

00:04 Welcome to Benefit Tips with Dr. T.

00:06 I'm Dr. Grant Tarbox,

00:07 and I'm happy

00:08 to be sharing some helpful information

00:10 about your Medicare Advantage benefits.

00:13 Today we're talking OTC allowance.

00:15 OTC stands for over-the-counter.

00:18 You can use your allowance

00:19 for cold, flu and allergy medicines, bandages,

00:23 vitamins, sunscreen, and hundreds of other items.

00:28 Your OTC allowance is added to your Cigna

00:30 Healthy Today card

00:31 every three months,

00:33 and you can spend your allowance

00:35 any time during the quarter.

00:37 But here's a tip.

00:38 Unused funds

00:39 won't carry over to the next quarter or year.

00:41 So use them. Don't lose them.

00:43 You got lots of shopping options.

00:46 Order online

00:47 at CIGNA, Healthy Today.com or order over the phone

00:51 by calling 1-866-851-1579.

00:58 Or you can fill out the mail order

00:59 form in the OTC catalog.

01:02 Look for it in your welcome kit or renewal mailing.

01:05 And if you're out and about, you can buy approved

01:08 OTC items at participating retail locations.

01:11 Go to Cigna Healthy Today dot com

01:14 for all your OTC details

01:16 like quarterly spending amounts,

01:18, balance and transactions,

01:20 covered products, participating stores,

01:23 plus online shopping.

01:25 Ready to restock your medicine cabinet?

01:27 Go for it.

01:29 Be sure to check out the rest of

01:30 our Benefits video series.

01:32 We'll keep the tips coming

01:33 so you can keep healthy going.