



These over-the-counter drugs are as safe and work as well as the prescription versions.

You'll save money when you talk to your doctor or pharmacist about switching to the over-the-counter version of your drug.



**BlueCross BlueShield  
of Minnesota**

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F8464 (11/05)



## Over-the-counter drug program

Members save with benefits for some  
over-the-counter drugs





## Over-the-counter drugs

**As safe and effective as prescription versions** Many of the drugs that you could once get only with a prescription are now available over the counter at your local pharmacy. These drugs are as safe and effective as the prescription versions.

## Health plan benefit saves you money

Your health plan covers some over-the-counter drugs. These drugs are in two groups: some antihistamines for allergies and others known as proton pump inhibitors (PPIs) for stomach disorders. These drugs can cost much less than the prescription versions.

**You may pay nothing** When you choose an over-the-counter drug in place of the prescription version, you can receive it at no cost to you or at your health plan's lowest copay amount, depending on your plan.

## It's easy to get started

If you're taking one of the drugs listed in this brochure, you can take advantage of the program and save money. You will need a prescription from your doctor for the over-the-counter version of your drug to get the coverage.

**Talk to your doctor** Talk to your doctor about changing your prescription drug to an over-the-counter version. Your pharmacist can also easily call your doctor for you.

Your doctor will decide whether the over-the-counter version is right for you. If it's important for you to continue with your current prescription, you can still receive your regular coverage as long as the drug is on your plan's covered drug list ("formulary"). Visit [www.bluecrossmn.com](http://www.bluecrossmn.com) to check the covered drug list.

## Drugs included in program

These are the over-the-counter drugs that are covered in the program. You can get them at no cost or at your health plan's lowest copay amount when your doctor prescribes them instead of a traditional prescription drug. Please see your plan benefit information for specific coverage details.

The over-the-counter drug list is subject to change without notice. Find the most current version of the list at [www.bluecrossmn.com](http://www.bluecrossmn.com).

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### Antihistamines (for allergies)

<b>Loratadine tablets</b>	Lorata-dine Loratadine RA Lorata-D Soba Allergy Wal-itin D
<b>Loratadine and pseudoephedrine (12 hour)</b>	<b>Loratadine rapid-disintegration tablets</b> Alavert Allergy Relief Triaminic Wal-itin Wal-vert
<b>Loratadine and pseudoephedrine (24 hour)</b>	<b>Loratadine syrup</b> Alavert Allergy Relief CVS Allergy Loratadine SM Loratadine Wal-itin

### PPIs (for acid-related stomach disorders/GERD)

**Omeprazole**  
Prilosec OTC