

**Blue Cross Blue Shield of North Dakota
Payable Over-the-Counter (OTC) Drug List**

Payable Over-the-Counter (OTC) Drug – a medication or drug approved by the U.S. Food and Drug Administration for marketing without a prescription order and approved by BCBSND when dispensed by a pharmacist upon the receipt of a prescription order.

Tobacco Cessation Drugs*

If your benefit plan covers tobacco cessation services, the following Payable Over-the-Counter Drugs are available:

GENERIC DRUG NAME	DRUG LABEL NAME
NICOTINE TRANSDERMAL (PATCH)	NICOTINE TRANSDERMAL (PATCH)
NICOTINE TRANSDERMAL (PATCH)	NICODERM CQ
NICOTINE TRANSDERMAL (PATCH)	NICOTROL
NICOTINE POLACRILEX GUM	NICOTINE POLACRILEX GUM
NICOTINE POLACRILEX GUM	NICORETTE GUM
NICOTINE POLACRILEX LOZENGE	NICOTINE POLACRILEX LOZENGE
NICOTINE POLACRILEX LOZENGE	COMMIT LOZENGE
NICOTINE POLACRILEX LOZENGE	NICORETTE LOZENGE

Patient Protection and Affordable Care Act (PPACA) Preventive OTC

If your benefit plan is subject to PPACA preventive services, benefits are available for the following according to A & B recommendations of the United States Preventive Services Task Force (USPSTF):

Over-the-counter medications include (prescription required):

- Aspirin
 - * limited to 81 mg only
 - * men age 45 through 79
 - * women age 55 through 79
- Folic acid
 - * 0.4 to 0.8 mg for women planning or capable of pregnancy
- Oral fluoride
 - * age 6 months through 6 years old
- Iron supplement
 - * age 6 months through 12 months

Other Drugs*

There are currently no other Payable Over-the-Counter Drugs available.

This information is subject to amendment and may only be accurate as of the date appearing below.

*If your Benefit Plan is self-funded through your employer, this list may vary. Contact your Plan Administrator for your Plan's specific list.