



# Over-the-Counter (OTC) Wellness Benefit

As a Kaiser Permanente Medicare health plan group member, you can get OTC health and wellness products delivered to your home. And all at no cost.



You can use your benefit to order:

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

Your Kaiser Permanente Medicare health plan includes a **\$70** quarterly benefit limit for OTC products.<sup>1</sup>

**Ready to order? It's easy – visit our website or call today.**

Place your order for your OTC health and wellness products in one of the following ways:



Visit **[kp.org/otc/co](https://kp.org/otc/co)**.



Call **833-238-6616 (TTY 711)**,  
Monday - Friday, 6 a.m. - 5 p.m.  
MST

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Ordering is easy – just follow these steps to get started:

1. Visit **kp.org/otc/co**, select your region, and click the “Activate Account” button.
2. Create your Member ID. Your ID must be ten (10) digits. NOTE: If your Kaiser Permanente Medical Record Number (MRN) is less than ten (10) digits, add zeros (0) to the beginning of your MRN. For example: MRN 234567 would become Member ID 0000234567.
3. Once you have activated your account, return to **kp.org/otc/co** and sign in. Then you can proceed with your order.

### Who can use this benefit?

You must be a Kaiser Permanente Medicare health plan member covered under your employer group.

Need a catalog?

Call **833-238-6616** (TTY **711**), Monday - Friday, 6 a.m. - 5 p.m. MST, to have a print catalog mailed to you. You can also view our digital catalog at **kp.org/otc/co**.

If you have questions or to learn more about the OTC health and wellness benefit, call Member Services at **1-800-476-2167** (TTY **711**), 8 a.m. to 8 p.m., 7 days a week.

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**1.** Please refer to your Evidence of Coverage for details. OTC benefits may change each year on January 1. Minimum order value is \$35. Shipments must be delivered to an address within CO. Your benefit limit resets on January 1, April 1, July 1, and October 1. Any unused portion of the quarterly benefit will not carry forward to the next quarter. Your order may not exceed your quarterly benefit limit. Limitations and restrictions may apply. Cash, checks, credit cards, or money orders are not accepted. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.