Healthy Benefits+ | PRESBYTERIAN Health Plan, Inc.

Over-the-Counter

PROGRAM 2026 GUIDE

Welcome to Healthy Benefits+

As part of your health plan, you get a benefit card loaded with funds to spend on everyday needs.

With this guide, you'll learn:

- How to create your account
- How to check your balance
- How to find where to shop
- How to shop online
- How to check if an item is covered
- How to pay in-store with the app
- And more!

Here's how to activate your card:

Scan this QR code to visit **www.phs.org/myPRES** and create an account to activate your card.

Download the **Healthy Benefits+ app** and create an account to activate your card.

Or call **1-833-832-7306 (TTY 711).**

Benefits funded by

PRESBYTERIAN
Health Plan, Inc.

Make shopping easier with the app and website

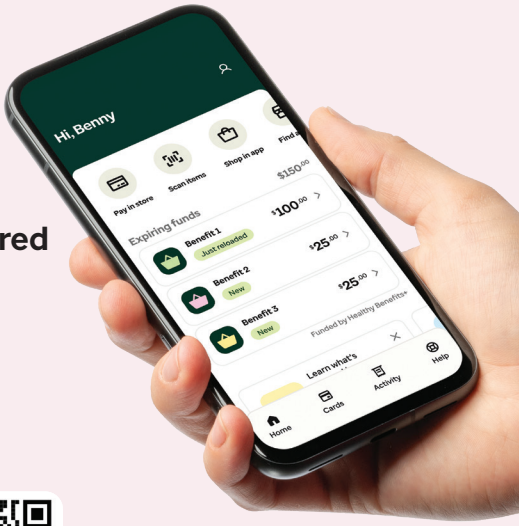
Check your balance in real time

Pay with your phone

Find stores near you

Scan items to see if they're covered

Shop online
Order from HB+ Shop, our online store, where 100% of items are covered.

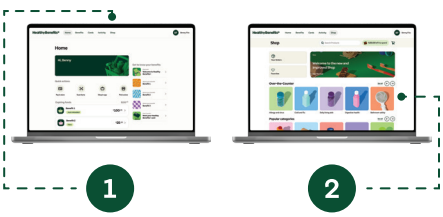


HB+

GET IT ON Google Play

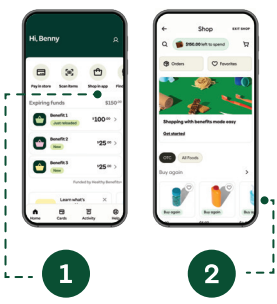
Download on the App Store

How to shop online



Website

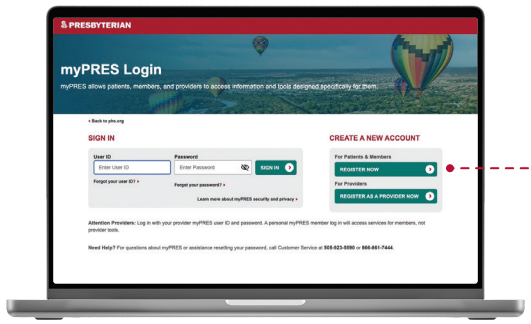
1. In **Home**, select **Shop** in the top menu.
2. Add items to your cart and check out!



App

1. In **Home**, select **Shop in app**.
2. Add items to your cart and check out!

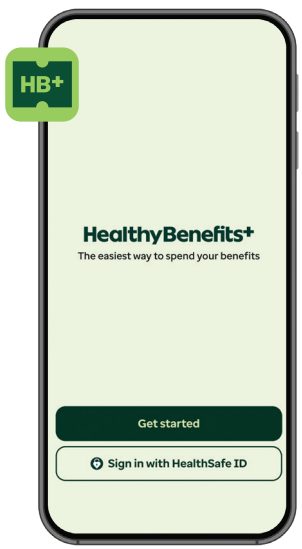
How to create your account



Website

Visit the website on the back of your card and click **Create account.**

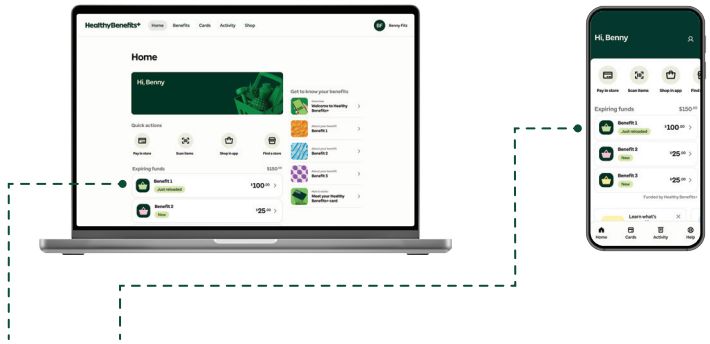
or



App

Open the Healthy Benefits+™ app and tap **Get started**.

How to check your balance



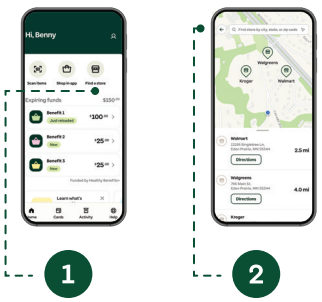
Website or app

In **Home**, your individual benefit balances are under **Expiring funds**. Your total balance is to the right.

Phone

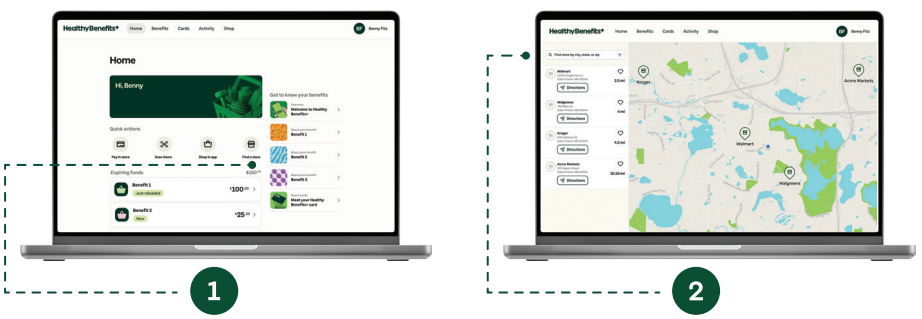
Call the number on the back of your card. Follow the prompts to hear your benefit balance.

How to find where to shop

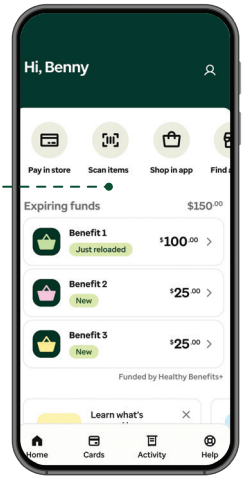


Website or app

1. In **Home**, select **Find a store**.
2. Enter your zip code or turn on location services in your device's settings to see nearby stores.

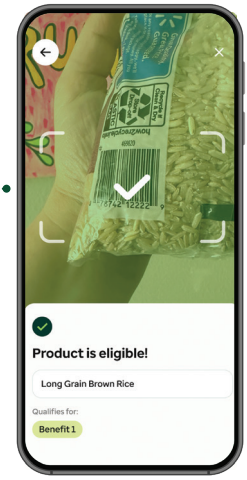


How to check if an item is covered



1

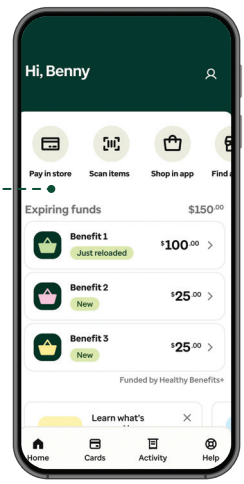
In **Home**, tap **Scan items**.



2

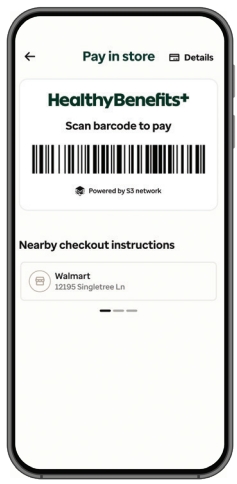
Scan whatever items you want!*

How to pay in-store with the app



1

In **Home**, tap **Pay in store**.



2

Scan your barcode to pay with your benefits.

*Note: The product scanner is regularly updated. If you run into an issue scanning an item, give it another try, or tap **Help** to reach out for support.

Frequently asked questions

Are the items in the catalog the only ones I can buy?

Nope! Additional items are available at participating retailers and online.

To see what items are covered:

- Look at the categories list on page 8.
- Use the product scanner in the app. Try it at home with your favorite over-the-counter items before you go to the store.

What are the ways I can shop?

To buy items in-store, visit a participating retailer. To get items delivered, shop online using the app or website, or order by phone by calling the number on the back of your card.

Can I only shop at national retailers?

Nope! There are a variety of small and regional retailers where you can spend your benefits. Use the store finder to locate nearby stores.

Can I buy generic and brand-name items?

Yes! Use the product scanner to check if your favorite brand is covered.

Can I use this card with SNAP or other assistance, coupons, or store discounts?

Yes! You can use assistance, coupons, and in-store specials when purchasing items with your card.

What happens if my purchase of covered items exceeds my benefit balance?

If your purchase total is more than your benefit balance, you can pay the remaining amount with an alternative payment method.

Do the prices and availability of items in the program guide remain the same?

No. Prices and availability are subject to change throughout the year.

Over-the-Counter items

This list is not all-inclusive.

Allergy & sinus

Antihistamines
Decongestants
+ Steam inhalers

Cough, cold, & flu

Chest rubs
Cold & flu relief
Cough drops
Cough syrups
Nasal sprays & drops

Daily living aids

Blood pressure monitors & accessories
Body weight scales
Cholesterol analyzers
Covid-19 tests
Food scales
Medical thermometers
Medication safety aids
Pill cases
Pill crushers & splitters
Pill dispensers & reminders
Pulse oximeters
UTI tests

Diabetes OTC

Diabetic lotions
Diabetic socks
Glucose tablets
Insulin protectors & storage
Sharps containers

Digestion health

Antacids
Diarrhea relief
Fiber aids
Gas relief
Lactose intolerance
Laxatives
Motion sickness & nausea relief
+ Prebiotics
+ Probiotics

Ear care

Ear drops
Ear syringes
Ear wax removal aids

Eye care

Contact lens cleaners
Contact lens rewetting drops
Contact lens soaking solutions
Eye drops, lubricants, & washes
Reading glasses

Feminine health

Feminine wipes
Menopause aids
Menstrual pain relief
Panty liners
+ Vaginal cleansers/ intimate cleansers
Yeast infection treatments

First aid

Adhesives
Antibiotic & antiseptic items (ointments, cleansing cloths, swabs, & wipes)
Bandages & bandaging supplies
Burn care
Cold packs
Cotton swabs & balls
Disposable gloves
Eye wash supplies
First aid kits
Hand sanitizers & wipes
Heating pads, patches, & wraps
Hot water bottles
Insect & pest repellents
Itching & rash treatments
Lice combs, sprays, & shampoos
Naloxone (Narcan)
Pain relievers
Scar & wound care

Foot care

Anti-fungal remedies
Diabetic foot care
+ Foot powders
+ Insoles & arch supports
+ Shoe horns
Wart removal

Incontinence

Bed pads
+ Flushable wipes
Incontinence undergarments
Intimate cleansers
Pads & liners

Oral care

Dental water jets
Denture adhesives
Denture cleaners
+ Dry mouth aids
Dry mouth rinses
Floss
Gum stimulators
Medicated lip balm
Mouth guards
+ Mouthwash
Power flossers
Toothbrushes
(kids packaging is eligible)
Toothpaste
(kids packaging is eligible)

Skin & sun care

Insect repellent
(with DEET)
Lip balms
Medicated shampoo
Moisturizer & lotion
Sunscreen & after-sun care

Sleeping & snoring

Medicinal sleep aids
Nasal strips

Stop smoking

Nicotine gums & lozenges
Nicotine patches

Vitamins & supplements

Blended vitamin & mineral supplements
Calcium
Choline
Chromium
+ Collagen
Colloidal gold & silver
Copper
+ CoQ10
Digestive supplements
Fiber
+ Fish oil
Flavonoids
+ Flaxseed & flaxseed oil
Folic acid
Herbal supplements
+ Iodine
Iron
Lactase
Magnesium
Manganese
Multiminerals
Multivitamins
+ Mushroom supplements
Omega 3-6-9
+ P-5-P
Potassium
Selenium
Silicon
Sodium
Trace minerals
Vitamin A
Vitamin B
Vitamin C
Vitamin D
Vitamin E
Zinc

Weight management

Appetite suppressants
Bathroom scales
(if member has CHF or liver disease)
Diuretics
Fat absorption inhibitors
Weight loss vitamins & supplements

+ New in 2026

Scan this code

or visit **www.phs.org/myPRES**
to start using your funds today.

Healthy Benefits+

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