

## 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 <sup>1</sup>	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 <sup>2</sup>	nizatidine <sup>2</sup>	ranitidine <sup>2</sup>
famotidine <sup>2</sup>	Pepcid <sup>2</sup>	Zantac <sup>2</sup>

#### 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 <sup>3</sup>	omeprazole <sup>3</sup>	Prilosec <sup>3</sup>
esomeprazole magnesium <sup>3</sup>	pantoprazole <sup>3</sup>	Protonix <sup>3</sup>
lansoprazole <sup>3</sup>	Prevacid <sup>3</sup>	rabeprazole <sup>3</sup>
Nexium <sup>3</sup>		

### 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

<sup>1</sup> Covered for ages 6 and under.

<sup>2</sup> Covered for ages 18 and under.

<sup>3</sup> 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](http://bcbst.com) for the most up-to-date information.



BlueCross BlueShield of Tennessee  
1 Cameron Hill Circle | Chattanooga, TN 37402  
[bcbst.com](http://bcbst.com)

BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association

16PHM53362 (10/17)  
OTC Savings Drug List Flyer

