



Over-the-Counter Pharmacy Order Form

If you have chosen the Over-the-Counter (OTC) Merchandise option from PHC California's Health and Wellness Benefit, you may order up to \$200 worth of OTC pharmacy items for the calendar year. Minimum order amount is \$25 per order. Each order you place is deducted from your \$200 allowance for the calendar year. All items have a quantity limit of three (3) unless otherwise noted (*). A calendar year is January 1 through December 31. OTC items are fulfilled by AHF Pharmacy.

All available OTC items are listed on this form. There is no cost to you for your order or its delivery. The price shown for each item on this form is subject to change. The price listed should be used as a guide in helping you select the items you want and figuring the cost of your order. The actual price of your order may differ and will be shown on the receipt you get with your items. AHF Pharmacy reserves the right to substitute brand name items with like items when necessary.

This OTC item list is effective **May 20, 2025**. The list of available OTC items and/or pricing may change during the year. To see the most current list of OTC items available and pricing, go to the plan's website at www.phc-ca.org/members/otc.

To place your order, complete Part I of the form, then go to Part II and select the items and quantities you want. In Part III, compute the total value of the order.

You can place your order through the Member Services Department as listed below. You can submit by e-mail, phone, fax or by mail. Your order will be shipped to the address you choose.

By E-mail E-mail this form to php@positivehealthcare.org	By Phone Call (800) 263-0067. Agents are available 8:00 a.m. to 8:00 p.m., seven days a week to take your order. TTY users call 711.	By Fax Send your fax to: (888) 235-8552.	By Mail Return the order form to: Attn: OTC Fulfillment PHC California P.O. Box 46160 Los Angeles, CA 90046-0160
---	---	---	--

Please allow four (4) weeks for delivery of your order. If you need order forms, please call Member Services at (800) 263-0067, 8:00 a.m. to 8:00 p.m., seven days a week. TTY users call 711. You can also download and print forms from the plan's website at www.phc-ca.org/members/otc.

Part I – Your Information. Please print legibly. Orders cannot be delivered to post office boxes.

<hr/>		<hr/>		
<i>First and Last Name</i>		<i>Member ID Number (from ID card)</i>		
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<i>Street Address (No PO Boxes)</i>	<i>Apt.</i>	<i>City</i>	<i>State</i>	<i>Zip</i>
<hr/>		<hr/>		
<i>Home Phone</i>		<i>Alternate Phone</i>		
<hr/>		<hr/>		
<i>Date of Order</i>		<i>Signature</i>		

Part II – Choose the items you want to order. Place a quantity number desired in the “Qty. Ordered” column. Multiply “Qty. Ordered” by “Item Price” to get the “Price” of the item(s) you want and fill in the “Price” column. **Minimum order amount is \$25 per order. Each order you place is deducted from your \$200 allowance for the calendar year. All items have a quantity limit of three (3), unless otherwise noted (*).**

Brand Description	Generic Comparable	Qty./Size	Item Price	Qty. Ordered	Price
Allergy Prevention and Treatment/Antihistamines					
Benadryl Elixir	Diphenhydramine Liquid -- Alcohol Free	4 oz	\$1.10	X	=
Benadryl Tablets	Diphenhydramine 25 mg Caplets	24	\$1.10	X	=
Claritin	Loratadine 10 mg Tablets	30	\$2.70	X	=
Sudafed PE	Phenylephrine HCL 10mg Tablets	18	\$1.10	X	=
Analgesics/Antipyretics/NSAIDS					
Advil Tablets	Ibuprofen 200 mg FC Tablets	50	\$1.10	X	=
Aleve Caplets	Naproxen Sodium 220 mg Caplets	50	\$2.60	X	=
Bayer Aspirin	Aspirin 325 mg Tablets	100	\$1.10	X	=
Bayer EC Aspirin (Adult Regimen)	Aspirin EC 81 mg Tablets	120	\$1.10	X	=
Bengay	Muscle Rub	3 oz	\$3.30	X	=
Capsaicin	Capsaicin 0.025% cream	60 g	\$4.16	X	=
Excedrin	Acetaminophen, Aspirin, Caffeine 250 mg/250 mg/65 mg Tablet	100	\$2.20	X	=
Tylenol Extra Strength Caplets	Acetaminophen Extra Strength 500 mg Caplets	50	\$1.10	X	=
Antacids and Acid Reducers					
Alka-Seltzer Effervescent Tablets 324 mg	Aspirin/Sodium Bicarbonate/Citric Acid	12	\$3.96	X	=
Mylicon	Simethicone 80 mg	100	\$2.20	X	=
Prilosec* (Limit two per month)	Omeprazole 20 mg	14	\$12.65	X	=
Tums Tablets	Antacid Chewable Tablets	150	\$3.01	X	=
Anti-Arthritis					
Glucosamine/Chondroitin	Glucosamine/Chondroitin 100 mg Tablets	60	\$9.90	X	=
Antibiotics (Topical)					
Hibiclens Antiseptic Skin Cleanser	Chlorhexidine Gluconate 4% Solution	4 oz	\$5.23	X	=

Brand Description	Generic Comparable	Qty./ Size	Item Price	Qty. Ordered	Price
Leader Brand Chlorhex Cleanser	Chlorhexidine Gluconate 4% Solution	8 oz	\$5.50	X	=
Neosporin Ointment	Triple Antibiotic Ointment	1 oz	\$3.30	X	=
Anticandidals (Yeast) / Antifungals					
Gyne-Lotrimin Cream	Clotrimazole Vaginal 1% Cream – Application	45 g	\$3.30	X	=
Lotrimin AF Powder Spray Super Size 4.6 oz	Miconazole Nitrate	133 g	\$9.99	X	=
Lotrimin AF Jock Itch Powder Spray 4.6 oz	Miconazole Nitrate	133 g	\$9.99	X	=
Lotrimin Tolnaftate	Lotrimin Tolnaftate Pw 1% 90gm	90 g	\$9.52	X	=
Tinactin Cream	Tolnaftate 1% Cream	1 oz	\$4.90	X	=
Antidiarrheals and Laxatives					
Anti-Diarrheal Caplets	Loperamide HCL	12	\$2.67	X	=
Anti-Diarrheal, Tablet	Loperamide HCL	24	\$3.15	X	=
Colace Softgels	DOK 100 mg Softgels	100	\$2.20	X	=
Dulcolax Suppositories	Bisco- Lax 10 mg Rectal Suppositories	12	\$1.10	X	=
Dulcolax Tablets	Bisacodyl EC 5 mg	100	\$1.10	X	=
Imodium Caplets	Anti-Diarrheal 2 mg Caplets	12	\$1.10	X	=
Miralax	Polyethylene Glycol 3350, 17 g/capful	238 g	\$6.60	X	=
Pepto-Bismol Liquid	Bismatrol Suspension	8 oz	\$3.30	X	=
Anti-Itch Lotions and Cream					
Aveeno Anti-Itch Lotion	Colloidal Oatmeal Lotion	7.5 oz	\$4.40	X	=
Calamine Lotion	Calamine Lotion	6 oz	\$2.20	X	=
Campho-Phenique Antiseptic Gel	Campho-Phenique Antiseptic Gel 0.23 oz	6.5 g	\$4.88	X	=
Campho-Phenique Antiseptic Gel	Campho-Phenique Antiseptic Gel 0.5 oz	14 g	\$6.08	X	=
Blood Pressure Monitoring					
Leader Deluxe Automatic Blood Pressure Monitor* (Limit 1 per Order)	Automatic Upper Arm Blood Pressure Monitor	1	\$33.00	X	=
Cold Remedies					
Afrin Nasal Spray	Nasal Decongestant Spray	30 ml	\$2.20	X	=

Brand Description	Generic Comparable	Qty./Size	Item Price	Qty. Ordered	Price
Chloraseptic	Throat Lozenges Cherry	18	\$3.30	X	=
Mucinex	Mucinex 600 mg Tablets	14	\$9.90	X	=
Robitussin Syrup	Guaifenesin 100 mg/tsp	4 oz	\$1.10	X	=
Vicks	Camphor 4.8%, Eucalyptus Oil 1.2%, Menthol, 2.6% Ointment	50 g	\$3.30	X	=
Covid-19 Tests					
Quickvue Covid-19 Test Home Kt 2	Diagnostic Aids	2	\$19.92	X	=
Dental Care					
Anbesol	Anbesol	0.3 oz	\$6.60	X	=
Dentek Triple Clean Floss Picks Mint 90 ct	Dental Floss	90	\$1.90	X	=
Dentek Triple Clean Floss Picks 75 ct	Dental Floss	75	\$2.13	X	=
Mouthwash	Mouthwash	500 ml	\$2.20	X	=
Oral-B Toothbrush Crossaction Power Whitening Soft	Toothbrush	1	\$8.80	X	=
Toothbrush	Toothbrush	1	\$1.10	X	=
Toothpaste	Toothpaste	113 g	\$2.20	X	=
Waterpik Power Flosser FLA-220	Dental Floss	1	\$6.49	X	=
Waxed Dental Floss	Waxed Dental Floss	55 yd	\$1.10	X	=
Ear Care					
Ear Syringe	Ear Syringe	1	\$2.20	X	=
Debrox Ear Wax Removal Drops	Carbamide Peroxide	0.5 oz	\$2.20	X	=
Eye Care					
Dry Eye Drops	Liquitear Drops	0.5 oz	\$2.20	X	=
Visine Drops	Sterile Eye Drops Irritation Relief	0.5 oz	\$1.10	X	=
Fiber Supplements					
Metamucil	Fiber Capsules	100	\$7.70	X	=
First Aid/Medical Supplies					
Ace Bandage	Athletic Bandage	1	\$4.40	X	=
Adhesive Tape	Adhesive Tape 1 Inch x 5 Yards	1	\$2.20	X	=
Alcohol Swabs	Alcohol Swabs	100	\$1.10	X	=
Bactine Max Pain Relieving Cleansing Spray	Lidocaine/Benzalkonium Chloride	5 oz	\$8.61	X	=

First and Last Name

Member ID Number (from ID card)

Brand Description	Generic Comparable	Qty./ Size	Item Price	Qty. Ordered	Price
Band-Aids	Adhesive Bandage	60	\$1.10	X	=
Condoms	Condoms	pkg	\$0.00	X	=
Cotton Balls	Cotton Balls	100	\$1.10	X	=
Cotton Swabs	Cotton Swabs	170	\$1.10	X	=
Face Mask Earloop	Masks	50	\$2.60	X	=
Ice Bag	Ice Bag	1	\$4.40	X	=
J & J Gauze	Stretch Gauze Bandage 2 In x 2 Yd	1	\$1.10	X	=
Leader TM Ethyl Alcohol 70% Liquid	Ethyl Alcohol 70% Liquid	16 oz	\$2.85	X	=
Leader TM Hydrogen Peroxide 3% Solution	Hydrogen Peroxide 3% Solution	8 oz	\$1.64	X	=
Leader TM Waterproof Adhesive Pads 3x4 in	Adhesive Bandage	6	\$2.51	X	=
Oral Thermometer	Oral Thermometer	1	\$2.20	X	=
Povidone Iodine, Solution, 10%	Povidone Iodine	240 ml	\$6.15	X	=
Hair Growth Treatments					
Minoxidil Mens	Minoxidil 5%	180 ml	\$12.51	X	=
Healing Ointments					
Aquaphor Skin Healing Ointment	Aquaphor ointment	50 g	\$4.40	X	=
Eucerin	Moisturizing Lotion	4 oz	\$7.70	X	=
Hemorrhoidal Preparation					
Preparation H	Prompt Relief Hemorrhoid Ointment	57 g	\$2.20	X	=
Incontinence Supplies					
Depend Diapers with tabs* (Limit 1 per Order)	Small/Medium 19"-34" Waist	case 3x20 ct	\$66.00	X	=
Depend Diapers with tabs* (Limit 1 per Order)	Large 35"-49" Waist	case 3x16 ct	\$66.00	X	=
Prevail Per-Fit Daily Underwear Unisex Extra Absorbency Medium* (Limit 1 per Order)	Diaper Brief Adult	80	\$53.27	X	=
Prevail Per-Fit Daily Underwear Unisex Extra Absorbency Large* (Limit 1 per Order)	Diaper Brief Adult	72	\$53.27	X	=

First and Last Name

Member ID Number (from ID card)

Brand Description		Generic Comparable	Qty./ Size	Item Price	Qty. Ordered		Price
Insect Repellent							
OFF! Deep Woods	25% DEET; Aerosol Spray	6 oz	\$6.60	X		=	
OFF! Family Care	15% DEET; Spray	6 oz	\$6.60	X		=	
Lactose Intolerance							
Lactaid	Dairy Relief Capsule	60	\$5.50	X		=	
Pediculosis							
RID Extra Strength Shampoo	Lice Treatment Maximum Strength Cream	4 oz	\$5.50	X		=	
Sun Protection							
Coppertone Sport Sunblock Lotion SPF 30	Sunblock SPF 30	8 oz	\$5.50	X		=	
Topical Steroids							
Cortaid Cream	Hydrocortisone 1% Maximum Strength Cream	28 g	\$2.20	X		=	
Vitamins and Minerals (If pregnant or in reproductive years, check with your PCP before using any supplements)							
B-Complex with B-12 Tablets	B-Complex/B-12 Tablets	100	\$4.40	X		=	
Caltrate 600	Calcium 600 D Tablets	60	\$1.10			=	
Centrum Tablets	Multivitamin Tables	200	\$13.20	X		=	
CoQ10	Co-Enzyme Q10	30	\$3.62	X		=	
DHEA	Nutritional Supplement	50	\$6.58	X		=	
Krill Oil	Fish Oil	60	\$13.73	X		=	
L-Arginine	Arginine	100	\$9.89	X		=	
L-Lysine	Lysine	120	\$6.58	X		=	
Magnesium	Magnesium 400mg	120	\$3.30	X		=	
NT Red Yeast Rice CP	Red Yeast Rice CP 1200mg	120	\$17.29	X		=	
Stuart Prenatal Tablets	Prenatal -S Tablets	100	\$3.30	X		=	
Therapeutic M.	High Potency Multivitamin w/Minerals	100	\$1.10			=	
Vitamin C Tablets	C Chewable 500 mg Tablets	100	\$4.40	X		=	
Vitamin D3 Chewable Tablets Sugar Free	Cholecalcifero	90	\$8.22	X		=	
Windmill Vitamin D3 2000U Softgels Sugar Free	Cholecalcifero	100	\$6.90	X		=	
Vitamin E Softgels	E DL Alpha 400 IU SG Caplets	100	\$7.70	X		=	
Vitamin A 10,000 IU	Vitamin A 10,000 IU	100	\$2.20	X		=	
Vitamin D3	Cholecalciferol	100	\$1.46	X		=	

First and Last Name

Member ID Number (from ID card)

Brand Description	Generic Comparable	Qty./ Size	Item Price	Qty. Ordered	Price
21 st Century Zinc	Zinc 50mg Tablets	110	\$3.47	X	=
Nature Made Zinc Gluconate Tablet	Zinc Gluconate Tablet 30mg	100	\$4.14	X	=
Wart Removal					
Compound W Wart Remover Gel 0.25 oz	Salicylic Acid	7 g	\$6.55	X	=
Compound W Wart Remover Liquid 0.31 oz	Salicylic Acid	9 ml	\$6.55	X	=
Compound W One Step Wart Remover Adhesive Strips 14 ct	Salicylic Acid	14	\$6.60	X	=

* These items have a specific quantity limit.

Part III – Add the price from each item together to total your order.

Your order total must be \$25 or more.
 Order maximum is \$200 OR up to the remaining
 balance of your annual benefit allowance.



**Order
Total \$**