



# Shop Healthy and Save!

Great news! All EmblemHealth Essential Plan members receive an over-the-counter (OTC) card.\*

The card can be used at many major retailers to purchase eligible health-related items including:

- Healthy foods like meat, vegetables, and eggs.
- Vitamins.
- Cold and allergy medicines.
- Pain relievers.
- And more!

Members can shop by mail order or in stores including CVS, Dollar General, Duane Reade, Family Dollar, Save A Lot, Stop & Shop, Walgreens, Walmart, and others.



To learn more about the EmblemHealth OTC card, call **888-447-7703** (TTY: 711) from 8 a.m. to 8 p.m., Monday through Friday, or scan the QR code to visit [emblemhealth.com/essentialplanotc](https://emblemhealth.com/essentialplanotc).



\*Members get a \$125 credit per calendar quarter on the card (up to \$500 per year). Unused credit will carry over to the next quarter. Any unused credit by December 31 will not carry over to the next calendar year.

EmblemHealth insurance plans are underwritten by EmblemHealth Plan, Inc., Health Insurance Plan of Greater New York (HIP), and EmblemHealth Insurance Company. EmblemHealth Essential Plans are provided by Health Insurance Plan of Greater New York (HIP), an EmblemHealth company.