

## Get to know your over-the-counter (OTC) benefit

As a member of the Health Net Cal MediConnect Plan (Medicare-Medicaid Plan), you **may** have the OTC benefit available to you. This lets you buy health items such as a blood pressure cuff and personal care products. Check your [Member Handbook](#) to see if you have the OTC benefit and how much and how often you can spend it.

## Use your OTC benefit to order a blood pressure cuff

Health Net Cal MediConnect Plan (Medicare-Medicaid Plan) makes it easy for you to access the OTC benefit to order a digital blood pressure cuff. See three ways you can access the benefit below. Or go [here](#) and click on *Over-The-Counter-Benefit* to learn more.

### 1. Online

- Visit <https://www.cvs.com/otchs/healthnet> to order online. Login to see the catalog. Have your Member ID card ready when making an account.

### 2. Phone

- Orders can be placed by calling CVS at 1-866-528-4679 (TTY: 711). You can speak to a live agent Monday to Friday, from 9:00 a.m. to 8:00 p.m., E.S.T. You can also order 24/7 using the auto system. Please have your Member ID card and order ready when placing your order by phone. Catalogs can be viewed online by visiting <https://mmp.healthnetcalifornia.com/resources.html> and clicking on *Over-The-Counter-Benefit* to learn more. They are available in English and Spanish languages.

### 3. In-Store

- Go to <https://cvs.com/otchs/healthnet/storelocator> to find a list of stores.

If you have any questions about your OTC benefit, please call Member Services number on the back of your Member ID card.

## Other options

If your plan does not offer the OTC benefit, you have other ways to check your blood pressure.

- **Ask your doctor about a blood pressure cuff loan program.** This will allow you to borrow a blood pressure cuff for an amount of time, share your readings with your doctor, and make changes to your treatment plan.
- **Buy a low-cost, digital blood pressure cuff.** Ask your healthcare team about low-cost blood pressure cuffs. Bring your blood pressure cuff to your doctor's office to compare readings with their device.
- **Local pharmacies, grocery stores, and other community locations** (for example, faith-based organizations or local gyms) may have blood pressure cuffs for use.
- **Durable medical equipment (DME).** A blood pressure cuff can be ordered by your doctor to help you manage a medical condition.