



INDEPENDENT HEALTH'S MEDICARE

Additional RedShirt RewardsSM Product Listing

Your Medicare Advantage plan includes the opportunity to earn reward dollars toward the purchase of over-the-counter items when you complete preventive services* — such as getting your annual well visit or flu shot. Your RedShirt Rewards dollars may be used to purchase any item in either the NationsOTC catalog OR this listing.

Additional Rewards You Can Earn for Completing Your Preventive Services

FOOD and GROCERY		
Item #	Description	Catalog Price
7218	All Spice, 1 oz.	\$ 4.50
7001	Almond Butter, Smooth, 10 oz.	\$ 13.00
7143	Almond Milk, 32 oz.	\$ 7.00
7002	Almonds, 5 oz.	\$ 7.00
7207	Apricots, 15 oz.	\$ 4.00
7122	Avocado Oil, 16 oz.	\$ 14.00
7176	Baby Corn, 15 oz.	\$ 3.50
7152	Baked Beans, 16 oz.	\$ 3.50
7194	Baking Powder, 7 oz.	\$ 5.50
7195	Baking Soda, 16 oz.	\$ 3.00
7231	Balsamic Vinegar, 8 oz.	\$ 5.00
7170	Bamboo Shoots, 8 oz.	\$ 3.50
7171	Bean Sprouts, 14 oz.	\$ 3.50
7006	Beef Stew, 15 oz.	\$ 4.50
7007	Beefaroni [®] , 7 oz.	\$ 2.50
7008	Beets, Sliced, 14.5 oz.	\$ 3.00
7111	Black Beans, 15 oz.	\$ 2.50
7240	Blackeye Peas, 15 oz.	\$ 2.50
7164	Bread Crumbs, 15 oz.	\$ 4.00
7010	Canola Oil, 16 oz.	\$ 5.50
7127	Carrots, 14.5 oz.	\$ 3.50
7223	Cayenne Pepper, 1.5 oz.	\$ 3.50
7011	Cheerios [™] , 8.9 oz.	\$ 6.00
7012	Chewy Granola Bars, 8.4 oz., 8 count	\$ 5.50
7229	Chia Seed, 1.5 oz.	\$ 2.00
7202	Chicken Breast Chunk, 10 oz.	\$ 5.50
7225	Chicken Noodle Soup, 10 oz.	\$ 4.50
7217	Chili Powder, 2 oz.	\$ 4.50
7188	Chili, 15 oz.	\$ 4.50
7172	Chow Mein Noodles, 5 oz.	\$ 3.00
7018	Chunk Light Tuna in Water, 5 oz.	\$ 2.50
7020	Chunky Vegetable Soup, 18 oz.	\$ 4.00
7216	Cinnamon, Ground, 2 oz.	\$ 4.50
7021	Clam Chowder, 18 oz.	\$ 4.50
7144	Coconut Water, 16 oz.	\$ 3.00
7098	Coffee Creamer, 16 oz.	\$ 5.50
7022	Coffee, 11 oz.	\$ 9.50
7128	Coffee, Instant, 8 oz.	\$ 9.50
7023	Coffee, Decaf, 11 oz.	\$ 9.50
7129	Coffee, Decaf, Instant, 8 oz.	\$ 10.50
7205	Condensed Milk, 14 oz.	\$ 4.00
7046	Cooking Spray, 5 oz.	\$ 7.00
7130	Corn Flakes, 18 oz.	\$ 7.00

FOOD and GROCERY <i>continued</i>		
Item #	Description	Catalog Price
7150	Corn, 14 oz.	\$ 3.50
7131	Corn Oil, 16 oz.	\$ 5.50
7160	Corned Beef, 12 oz.	\$ 7.00
7222	Cranberry Sauce, Jellied, 14 oz.	\$ 3.50
7192	Cream of Chicken Soup, 10 oz.	\$ 3.25
7191	Cream of Mushroom Soup, 10 oz.	\$ 3.25
7226	Cream of Potato Soup, 10 oz.	\$ 4.00
7190	Cream of Wheat, 12 oz.	\$ 5.00
7233	Dried Apples, 3 oz.	\$ 8.00
7232	Dried Apricots, 6 oz.	\$ 8.00
7234	Dried Bananas, 4 oz.	\$ 8.00
7235	Dried Mangos, 3 oz.	\$ 10.00
7147	Ensure [®] Chocolate Shake, 8 oz., 6 ct.	\$ 19.00
7146	Ensure [®] Vanilla Shake, 8 oz., 6 ct.	\$ 19.00
7211	Extra Virgin Olive Oil, 8 oz.	\$ 7.50
7212	Flour, All Purpose, 32 oz.	\$ 4.00
7208	Fruit & Nut Mix, 6 oz.	\$ 4.50
7024	Fruit Cocktail, 14.5 oz.	\$ 3.50
7159	Garbanzo Beans, 15 oz.	\$ 2.50
7168	Garlic Powder, 3 oz.	\$ 3.50
7177	Gelatin, Cherry, 1.4 oz.	\$ 2.50
7178	Gelatin, Orange, 1.4 oz.	\$ 2.50
7179	Gelatin, Strawberry, 1.4 oz.	\$ 2.50
7153	Glucerna [®] Chocolate Shake, 8 oz., 6 ct.	\$ 19.00
7148	Glucerna [®] Vanilla Shake, 8 oz., 6 ct.	\$ 19.00
7237	Granola, 11 oz.	\$ 7.00
7241	Great Northern Beans, 15 oz.	\$ 2.50
7151	Green Beans, 14 oz.	\$ 3.50
7242	Green Chiles, 4 oz.	\$ 2.50
7206	Grits, 16 oz.	\$ 3.50
7220	Ham, Cooked, 16 oz.	\$ 8.00
7244	Hominy, 15 oz.	\$ 2.50
7185	Honey, 12 oz.	\$ 7.00
7214	Hot Sauce, 3 oz.	\$ 2.00
7032	Instant Mashed Potatoes, 13.75 oz.	\$ 4.50
7033	Jelly, Grape, 20 oz.	\$ 4.50
7034	Jelly, Strawberry, 20 oz.	\$ 4.50
7154	Ketchup, 20 oz.	\$ 4.50
7243	Lentils, 15 oz.	\$ 2.50
7174	Lima Beans, 15 oz.	\$ 3.00
7186	Mayonnaise, 12 oz.	\$ 5.00
7183	Microwave Popcorn, 3 count	\$ 4.00
7121	Milk, Shelf Stable, 2%, 32 oz.	\$ 5.00

Additional Rewards You Can Earn for Completing Your Preventive Services *continued*

FOOD and GROCERY <i>continued</i>		
Item #	Description	Catalog Price
7041	Mixed Nuts, 5 oz.	\$ 6.00
7161	Mixed Vegetables, 15 oz.	\$ 3.50
7230	Muffin Mix, Blueberry, 7 oz.	\$ 2.50
7193	Muffin Mix, Corn, 8 oz.	\$ 3.00
7201	Mushrooms, 4.5 oz.	\$ 3.50
7134	Nature Valley™ Granola Bars, 12 count	\$ 6.50
7228	Nutella®, 7 oz.	\$ 4.50
7135	Oatmeal, Instant Packets, 10 count	\$ 7.00
7044	Oats, Old Fashioned, 42 oz.	\$ 7.00
7045	Oats, Steel Cut, 24 oz.	\$ 7.00
7181	Olives, 6 oz.	\$ 4.50
7169	Onion Powder, 2.75 oz.	\$ 3.00
7219	Oregano, 1 oz.	\$ 4.50
7182	Pancake Mix, 16 oz.	\$ 5.00
7187	Pancake Syrup, 12 oz.	\$ 5.00
7215	Paprika, 2 oz.	\$ 4.50
7204	Parmesan Cheese, 8 oz.	\$ 4.50
7053	Pasta, Spaghetti, 16 oz.	\$ 3.00
7054	Pasta, Spaghetti, Gluten Free, 12 oz.	\$ 4.50
7055	Pasta, Ziti, 16 oz.	\$ 3.00
7056	Peaches, Sliced, 8.5 oz.	\$ 3.00
7057	Peanut Butter, Creamy, 16 oz.	\$ 5.50
7058	Peanut Butter, Crunchy, 16 oz.	\$ 5.50
7059	Pear Halves, 15 oz.	\$ 3.50
7137	Peas, 8.5 oz.	\$ 2.50
7061	Pineapple, Sliced, 8 oz.	\$ 3.50
7062	Pinto Beans, 16 oz.	\$ 2.50
7063	Potatoes, Diced, 15 oz.	\$ 3.50
7175	Prunes, 10 oz.	\$ 5.50
7065	Pumpkin, Canned, 15 oz.	\$ 4.50
7245	Quinoa, 12 oz.	\$ 8.50
7066	Raisin Bran®, 16 oz.	\$ 6.50
7173	Raisins, 9 oz.	\$ 4.50
7158	Ramen Noodle Soup, 3 oz.	\$ 1.50
7068	Red Kidney Beans, 15 oz.	\$ 3.50
7138	Rice Krispies, 12 oz.	\$ 6.50
7009	Rice, Brown, 28 oz.	\$ 5.50
7072	Rice, White, 28 oz.	\$ 5.50
7162	Rice, Yellow, 16 oz.	\$ 4.50
7227	Rosemary, 1 oz.	\$ 3.50
7209	Salad Dressing, French, 16 oz.	\$ 4.50
7074	Salad Dressing, Italian, 16 oz.	\$ 4.50
7076	Salad Dressing, Ranch, 16 oz.	\$ 4.50
7077	Salmon, Canned, 14.75 oz.	\$ 10.00
7184	Salt & Pepper	\$ 5.50
7165	Salt Substitute, 3 oz.	\$ 5.50
7141	Sandwich Crackers, Cheddar, 8 count	\$ 5.00
7078	Sardines, 4.4 oz.	\$ 3.50
7239	Seasoning Blend, Salt-Free, 2.5 oz.	\$ 5.50
7210	Soda Crackers, 8 oz.	\$ 3.50

FOOD and GROCERY <i>continued</i>		
Item #	Description	Catalog Price
7166	Soup Bouillon, Beef, 6 count	\$ 2.00
7167	Soup Bouillon, Chicken, 6 count	\$ 2.00
7163	Soy Sauce, 10 oz.	\$ 3.50
7107	Spaghetti Sauce, 24 oz.	\$ 3.00
7224	Spam®, 12 oz.	\$ 6.50
7080	Special K® Cereal, 18 oz.	\$ 6.50
7238	Spinach, 13 oz.	\$ 3.00
7081	Splenda®, 1.75 oz.	\$ 5.50
7109	Steak & Vegetable Soup, 18.8 oz.	\$ 4.50
7236	Steak Sauce, 5 oz.	\$ 4.75
7085	Stevia In The Raw®, 3.5 oz.	\$ 8.00
7016	Stuffing Mix, 6 oz.	\$ 4.50
7087	Tea Bags, 100 count	\$ 6.00
7088	Tea Bags, Decaf, 48 count	\$ 10.00
7089	Tomato Paste, 12 oz.	\$ 3.00
7090	Tomatoes, Crushed, 15 oz.	\$ 3.50
7091	Tomatoes, Diced, 14.5 oz.	\$ 3.00
7140	Trail Mix, 16 oz.	\$ 8.00
7221	Vegetable Oil, 16 oz.	\$ 6.50
7101	Vienna Sausage, 4.6 oz.	\$ 2.00
7189	Water Chestnuts, 8 oz.	\$ 2.50
7203	Water Crackers, 10.5 oz.	\$ 4.50
7142	Wheat Crackers, 9 oz.	\$ 4.00
7095	Yams, 29 oz.	\$ 5.00
7096	Yellow Mustard, 8 oz.	\$ 3.00

HOME AIDS		
Item #	Description	Catalog Price
5813	Activity Tracker	\$ 55.00
4050	Automatic Pill Dispenser	\$ 100.00

ELECTRONICS		
Item #	Description	Catalog Price
8005	Apple iPad 32GB Wi-Fi Series 8	\$ 329.00
8004	Apple Watch Series 7 GPS	\$ 429.00

*Products may be added or removed without notice.
Listing updated October 14, 2022.*



HOW IT WORKS:

- There's nothing for you to submit to earn reward dollars.
- When Independent Health receives a claim from your doctor after a qualifying visit, your reward amount will be provided to NationsOTC® and included on your NationsOTC account.

Check your reward total or purchase items through the NationsOTC catalog:

Call: 877-270-4239 (TTY: 711)

Online: www.NationsOTC.com/IndependentHealth.

Additional Questions?

(716) 250-4401 or 1-800-665-1502 (TTY: 711)

Oct. 1 – Mar. 31: Mon. – Sun., 8 a.m. – 8 p.m.;

Apr. 1 – Sept. 30: Mon. – Fri., 8 a.m. – 8 p.m.



It's all part of the RedShirt® Treatment.

*Not all preventive services are medically appropriate every year. Independent Health uses the frequency guidelines adopted by the Centers for Medicare and Medicaid Services (CMS) and the U.S. Preventive Services Task Force (USPSTF). Services must be rendered by an in-network/participating provider. Other services performed at the same time as preventive services may be subject to member cost sharing. Benefits vary by plan and are subject to change on January 1 each year. For more details refer to your Evidence of Coverage (EOC).

Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-SNP, HMO-POS and PPO plans. Enrollment in Independent Health depends on contract renewal.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-800-665-1502 (TTY: 711). Independent Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-665-1502 (TTY: 711). 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 1-800-665-1502 (TTY: 711).