

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.