

Over-the-Counter Mail-Order Program

1-866-768-8490

Nebraska Total Care members can get \$30 in over-the-counter items every quarter. The choices are listed below. No prescription is needed for any of these items. To order, please call 1-866-768-8490. Have your Nebraska Total Care member ID card ready when you call.

Item	Description	Compared To	Cost
Anti-Diarrheal			
11	Loperamide 2mg cap (12 capsules)	Imodium	\$5
12	Bismuth mixture (8oz. liquid)	Pepto-Bismol	\$8
Children's Products			
17	Balmex diaper rash ointment	Desitin	\$9
73	Baby wipes	Baby wipes	\$6
93	Loratadine 10mg Quick Dissolve	Claritin	\$12
108	Children's toothpaste (4.6 oz.)	AquaFrsh Kids	\$7
Contraceptives			
121	VCF Contraceptive Foam (0.6 oz.)	Vaginal Contraceptive Foam	\$15
122	VCF Contraceptive Film #6	Vaginal Contraceptive Film	\$12
123	Encare Oval Insert #12	Encare Oval Insert Vaginal	\$12
125	Gynol II Contraceptive Jelly XStr (2.85 oz.)	Contraceptive Vaginal Jelly	\$17
Cough/Cold			
27	Medicated chest rub (1.76 oz.)	Vicks Vapo-rub	\$7
First Aid Creams/Ointments			
7	Muscle Rub (3 oz. tube)	Ben Gay	\$6
32	Calamine lotion (6 oz.)	Caldryl	\$7
34	Triple antibiotic ointment (0.5 oz)	Neosporin	\$5
60	Medicated lip balm	Carmex	\$3
78	Eucerin Skin Calming Cream (8 oz)	Eucerin Cream	\$12
116	Freezone Corn Remover Liquid (0.31 oz.)	Freezone	\$10
First Aid Supplies			
35	Ace Bandage with clip, 3 inch	FUTURO Elastic	\$7
36	Adhesive tape	First-Aid Tape	\$3
37	Band aids	Band-Aids	\$4
39	Gauze pads (10 pads)	J&J Gauze Pads	\$3
40	Q-tip cotton swab 170 count	Q-Tips	\$4
41	Oral thermometer (1 each)	Thermometer	\$6
43	Ice bag 9 inch	Ice Bag	\$9
80	Ear thermometer	Ear thermometer	\$25
85	Hydrogen peroxide solution (12 x 16 oz.)	Hydrogen peroxide solution	\$8
95	Children's rectal thermometer	Children's rectal thermometer	\$12
107	Hot/cold patches #5	Icy Hot	\$11
117	Cotton balls #70	Johnson + Johnson	\$6
131	Children's rectal thermometer	Children's rectal thermometer	\$12

Laxatives			
44	Docusate SOD 100mg (100 cap softgel)	Colace Stool Softener	\$6
106	Adult Glycerin Supp #12	Fleet	\$6
114	Fiber Tablets #36	Metamucil	\$11
Miscellaneous Items			
56	Pill box – 7 days	Pill Box	\$4
61	Lubricating Eye Drops (0.5 oz.)	Visine Tears	\$7
77	Sweet N Low (100 ct)	Sweet N Low Packet	\$6
94	Melatonin 5mg Tab (60 ct)	Nature's Bounty	\$8
132	Melatonin 1mg tablet (60 ct)	Nature Made	\$8
134	Melatonin 10mg tablet (60 ct)	Nature Made	\$15
135	Melatonin 10mg capsules (60 ct)	Nature Made	\$19
136	Glucose Tablet Fast Acting (10 ct)	Dex4	\$6
137	GNP Glucose Raspberry (50 ct)	Dex4	\$12
Oral Care			
66	Toothbrush (soft)	Colgate	\$4
67	Denture tabs (40 tabs)	Efferdent	\$6
68	Denture adhesive	PoliGrip	\$6
86	Waxed dental floss (1 each)	Johnson + Johnson	\$3
109	Adult toothpaste	UltraBright	\$6
111	Mouthwash	Listerine	\$8
Personal Care			
69	Facial tissues pocket pack (3 ct)	Kleenex	\$4
70	Baby powder (4 oz.)	Johnson + Johnson	\$4
71	Bar soap – aloe (4 x 4 oz.)	Ivory	\$8
72	Nail clipper	Revlon	\$4
74	Latex gloves (100 by weight)	Latex Gloves	\$8
75	Sunblock SPF 15 (4 oz.)	Coppertone	\$9
76	Hand sanitizer (8 oz.)	Purell	\$4
126	Summer's Eve Cleansing Cloth Floral #32	Cleansing cloth	\$9
127	Cottonelle Fresh Care cloth tub #42	Cleansing cloth	\$8
129	Insect Repellent Compressed liquid spray	Bug repellent	\$12
138	Cutter Skin Sensation (6 oz.)	Bug repellent	\$14
Vitamins & Minerals			
63	Glucosamine / Chondroitin (50 tabs)	Osteo Bi-Flex	\$12
87	Lactose Chewable Tab (32 tabs)	Lactaid	\$9
115	Garden Greens Fiber Gummies	Flinstones Gummies	\$17

Please use these items only as directed. If you have questions about safe use of any of these items, talk to your doctor. Restrictions and limitations may apply. Call Member Services with questions at 1-844-385-2192 (TTY: 1-844-307-0342, Relay 711).

Unused balances are not carried over from quarter to quarter. Members are allowed only one order per quarter. The total cost of items must be less than or equal to the program allowance in order for the items to be shipped. Items may take up to two weeks for delivery. Medications and products may not be returned. Items may only be ordered for the member.