

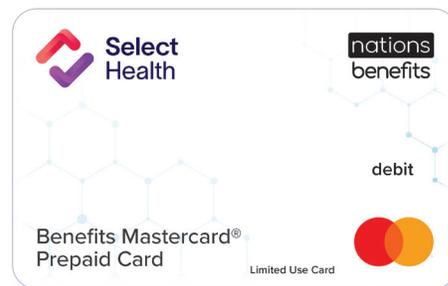
Select Health Medicare Grocery Benefit.

Select Health Medicare DSNP and Kroger plans include a Flexible Benefits Mastercard with a monthly allowance to use when purchasing over-the-counter (OTC) purchases. Members with a qualifying chronic health condition may also apply the funds towards the purchase of healthy groceries.

The OTC + Healthy Grocery wallet can be used to purchase healthy groceries including:

- **Fresh fruits:** apples, bananas, grapes, oranges.
- **Vegetables:** broccoli, carrots, spinach, bell peppers.
- **Breads and whole grains:** whole wheat bread, brown rice, quinoa, pasta.
- **Proteins:** chicken breast, ground turkey, eggs, canned beans.
- **Dairy:** milk, yogurt, cheese.
- **Snacks:** nuts, granola bars, popcorn.
- **Pantry essentials:** olive oil, pasta sauce, spices.
- **Beverages:** herbal tea, coffee, fruit juice.

Note: Alcohol, tobacco, and non-food items are not covered.



View and manage your OTC + Healthy Grocery wallet balance by:

- Calling NationsBenefits at **833-878-0232 (TTY:711)**.
- Logging in to the **Benefits Pro** app.
- Logging in to your Benefits Pro Portal online at selecthealth.nationsbenefits.com.



Questions? Call Select Health Member Services at **855-442-9900** during the following dates and times:

October 1 to March 31: Weekdays 7:00 a.m. to 8:00 p.m., Saturday and Sunday 8:00 a.m. to 8:00 p.m.

April 1 to September 30: Weekdays 7:00 a.m. to 8:00 p.m., Saturday 9:00 a.m. to 2:00 p.m., closed Sunday.

Outside of these hours of operation, please leave a message and your call will be returned within one business day. TTY users, please call **711**.



Frequently asked questions.

Q. Where can I use my grocery benefit?

A. This varies based on your plan.

If you are enrolled on a **Select Health Medicare + Kroger (HMO)** plan, you can use your grocery benefit at Kroger grocery stores across the country, including Smith's, Fred Meyer, King Soopers, and City Market.

If you are enrolled on a **Select Health Medicare Dual Plan (HMO-DSNP)** plan, you can use your grocery benefit at NationsBenefits-approved retail locations: Walmart, Walgreens, CVS (non-Target), Rite Aid, Kroger stores, and Albertsons. To find an approved retail location near you, visit selecthealth.nationsbenefits.com, download the Benefits Pro app, or call NationsBenefits at **833-878-0232 (TTY:711)**.

Q. How long do my grocery benefit funds last?

A. OTC + Grocery benefit funds do not roll over, so you have until the end of the month to use them. New funds will be deposited the first day of the next month.

Q. What if I don't have a qualifying health condition?

A. While you won't receive funds to purchase healthy grocery items, you are still eligible for the full monthly allowance to purchase OTC items.

Q. How can I learn more about the grocery benefit?

A. Scan the QR code to learn how to unlock the benefit, what qualifying conditions are eligible, how to manage your Select Health Medicare Flexible benefits card, and more!



Select Health is an HMO, PPO, SNP plan sponsor with a Medicare contract. Enrollment in Select Health Medicare depends on contract renewal. OTC and Grocery benefits are part of a special supplement benefit and not available to every member.

Select Health obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status.

This information is available for free in other languages and alternate formats by contacting Select Health Medicare: **855-442-9900 (TTY: 711)**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

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

