	6 ct.	\$13.50
4106	Salonpas® Patch, Lidocaine, 4%	6 ct.	\$15.00
4103	Salonpas® Patch, Small	60 ct.	\$15.00
4018	Tiger Balm® Ointment, Extra Strength, 0.63 oz.	1 ct.	\$8.00
4016	Tiger Balm® Patch, Regular	5 ct.	\$10.00
5425	Tylenol® PM Extra Strength Tablets, 500 mg.	24 ct.	\$12.00
Personal Care			
4130	Medicated Body Powder, 8 oz.	1 ct.	\$4.00
Skin Care			
4097	Aloe Vera Gel, 16 oz.	1 ct.	\$6.00
5620	Anti-Bacterial Bar Soap	1 ct.	\$2.50
5091	Dry Skin Cream, 16 oz.	1 ct.	\$11.50
4143	Hand Sanitizer Gel, 2 oz.	1 ct.	\$3.00
5924	Hand Sanitizer Gel, 8 oz.	1 ct.	\$5.00
5486	Insect Repellent, Cutter® Backwoods, 6 oz.	1 ct.	\$10.00
6036	Moisturizing Body Lotion with Aloe, 8 oz.	1 ct.	\$8.00
5665	Sunscreen, SPF 30, 4 oz.	1 ct.	\$8.00
Sleep Aids			
5074	Diphenhydramine Sleep Tablets	50 ct.	\$7.00
Supports & Braces			
5398	Elastic Bandage, 3" x 5 yd.*	1 ct.	\$1.75

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

Item #	Description	Count	Price
Vitamins & Dietary Supplements			
4054	Acidophilus Probiotics, 500 mm.‡	100 ct.	\$11.00
4149	Apple Cider Vinegar Tablet, 300 mg.‡	250 ct.	\$12.00
5359	Biotin Gummy, 5,000 mcg.‡	60 ct.	\$12.50
5300	Calcium, 600 mg.‡	60 ct.	\$7.00
5355	Calcium + Vitamin D3 Gummy, 500 mg., 25 mcg.‡	60 ct.	\$14.00
5739	Calcium Chew, Chocolate, 650 mg.‡	60 ct.	\$11.00
4024	Cinnamon Capsules, 1,000 mg.‡	100 ct.	\$10.00
4131	Cranberry Capsules, 500 mg.‡	90 ct.	\$6.50
5306	Daily Multivitamin‡	100 ct.	\$3.00
5918	Daily Multivitamin Gummy‡	120 ct.	\$15.00
5448	Eye Supplement Tablets‡	60 ct.	\$7.00
5299	Ferrous Sulfate Iron Supplement, 325 mg.‡	100 ct.	\$6.00
5271	Flaxseed Oil Softgels, 1,000 mg.‡	100 ct.	\$9.50
4023	Ginkgo Biloba Capsules, 60 mg.‡	50 ct.	\$8.00
6026	Glucosamine (Joint Health Support), 500 mg.‡	60 ct.	\$9.00
5176	Glucosamine Chondroitin, 1,500 mg., 1,200 mg.‡	60 ct.	\$20.00
5436	Lutein, 20 mg.‡	60 ct.	\$12.00
5742	Magnesium, 250 mg.‡	100 ct.	\$6.00
5328	Magnesium, 500 mg.‡	100 ct.	\$11.00
5273	Melatonin, 3 mg.‡	90 ct.	\$10.00
5920	One Daily Men's Multivitamin‡	100 ct.	\$8.50
5186	One Daily Women's Multivitamin‡	100 ct.	\$8.50
4005	Senior Men's Multivitamin‡	100 ct.	\$11.00
4006	Senior Women's Multivitamin‡	100 ct.	\$11.50
4025	Turmeric Capsules, 500 mg.‡	60 ct.	\$10.00
5746	Vitamin B-12, 500 mcg.‡	100 ct.	\$6.50
6060	Vitamin B-12, 1,000 mcg.‡	100 ct.	\$12.00
5922	Vitamin B-12, Sublingual, 5,000 mcg.‡	30 ct.	\$10.00
5305	Vitamin B-Complex‡	100 ct.	\$4.00
5301	Vitamin C, 500 mg.‡	100 ct.	\$9.00
5748	Vitamin C, 1,000 mg.‡	100 ct.	\$12.50
5492	Vitamin C Gummy, 250 mg.‡	60 ct.	\$12.00

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

Item #	Description	Count	Price
Vitamins & Dietary Supplements			
5175	Vitamin D3, 10 mcg.‡	100 ct.	\$3.75
5183	Vitamin D3, 25 mcg.‡	100 ct.	\$10.00
5356	Vitamin D3 Gummy, 50 mcg.‡	60 ct.	\$12.00
5269	Vitamin E, 180 mg.‡	100 ct.	\$10.75
5274	Zinc Tablets, 50 mg.‡	100 ct.	\$7.50

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

Item #	Description	Count	Price
Food			
7218	Allspice, 1 oz.	1 ct.	\$4.50
7001	Almond Butter Smooth, 10 oz.	1 ct.	\$13.00
7143	Almond Milk, 32 oz.	1 ct.	\$7.00
7002	Almonds, 5 oz.	1 ct.	\$7.00
7207	Apricots, 15 oz.	1 ct.	\$4.00
7122	Avocado Oil, 16 oz.	1 ct.	\$14.00
7176	Baby Corn, 15 oz.	1 ct.	\$3.50
7152	Baked Beans, 16 oz.	1 ct.	\$3.50
7194	Baking Powder, 7 oz.	1 ct.	\$5.50
7195	Baking Soda, 16 oz.	1 ct.	\$3.00
7231	Balsamic Vinegar, 8 oz.	1 ct.	\$5.00
7006	Beef Stew, 15 oz.	1 ct.	\$4.50
7007	Beefaroni, 7 oz.	1 ct.	\$3.50
7008	Beets, Sliced, 14.5 oz.	1 ct.	\$3.00
7111	Black Beans, 15 oz.	1 ct.	\$2.50
7240	Blackeye Peas, 15 oz.	1 ct.	\$2.50
4477	Boost® Chocolate Shake, 8 oz.	6 ct.	\$20.00
4478	Boost® Vanilla Shake, 8 oz.	6 ct.	\$20.00
7164	Bread Crumbs, 15 oz.	1 ct.	\$4.00
7010	Canola Oil, 16 oz.	1 ct.	\$7.50
7127	Carrots, 14.5 oz.	1 ct.	\$3.50
7223	Cayenne Pepper, 1.5 oz.	1 ct.	\$3.50
7011	Cheerios™, 8.9 oz.	1 ct.	\$7.50
7012	Chewy Granola Bars, 8.4 oz.	8 ct.	\$5.75
7229	Chia Seed, 1.5 oz.	1 ct.	\$2.00
7202	Chicken Breast Chunk, 10 oz.	1 ct.	\$5.50
7225	Chicken Noodle Soup, 10 oz.	1 ct.	\$4.50
7217	Chili Powder, 2 oz.	1 ct.	\$4.50
7188	Chili, 15 oz.	1 ct.	\$4.50
7018	Chunk Light Tuna in Water, 5 oz.	1 ct.	\$3.00
7020	Chunky Vegetable Soup, 18 oz.	1 ct.	\$4.00
7216	Cinnamon, Ground, 2 oz.	1 ct.	\$4.50

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

Item #	Description	Count	Price
Food			
7021	Clam Chowder, 18 oz.	1 ct.	\$4.50
7144	Coconut Water, 16 oz.	1 ct.	\$3.25
7098	Coffee Creamer, 16 oz.	1 ct.	\$5.50
7022	Coffee, 11 oz.	1 ct.	\$9.50
7128	Coffee, Instant, 8 oz.	1 ct.	\$10.50
4443	Collard Greens, 14 oz.	1 ct.	\$4.50
7023	Coffee, Decaf, 11 oz.	1 ct.	\$9.50
7129	Coffee, Decaf Instant, 8 oz.	1 ct.	\$12.00
7205	Condensed Milk, 14 oz.	1 ct.	\$4.50
7046	Cooking Spray, 5 oz.	1 ct.	\$7.00
7130	Corn Flakes, 18 oz.	1 ct.	\$7.00
7150	Corn, 14 oz.	1 ct.	\$3.50
7131	Corn Oil, 16 oz.	1 ct.	\$5.50
7160	Corned Beef, 12 oz.	1 ct.	\$8.00
7222	Cranberry Sauce, Jellied, 14 oz.	1 ct.	\$4.50
7192	Cream of Chicken Soup, 10 oz.	1 ct.	\$3.25
7191	Cream of Mushroom Soup, 10 oz.	1 ct.	\$3.25
7226	Cream of Potato Soup, 10 oz.	1 ct.	\$4.00
7190	Cream of Wheat, 12 oz.	1 ct.	\$5.00
7233	Dried Apples, 3 oz.	1 ct.	\$8.00
7232	Dried Apricots, 6 oz.	1 ct.	\$8.00
7234	Dried Bananas, 4 oz.	1 ct.	\$8.00
7235	Dried Mangos, 3 oz.	1 ct.	\$10.00
7147	Ensure® Chocolate Shake, 8 oz.	6 ct.	\$20.00
7146	Ensure® Vanilla Shake, 8 oz.	6 ct.	\$20.00
7211	Extra Virgin Olive Oil, 8 oz.	1 ct.	\$12.00
7212	Flour, All Purpose, 32 oz.	1 ct.	\$5.00
7208	Fruit & Nut Mix, 6 oz.	1 ct.	\$6.00
7024	Fruit Cocktail, 14.5 oz.	1 ct.	\$3.50
7159	Garbanzo Beans, 15 oz.	1 ct.	\$2.50
7168	Garlic Powder, 3 oz.	1 ct.	\$3.50
7177	Gelatin, Cherry, 1.4 oz.	1 ct.	\$2.25

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

Item #	Description	Count	Price
Food			
7178	Gelatin, Orange, 1.4 oz.	1 ct.	\$2.25
7179	Gelatin, Strawberry, 1.4 oz.	1 ct.	\$2.25
7153	Glucerna® Chocolate Shake, 8 oz.	6 ct.	\$20.00
7148	Glucerna® Vanilla Shake, 8 oz.	6 ct.	\$20.00
7241	Great Northern Beans, 15 oz.	1 ct.	\$2.50
7151	Green Beans, 14 oz.	1 ct.	\$3.50
7242	Green Chiles, 4 oz.	1 ct.	\$3.50
7206	Grits, 16 oz.	1 ct.	\$3.50
7220	Ham, Cooked, 16 oz.	1 ct.	\$8.00
7185	Honey, 12 oz.	1 ct.	\$7.00
7214	Hot Sauce, 3 oz.	1 ct.	\$2.00
7032	Instant Mashed Potatoes, 13.75 oz.	1 ct.	\$4.50
7033	Jelly, Grape, 20 oz.	1 ct.	\$4.50
7034	Jelly, Strawberry, 20 oz.	1 ct.	\$4.50
7154	Ketchup, 20 oz.	1 ct.	\$4.50
7174	Lima Beans, 15 oz.	1 ct.	\$3.00
7186	Mayonnaise, 12 oz.	1 ct.	\$5.50
7183	Microwave Popcorn	3 ct.	\$4.00
7121	Milk, Shelf Stable 2%, 32 oz.	1 ct.	\$5.00
7041	Mixed Nuts, 5 oz.	1 ct.	\$7.00
7161	Mixed Vegetables, 15 oz.	1 ct.	\$3.50
7230	Muffin Mix, Blueberry, 7 oz.	1 ct.	\$3.00
7193	Muffin Mix, Corn, 8 oz.	1 ct.	\$3.00
7201	Mushrooms, 4.5 oz.	1 ct.	\$3.50
7134	Nature Valley™ Granola Bars	12 ct.	\$7.50
7228	Nutella®, 7 oz.	1 ct.	\$4.50
7135	Oatmeal, Instant Packets	10 ct.	\$8.00
7044	Oats, Old Fashioned, 42 oz.	1 ct.	\$9.00
7045	Oats, Steel Cut, 24 oz.	1 ct.	\$8.00
7181	Olives, 6 oz.	1 ct.	\$4.50
7169	Onion Powder, 2.75 oz.	1 ct.	\$3.00
7219	Oregano, 1 oz.	1 ct.	\$4.50

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

Item #	Description	Count	Price
Food			
7182	Pancake Mix, 16 oz.	1 ct.	\$5.00
7187	Pancake Syrup, 12 oz.	1 ct.	\$5.00
7215	Paprika, 2 oz.	1 ct.	\$4.50
7204	Parmesan Cheese, 8 oz.	1 ct.	\$5.00
7053	Pasta, Spaghetti, 16 oz.	1 ct.	\$3.50
7054	Pasta, Spaghetti, Gluten Free, 12 oz.	1 ct.	\$6.00
7055	Pasta, Ziti, 16 oz.	1 ct.	\$3.00
7056	Peaches, Sliced, 8.5 oz.	1 ct.	\$3.50
7057	Peanut Butter, Creamy, 16 oz.	1 ct.	\$5.50
7058	Peanut Butter, Crunchy, 16 oz.	1 ct.	\$5.50
7059	Pear Halves, 15 oz.	1 ct.	\$4.50
7137	Peas, 8.5 oz.	1 ct.	\$2.50
7061	Pineapple, Sliced, 8 oz.	1 ct.	\$3.75
7062	Pinto Beans, 16 oz.	1 ct.	\$2.50
7063	Potatoes, Diced, 15 oz.	1 ct.	\$3.50
7175	Prunes, 16 oz.	1 ct.	\$11.00
7065	Pumpkin, Canned, 15 oz.	1 ct.	\$4.50
7066	Raisin Bran®, 16 oz.	1 ct.	\$6.50
7173	Raisins, 9 oz.	1 ct.	\$4.50
7158	Ramen Noodle Soup, 3 oz.	1 ct.	\$1.75
7068	Red Kidney Beans, 15 oz.	1 ct.	\$3.50
7138	Rice Krispies, 12 oz.	1 ct.	\$7.00
7009	Rice, Brown, 28 oz.	1 ct.	\$5.50
7072	Rice, White, 28 oz.	1 ct.	\$5.50
7162	Rice, Yellow, 16 oz.	1 ct.	\$4.50
7227	Rosemary, 1 oz.	1 ct.	\$3.50
7209	Salad Dressing, French, 16 oz.	1 ct.	\$5.50
7074	Salad Dressing, Italian, 16 oz.	1 ct.	\$4.50
7076	Salad Dressing, Ranch, 16 oz.	1 ct.	\$4.50
7077	Salmon, Canned, 14.75 oz.	1 ct.	\$10.00
7184	Salt & Pepper	1 ct.	\$5.50
7165	Salt Substitute, 3 oz.	1 ct.	\$5.50

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

Item #	Description	Count	Price
Food			
7141	Sandwich Crackers, Cheddar	8 pack	\$6.00
7078	Sardines, 4.4 oz.	1 ct.	\$4.00
7239	Seasoning Blend, Salt-Free, 2.5 oz.	1 ct.	\$5.50
7210	Soda Crackers, 8 oz.	1 ct.	\$3.50
7166	Soup Bouillon, Beef	6 ct.	\$2.50
7167	Soup Bouillon, Chicken	6 ct.	\$2.50
7163	Soy Sauce, 10 oz.	1 ct.	\$3.50
7107	Spaghetti Sauce, 24 oz.	1 ct.	\$5.00
7224	Spam®, 12 oz.	1 ct.	\$6.50
7238	Spinach, 13 oz.	1 ct.	\$4.00
7081	Splenda®, 1.75 oz.	1 ct.	\$6.50
7109	Steak & Vegetable Soup, 18.8 oz.	1 ct.	\$4.50
7236	Steak Sauce, 5 oz.	1 ct.	\$4.75
7085	Stevia In The Raw®, 3.5 oz.	1 ct.	\$8.00
7016	Stuffing Mix, 6 oz.	1 ct.	\$4.50
7087	Tea Bags	100 ct.	\$6.00
7088	Tea Bags, Decaf	48 ct.	\$10.00
4470	Thick-It® Food and Beverage Thickener, 10 oz.	1 ct.	\$11.00
7089	Tomato Paste, 12 oz.	1 ct.	\$3.00
7090	Tomatoes, Crushed, 15 oz.	1 ct.	\$4.00
7091	Tomatoes, Diced, 14.5 oz.	1 ct.	\$3.00
7140	Trail Mix, 16 oz.	1 ct.	\$9.00
4444	Turnip Greens, 14 oz.	1 ct.	\$4.50
7221	Vegetable Oil, 16 oz.	1 ct.	\$6.50
7101	Vienna Sausage, 4.6 oz.	1 ct.	\$2.50
7142	Wheat Crackers, 9 oz.	1 ct.	\$5.50
7095	Yams, 29 oz.	1 ct.	\$6.00
7096	Yellow Mustard, 8 oz.	1 ct.	\$3.00

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

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

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

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

Medicare approved L.A. Care Medicare Plus to provide these benefits as part of the Value-Based Insurance Design (VBID) program. This program lets Medicare try new ways to improve Medicare Advantage plans.



NONDISCRIMINATION NOTICE

Discrimination is against the law. L.A. Care Health Plan follows State and Federal civil rights laws. L.A. Care Health Plan does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation.

L.A. Care Health Plan provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
 - ✓ Qualified sign language interpreters
 - ✓ Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
 - ✓ Qualified interpreters
 - ✓ Information written in other languages

If you need these services, contact L.A. Care Health Plan 24 hours a day, 7 days a week, including holidays, by calling **1-833-522-3767**. If you cannot hear or speak well, please call **TTY 711**. Upon request, this document can be made available to you in braille, large print, audio cassette, or electronic form. To obtain a copy in one of these alternative formats, please call or write to:

L.A. Care Health Plan
Member Services Department
1200 West 7th Street, 10th Floor
Los Angeles, CA 90017

1-833-522-3767 TTY: 711

LA3972 0722

HOW TO FILE A CIVIL RIGHTS GRIEVANCE

If you believe that L.A. Care Health Plan has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity, or sexual orientation, you can file a grievance with L.A. Care Health Plan Chief Compliance Officer. You can file a civil rights grievance by phone, in writing, in person, or electronically:

- **By phone:** Contact L.A. Care Health Plan Chief Compliance Officer, 24 hours a day, 7 days a week, including holidays, by calling **1-833-522-3767**. Or, if you cannot hear or speak well, please call **TTY 711**.
- **In writing:** Fill out a complaint form or write a letter and send it to:

L.A. Care Health Plan
Chief Compliance Officer
1200 West 7th Street, 10th Floor
Los Angeles, CA 90017

Email: civilrightscordinator@lacare.org

- **In person:** Visit your doctor's office or L.A. Care Health Plan and say you want to file a civil rights grievance.
- **Electronically:** Visit L.A. Care Health Plan website at www.lacare.org/members/member-support/file-grievance/grievance-appeal-form

or send an email to civilrightscordinator@lacare.org.

OFFICE OF CIVIL RIGHTS – U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing, or electronically:

- **By phone:** Call **1-800-368-1019**. If you cannot speak or hear well, please call **TTY/TDD 1-800-537-7697**.
- **In writing:** Fill out a complaint form or send a letter to:

**U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201**

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

- Electronically: Visit the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

L.A. Care Medicare Plus (HMO D-SNP) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees. Enrollment in L.A. Care Medicare Plus depends on contract renewal.

H1224_2023_DSNP_NDN_C

Notice of Availability

English Tagline

ATTENTION: If you need help in your language, call **1-833-522-3767** (TTY: **711**). Aids and services for people with disabilities, like documents in braille and large print, are also available. Call **1-833-522-3767** (TTY: **711**). These services are free.

الش عار بالعربية (Arabic)

يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ **1-833-522-3767** (TTY: **711**). تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة بريـل والخط الكبير. اتصل بـ **1-833-522-3767** (TTY: **711**). هذه الخدمات مجانية.

Հայերեն պիտակ (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ: Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, զանգահարեք **1-833-522-3767** (TTY: **711**): Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ՝ Բրայլի գրատիպով ու խոշորատառ տպագրված կյուրթեր: Չանգահարեք **1-833-522-3767** (TTY: **711**): Այդ ծառայություններն անվճար են:

简体中文标语 (Chinese)

请注意：如果您需要以您的母语提供帮助，请致电 **1-833-522-3767 (TTY: 711)**。另外还提供针对残疾人士的帮助和服务，例如盲文和需要较大字体阅读，也是方便取用的。请致电 **1-833-522-3767 (TTY: 711)**。这些服务都是免费的。

ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ **1-833-522-3767 (TTY: 711)**. ਅਪਾਹਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ **1-833-522-3767 (TTY: 711)**. ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

हिंदी टैगलाइन (Hindi)

ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो **1-833-522-3767 (TTY: 711)** पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। **1-833-522-3767 (TTY: 711)** पर कॉल करें। ये सेवाएं निः शुल्क हैं।

Nqe Lus Hmoob Cob (Hmong)

CEEB TOOM: Yog koj xav tau kev pab txhais koj hom lus hu rau **1-833-522-3767** (TTY: 711). Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntawv su thiab luam tawm ua tus ntawv loj. Hu rau **1-833-522-3767** (TTY: 711). Cov kev pab cuam no yog pab dawb xwb.

日本語表記 (Japanese)

注意日本語での対応が必要な場合は **1-833-522-3767** (TTY: 711) へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。 **1-833-522-3767** (TTY: 711) へお電話ください。これらのサービスは無料で提供しています。

한국어 태그라인 (Korean)

유의사항: 귀하의 언어로 도움을 받고 싶으시면 **1-833-522-3767** (TTY: 711) 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. **1-833-522-3767** (TTY: 711) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

ແທກໄລພາສາລາວ (Laotian)

ປະກາດ:

ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ **1-833-522-3767** (TTY: 711).

ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ
ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມິໂຕພິມໃຫຍ່ ໃຫ້ໂທຫາເບີ **1-833-522-3767** (TTY: 711).

ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

Mien Tagline (Mien)

LONGC HNYOUV JANGX LONGX OC: Beiv taux meih
qiemx longc mienh tengx faan benx meih nyei waac nor
douc waac daaih lorx taux **1-833-522-3767** (TTY: 711).

Liouh lorx jauv-louc tengx aengx caux nzie gong bun
taux ninh mbuo wuaaic fangx mienh, beiv taux longc
benx nzangc-pokc bun hluo mbiutc aengx caux aamz
mborqv benx domh sou se mbenc nzoih bun longc.

Douc waac daaih lorx **1-833-522-3767** (TTY: 711).

Naaiv deix nzie weih gong-bou jauv-louc se benx
wang-henh tengx mv zuqc cuotv nyaanh oc.

ឃ្លាសម្គាល់ជាភាសាខ្មែរ (Cambodian)

ចំណាំ៖ បើអ្នក ត្រូវ ការជំនួយ ជាភាសា របស់អ្នក សូម
ទូរស័ព្ទទៅលេខ **1-833-522-3767** (TTY: 711)។ ជំនួយ និង
សេវាកម្ម សម្រាប់ ជនពិការ ដូចជាឯកសារសរសេរជាអក្សរធុស
សម្រាប់ជនពិការភ្នែក ឬឯកសារសរសេរជាអក្សរពុម្ពធំ
ក៏អាចរកបានផងដែរ។ ទូរស័ព្ទមកលេខ **1-833-522-3767**
(TTY: 711)។ សេវាកម្មទាំងនេះមិនគិតថ្លៃឡើយ។

فارسی زبان به مطلب (Farsi)

توجه: اگر می‌خواهید به زبان خود کمک دریافت کنید، با
1-833-522-3767 (TTY: 711) تماس بگیرید. کمک‌ها و خدمات
مخصوص افراد دارای معلولیت، مانند نسخه‌های خط بریل و چاپ با
حروف بزرگ، نیز موجود است. با **1-833-522-3767** (TTY: 711)
تماس بگیرید. این خدمات رایگان ارائه می‌شوند.

Русский слоган (Russian)

ВНИМАНИЕ! Если вам нужна помощь на вашем родном языке, звоните по номеру **1-833-522-3767** (TTY: **711**). Также предоставляются средства и услуги для людей с ограниченными возможностями, например документы крупным шрифтом или шрифтом Брайля. Звоните по номеру **1-833-522-3767** (TTY: **711**). Такие услуги предоставляются бесплатно.

Mensaje en español (Spanish)

ATENCIÓN: si necesita ayuda en su idioma, llame al **1-833-522-3767** (TTY: **711**). También ofrecemos asistencia y servicios para personas con discapacidades, como documentos en braille y con letras grandes. Llame al **1-833-522-3767** (TTY: **711**). Estos servicios son gratuitos.

Tagalog Tagline (Tagalog)

ATENSIYON: Kung kailangan mo ng tulong sa iyong wika, tumawag sa **1-833-522-3767** (TTY: **711**). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malaking print. Tumawag sa **1-833-522-3767** (TTY: **711**). Libre ang mga serbisyong ito.

แท็กไลน์ภาษาไทย (Thai)

โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข **1-833-522-3767**

(TTY: **711**) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข **1-833-522-3767**

(TTY: **711**) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

Примітка українською (Ukrainian)

УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер **1-833-522-3767**

(TTY: **711**). Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер **1-833-522-3767** (TTY: **711**). Ці послуги безкоштовні.

Khẩu hiệu tiếng Việt (Vietnamese)

CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số **1-833-522-3767** (TTY: **711**). Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số **1-833-522-3767** (TTY: **711**). Các dịch vụ này đều miễn phí.

H1224_2025_CMR_NtcofAvlblt_C



FASTEST Delivery Method

Order online through your **Benefits Pro™ Portal** at **LACare.NationsBenefits.com** or scan this QR code with your smartphone camera.



Download the **Benefits Pro™ App** to your mobile device



To Order by Mail – Fill Out Your Personal Information

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

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

Member ID

Date of Birth

First Name

Last Name

Street #

Street Name

Apt./Suite #

City

State

Zip Code

Phone

Email

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

NationsBenefits
1700 N. University Drive
Plantation, FL 33322

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

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

1700 N. University Drive
Plantation, FL 33322

Get started today!



Visit us online at
LACare.NationsBenefits.com



Download the
Benefits Pro™ App to
your mobile device



Call us at
1-833-571-7587
(TTY: 711)



Complete and mail
an order form to
NationsBenefits



If you have any questions or need help placing your order, we're here for you.
Member Experience Representatives are available 8 a.m. - 8 p.m., local time.
Language support services are available if needed, free of charge.