



OTC Savings Program Drug List (effective 1/1/18)

A lot of helpful medications are available over the counter (OTC), particularly for issues like allergies and stomach problems. We recommend using these OTC alternatives whenever you can. Although they're not covered by your plan, they're less expensive than most prescriptions and can sometimes work just as well. Not to mention, you can buy them whenever you need them without a prescription.

Even though we don't usually cover prescriptions when an OTC medication is available, there are some conditions that we make exceptions for. If that's the case, we've noted that next to the prescription drug's name.

If your health plan includes the OTC savings program, please refer to the list below. It includes the OTC versions of some popular prescription drugs.

Non-sedating Antihistamines (NSAs)

Prescription Drugs

Clarinet syrup ¹	desloratadine	levocetirizine
Clarinet tablets	fexofenadine	Xyzal
Clarinet-D tablets	fexofenadine/pseudoephedrine	

OTC Alternatives

Alavert D tablets	Claritin	fexofenadine/pseudoephedrine ER
Alavert tablets	Clear-Atadine	loratadine
Allegra	Dimetapp Children's Cold & Allergy	Zyrtec
cetirizine	fexofenadine	

Histamine 2 Blockers (H2s)

Prescription Drugs

cimetidine ²	nizatidine ²	ranitidine ²
famotidine ²	Pepcid ²	Zantac ²

OTC Alternatives

cimetidine tablets	Pepcid AC tablets	Tagamet HB tablets
famotidine tablets	ranitidine tablets	Zantac 75 or 150 tablets

Intranasal Steroids (INS)

Prescription Drugs

budesonide nasal spray	fluticasone nasal spray	mometasone nasal spray
flunisolide nasal spray		

OTC Alternatives

Flonase Allergy Relief	ClariSpray	Rhinocort Allergy Spray
Children's Flonase Allergy Relief	Nasacort Allergy 24 HR	

Proton Pump Inhibitors (PPIs)

Prescription Drugs

Dexilant ³	omeprazole ³	Prilosec ³
esomeprazole magnesium ³	pantoprazole ³	Protonix ³
lansoprazole ³	Prevacid ³	rabeprazole ³
Nexium ³		

OTC Alternatives

cimetidine tablets	omeprazole capsules	ranitidine tablets
esomeprazole magnesium capsules	omeprazole tablets	Tagamet HB tablets
famotidine tablets	Pepcid AC tablets	Zantac 75 or 150 tablets
lansoprazole capsules	Prevacid 24HR	Zegerid OTC
Nexium 24HR	Prilosec OTC	

Ophthalmic Antihistamines Prescription

Drugs

azelastine	olopatadine	Patanol
epinastine	Pataday	Pazeo

OTC Alternatives

Alaway	Eye Itch Relief	ketotifen eye drops
Alaway Children's Allergy	Equate Eye Allergy Relief	Zaditor

Legend

¹ Covered for ages 6 and under.

² Covered for ages 18 and under.

³ Covered for ages 18 and under and for ages 19 and over if one of the following criteria is met:

- Grade III Erosive Esophagitis confirmed by endoscopy (circumferential erosions covered by hemorrhagic and pseudomembranous exudates)
- Grade IV Erosive Esophagitis confirmed by biopsy (presence of chronic complications such as deep ulcers, strictures, or Barrett’s metaplasia)
- Zollinger-Ellison syndrome confirmed by a diagnostic test (such as fasting serum gastrin, basal 1 hour acid output, secretion stimulation test)

This list may change throughout the year. Please call us at the number on your Member ID card or visit bcbst.com for the most up-to-date information.



BlueCross BlueShield of Tennessee
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OTC Savings Drug List Flyer

BlueCross BlueShield of Tennessee (BlueCross) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. BlueCross does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

BlueCross:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as: (1) qualified interpreters and (2) written information in other formats, such as large print, audio and accessible electronic formats.
- Provides free language services to people whose primary language is not English, such as: (1) qualified interpreters and (2) written information in other languages.

If you need these services, contact a consumer advisor at the number on the back of your Member ID card or call 1-800-565-9140 (TTY: 1-800-848-0298 or 711).

If you believe that BlueCross has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance ("Nondiscrimination Grievance"). For help with preparing and submitting your Nondiscrimination Grievance, contact a consumer advisor at the number on the back of your Member ID card or call 1-800-565-9140 (TTY: 1-800-848-0298 or 711). They can provide you with the appropriate form to use in submitting a Nondiscrimination Grievance. You can file a Nondiscrimination Grievance in person or by mail, fax or email. Address your Nondiscrimination Grievance to: Nondiscrimination Compliance Coordinator; c/o Manager, Operations, Member Benefits Administration; 1 Cameron Hill Circle, Suite 0019, Chattanooga, TN 37402-0019; (423) 591-9208 (fax); Nondiscrimination_OfficeGM@bcbst.com (email).

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association. BlueCross BlueShield of Tennessee is a Qualified Health Plan issuer in the Health Insurance Marketplace.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-565-9140 (TTY: 1-800-848-0298).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-565-9140-1 (رقم هاتف الصم والبكم: 1-800-848-0298).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-565-9140 (TTY:1-800-848-0298)。

CHŪ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-565-9140 (TTY:1-800-848-0298).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-565-9140 (TTY: 1-800-848-0298) 번으로 전화해 주십시오.

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-565-9140 (ATS : 1-800-848-0298).

ໂປດຊາບ: ຖ້າ ວ່າ ງ່າ ງານຸວັ ງພາສາລາວ, ການຸບຸວັ ງການຸວັ ງອຸທ ອັດ ງານຸພາສາ, ໂດຍ ສ ບິ ອ ງ, ຄ ມ ງ ມ ງ ງ ອ ມ ໂ ທ ງ ງ ງ. ໂທ 1-800-565-9140 (TTY: 1-800-848-0298).

ማስታወሻ: የግንኙነት ቋንቋ አማርኛ ከሆነ የትርጉም አርዳታ ድርጅቶች በገጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ግንባታው ቁጥር ይደውሉ 1-800-565-9140 (መስማት ለተሳናቸው: 1-800-848-0298).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-565-9140 (TTY: 1-800-848-0298).

सुचना: जो तमे गुणवत्ताी भोवता छी, तो नःशुद्ध भाषा सहाय सेवाओ तमारा माटे उपलब्ध छै. फोन करी 1-800-565-9140 (TTY:1-800-848-0298)

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-565-9140 (TTY:1-800-848-0298) まで、お電話にてご連絡ください。

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-565-9140 (TTY:1-800-848-0298).

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-565-9140 (TTY:1-800-848-0298) पर कॉल करें।

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-565-9140 (телетайп: 1-800-848-0298).

توجه: اگر یہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. یا تماس بگیرید. 1-800-565-9140 (TTY:1-800-848-0298)

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-565-9140 (TTY: 1-800-848-0298).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-565-9140 (TTY: 1-800-848-0298).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-565-9140 (TTY: 1-800-848-0298).

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-565-9140 (TTY: 1-800-848-0298).

Díí baa akó nínízin: Díí saad bee yánítí'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiiik'eh, éí ná hóló, kojí' hódíílinih 1-800-565-9140 (TTY: 1-800-848-0298).