

NaviCare® Save Now card qualifying items

Each calendar quarter, we'll load \$375* onto your Save Now card so that you can buy cold/allergy medicine, pain relievers, toothpaste, soap, shampoo, and more. You'll get up to \$1,500 during the year to use at stores like CVS Pharmacy, Target, and Walgreens. You can also order items through Medline—by phone or online with free home delivery.

To shop online through our mail order partner Medline OTC Benefits, visit 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 Medline directly at 1-833-881-1424 (TRS 711).



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

Category	Details
Pain relief and sleep aids	Adult pain relief, external pain relief, sleep aids
Personal care	Soap, shampoo, deodorant, and more
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

If you have a qualifying chronic condition: Each calendar quarter, \$200 of your Save Now dollars are set aside for healthy food and \$175 for you to buy health and personal care items. 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.

1-877-700-6996 (TRS 711)

8 a.m.–8 p.m., Monday–Friday (7 days a week, Oct. 1–March 31)

fallonhealth.org/navicare



* \$375 is added to the Save Now card on a quarterly basis—in January, April, July, and October. The amount remaining on the card expires at the end of each quarter. Money does not roll over to the next quarter. Total yearly spend amount is based on a 12-month, calendar year, plan membership.

** The \$200 (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.