

**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 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
NICOTINEPOLACRILEX LOZENGE	COMMIT LOZENGE
NICOTINE POLACRILEX LOZENGE	NICORETTE LOZENGE

**Patient Protection and Affordable Care Act (PPACA) Preventative OTC**

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

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

- Aspirin
  - Limited to 81 mg only
- Folic acid
  - 0.4 to 0.8 mg
- Oral fluoride
  - Age 6 months through 6 years old
- Iron supplement
  - Age 6 months through 12 months
- Vitamin D
  - 400 and 1000 IU for adults age 65 years and older who are at risk for falls
- Female Condom
  - FC and FC2 Female Condom
- Emergency Contraceptives
  - Levonorgestrel 1.5mg
- Spermicide
  - Encare
  - Options Conceptrol
  - Options Gynol II
  - Shur-Seal
  - VCF Vaginal Contraceptive
- Sponge
  - Today Sponge

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**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.