

# NaviCare<sup>®</sup> Save Now card qualifying items

You get **\$1,100 per year** on the Save Now card to buy items to help keep you healthy.

Buy items in a store, or place an order by phone or online, with free shipping. Below are some examples of what you can buy with your card. It's not a complete list.

You can use your card at many retail stores, such as:

- CVS Pharmacy
- Dollar General
- Rite Aid
- Shaws
- Star Market
- Walgreens
- Walmart



To check your card balance, or to shop online through our mail order partner Medline OTC Benefits, visit [fallonhealth.org/myfallon-navicare](http://fallonhealth.org/myfallon-navicare) and log into MyFallon. Then, click Save Now under the My Resources menu.

If you'd rather call to order, you can call them directly at 1-833-881-1424.

Category	Details
<b>Cold and Flu</b>	Cough, cold and flu medications, sore throat relief, allergy, sinus, combination allergy/sinus, nasal and respiratory treatments, such as respiratory muscle trainer, vaporizers, humidifiers
<b>Compression Hosiery</b>	Low compression, moderate to high compression
<b>Diabetes Care</b>	Health and personal care such as diabetes skin care, external pain relief, alcohol swabs, nutritional and wellness items
<b>Digestive Health</b>	Stomach remedies, acid controllers, anti-diarrheals, lactose intolerance and digestive aids, laxatives, anti-gas products, hemorrhoidal preparations
<b>Eye and Ear Care</b>	Reading glasses, contact lens care, eye preparations, such as dry eye relief, eye wash, sleep masks, ear care
<b>First Aid</b>	First aid dressings, anti-itch treatments, first aid kits and supplies, first aid treatments, anti-parasitic treatments
<b>Foot Care</b>	Cushioning and treatments, wart removers, anti-fungal treatments
<b>Health Supports</b>	Elastic bandages, braces, hot/cold therapy, abdominal supports and rib belts, orthopedic and surgical support

Category	Details
Home Health Care	Diagnostic products, braces/supports, wound care, bathroom safety products
Incontinence	Disposables, reusables, supplies
Oral Care	Non-whitening toothpaste and treatments, oral remedies, toothbrushes, denture products, interdental materials, gum care
Pain Relief and Sleep Aids	Adult pain relief, external pain relief, sleep aids
Skin Care	Acne medications (face and body), skin care, such as moisturizers, barriers, protectants, anti-fungals, sun protection (SPF 15+)
Smoking Deterrents	Nicotine patches, nicotine gum
Vitamins/Dietary Supplements	Multivitamins, supplements, single entity vitamins, specialty supplements

You may also be able to use up to \$100 a quarter (\$400 per year) of your funds on this card to purchase healthy food. You can shop at the same stores we listed. This benefit is only for qualified members who have certain chronic conditions and meet other criteria. Not all members qualify.\* To find out if you're eligible for this benefit, call your Fallon Health Navigator.

To check your card balance, call 1-833-504-1837 (TRS 711), 24/7.



*\* The \$100 (per calendar quarter) food benefit is part of a special supplemental program for the chronically ill. To qualify, enrollees must have chronic-condition diagnoses documented with Fallon Health, such as cardiovascular disorders, chronic and disabling behavioral health conditions, chronic lung disorders, diabetes, and neurologic disorders. This is not a complete list of eligible chronic conditions. Not all members with an eligible condition will qualify. Other eligibility and coverage criteria also apply.*