## 2023 Grocery Catalog



Get groceries delivered to your doorstep at no additional cost!

## Shop Easier, Healthier and Happier

Hello, Valued Member:
We would like to take this opportunity to welcome you and thank you for choosing Sonder Health Plans to participate in your health care. As a valued member, you have a grocery benefit through NationsOTC ${ }^{\circ}$ that can help you get the nutrition you need for a well-balanced diet. You can use your benefit allowance to purchase brand-name and generic perishable and non-perishable foods.

Placing an order is simple. You have four easy ways to use your benefit allowance and receive two-day shipping at no additional cost. We encourage you to keep this catalog where it's easily accessible. You can use your catalog to place future orders. It also contains helpful information such as:

- Instructions on how to place an order
- Order form and postage-paid envelope
- List of eligible grocery products

If you need help placing an order, please call 833-838-1308 (TTY: 711). Member Experience Advisors are available 24 hours per day, 7 days per week, 365 days per year. Language support services are available if needed, free of charge.

Sincerely,
Your NationsOTC Team

## Helpful Benefit Information

You can save time and money by using your grocery benefit allowance to order the items you need to personalize your care. We encourage you to spend your full allowance before the end of your benefit period.

Additional information about your grocery benefit is outlined below:

## Benefit Allowance:

The grocery benefit is separate from your over-the-counter (OTC) benefit. Your grocery benefit allowance cannot be used to purchase OTC products or vice versa.

## Benefit Usage:

This benefit is only for you and cannot be used for your family or friends

## Availability:

Items, amounts, sizes, and values are subject to change depending on availability.

## Substitution:

If an item is out of stock, a similar grocery product of equal or higher value will be shipped.

## Delivery:

Please allow two days for delivery.


## Returns:

Due to the personal nature of these products, you do not have to ship grocery items you wish to return to NationsOTC.

## Disenrollment:

If you disenroll from your health plan, your grocery benefit will automatically end.

## Ordering Groceries Has Never Been Easier

You have four convenient ways to place an order. Choose the option that's best for you:

## $\square$ <br> Website

To place an order through the MyBenefits portal, scan the QR code using your smartphone camera or visit:
Sonder.NationsBenefits.com


App

To place an order through the MyBenefits app, scan the QR code using your smartphone or search "MyBenefits" in the App Store or Google Play.

If this is your first time placing an order online, you will need to create an account by registering on the MyBenefits portal or the MyBenefits app. If you already created an account, simply log in and select the items you would like to order. Once you're ready to place your order, click "Checkout".

## Phone

To place an order by phone, please call 833-838-1308 (TTY: 711).
Member Experience Advisors are available 24 hours per day, 7 days per week, 365 days per year.

## Mail

To place an order by mail, send your completed order form using the postage-paid envelope to:

## NationsOTC

1801 NW 66th Avenue, Suite 100
Plantation, FL 33313

Please Note: Order forms should be mailed before the 20th of the month to ensure the order total is applied to the current benefit period. We encourage you to place an order online or by phone if the end of your benefit period is approaching. Please do not send cash or checks in the mail.

Top Selling Products


Almond Milk, 32 oz.
Count: 1

Item \#: 7143
$\$ 7.00$


Baked Beans, 16 oz.
Count: 1
em \#: $7152 \$ 3.50$


Beef Stew, 15 oz.
Count: 1
Item \#: $7006 \quad \$ 4.50$


Beets, Sliced, 14.5 oz.
Count: 1


## Canola Oil, 16 oz.

Count: 1

Top Selling Products


Chewy Granola Bars, 8.4 oz. Count: 8
Item \#: 7012 \$5.50


Chunky Vegetable Soup, 18 oz.
Count: 1

Item \#: $7020 \quad \$ 4.00$
Chunk Light Tuna in Water, 5 oz.


Count: 1

Item \#: 7018 \$2.50


## Clam Chowder, 18 oz.

Count: 1

Item \#: 7021
$\$ 4.50$
$\left.\begin{array}{ll}\text { Coconut Water, } 16 \text { oz. } \\ \text { Count: } 1\end{array}\right]$

Corn, 14 oz.
Count: 1


Cream of Chicken Soup, 10 oz.
Count: 1
Coffee Creamer, 16 oz. Count: 1

## Item \#: 7098 $\$ 5.50$



Corn Oil, 16 oz.
Count: 1

Item \#: 7131
$\$ 5.50$

## Top Selling Products



## Top Selling Products



Peanut Butter, Creamy, 16 oz. Count: 1

Item \#: 7057 \$5.50

Pineapple, Sliced, 8 oz.
Count: 1

Item \#: 7061
\$3.50

Ramen Noodle Soup, 3 oz.


Count: 1

Item \#: 7158
\$1.50


Trail Mix, 16 oz.
Count: 1

Item \#: 7140
$\$ 8.00$


Pear Halves, 15 oz.
Count: 1

Item \#: 7059
\$3.50

Pinto Beans, 16 oz.
Count: 1


Item \#: 7062
\$2.50

Sandwich Crackers, Cheddar
Count: 8 pack


Tomatoes, Diced, 14.5 oz.
Count: 1

Item \#: $7091 \quad \$ 3.00$

Vienna Sausage, 4.6 oz .
Count: 1

Item \#: 7101
\$2.00

| Item \# | Description | Count | Price |
| :---: | :---: | :---: | :---: |
| 7218 | All Spice, 1 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7001 | Almond Butter Smooth, 10 oz. | $1 \mathrm{ct}$. | \$13.00 |
| 7002 | Almonds, 5 oz. | $1 \mathrm{ct}$. | \$7.00 |
| 7207 | Apricots, 15 oz. | $1 \mathrm{ct}$. | \$4.00 |
| 7176 | Baby Corn, 15 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7194 | Baking Powder, 7 oz. | $1 \mathrm{ct}$. | \$5.50 |
| 7231 | Balsamic Vinegar, 8 oz. | $1 \mathrm{ct}$. | \$5.00 |
| 7170 | Bamboo Shoots, 8 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7171 | Bean Sprouts, 14 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7240 | Blackeye Peas, 15 oz. | $1 \mathrm{ct}$. | \$2.50 |
| 7164 | Bread Crumbs, 15 oz. | $1 \mathrm{ct}$. | \$4.00 |
| 7127 | Carrots, 14.5 oz . | $1 \mathrm{ct}$. | \$3.50 |
| 7223 | Cayenne Pepper, 1.5 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7229 | Chia Seed, 1.5 oz. | $1 \mathrm{ct}$. | \$2.00 |
| 7202 | Chicken Breast Chunk, 10 oz. | $1 \mathrm{ct}$. | \$5.50 |
| 7225 | Chicken Noodle Soup, 10 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7217 | Chili Powder, 2 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7188 | Chili, 15 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7172 | Chow Mein Noodles, 5 oz. | $1 \mathrm{ct}$. | \$3.00 |
| 7216 | Cinnamon, Ground, 2 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7022 | Coffee, 11 oz . | $1 \mathrm{ct}$. | \$9.50 |
| 7128 | Coffee, Instant, 8 oz. | $1 \mathrm{ct}$. | \$9.50 |
| 7023 | Coffee, Decaf, 12 oz. | $1 \mathrm{ct}$. | \$9.50 |
| 7129 | Coffee, Decaf Instant, 8 oz. | $1 \mathrm{ct}$. | \$10.50 |
| 7205 | Condensed Milk, 14 oz. | $1 \mathrm{ct}$. | \$4.00 |
| 7130 | Corn Flakes, 18 oz. | $1 \mathrm{ct}$. | \$7.00 |
| 7160 | Corned Beef, 12 oz. | $1 \mathrm{ct}$. | \$7.00 |
| 7222 | Cranberry Sauce, Jellied, 14 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7191 | Cream of Mushroom Soup, 10 oz. | $1 \mathrm{ct}$. | \$3.25 |
| 7226 | Cream of Potato Soup, 10 oz. | $1 \mathrm{ct}$. | \$4.00 |
| 7190 | Cream of Wheat, 12 oz. | $1 \mathrm{ct}$. | \$5.00 |
| 7233 | Dried Apples, 3 oz. | $1 \mathrm{ct}$. | \$8.00 |
| 7232 | Dried Apricots, 6 oz. | $1 \mathrm{ct}$. | \$8.00 |


| Item \# | Description | Count | Price |
| :---: | :---: | :---: | :---: |
| 7234 | Dried Bananas, 4 oz. | $1 \mathrm{ct}$. | \$8.00 |
| 7235 | Dried Mangos, 3 oz. | $1 \mathrm{ct}$. | \$10.00 |
| 7211 | Extra Virgin Olive Oil, 8 oz. | $1 \mathrm{ct}$. | \$7.50 |
| 7212 | Flour, All Purpose, 32 oz . | $1 \mathrm{ct}$. | \$4.00 |
| 7208 | Fruit \& Nut Mix, 6 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7159 | Garbanzo Beans, 15 oz. | $1 \mathrm{ct}$. | \$2.50 |
| 7168 | Garlic Powder, 3 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7177 | Gelatin, Cherry, 1.4 oz . | $1 \mathrm{ct}$. | \$2.50 |
| 7178 | Gelatin, Orange, 1.4 oz . | $1 \mathrm{ct}$. | \$2.50 |
| 7179 | Gelatin, Strawberry, 1.4 oz. | $1 \mathrm{ct}$. | \$2.50 |
| 7237 | Granola, 11 oz. | $1 \mathrm{ct}$. | \$7.00 |
| 7241 | Great Northern Beans, 15 oz. | $1 \mathrm{ct}$. | \$2.50 |
| 7242 | Green Chiles, 4 oz. | $1 \mathrm{ct}$. | \$2.50 |
| 7206 | Grits, 16 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7220 | Ham, Cooked, 16 oz. | $1 \mathrm{ct}$. | \$8.00 |
| 7244 | Hominy, 15 oz. | $1 \mathrm{ct}$. | \$2.50 |
| 7185 | Honey, 12 oz. | $1 \mathrm{ct}$. | \$7.00 |
| 7214 | Hot Sauce, 3 oz. | $1 \mathrm{ct}$. | \$2.00 |
| 7032 | Instant Mashed Potatoes, 13.75 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7033 | Jelly, Grape, 20 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7034 | Jelly, Strawberry, 20 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7154 | Ketchup, 20 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7243 | Lentils, 15 oz . | $1 \mathrm{ct}$. | \$2.50 |
| 7174 | Lima Beans, 15 oz. | $1 \mathrm{ct}$. | \$3.00 |
| 7186 | Mayonnaise, 12 oz . | $1 \mathrm{ct}$. | \$5.00 |
| 7121 | Milk, Shelf Stable 2\%, 32 oz . | $1 \mathrm{ct}$. | \$5.00 |
| 7161 | Mixed Vegetables, 15 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7230 | Muffin Mix, Blueberry, 7 oz. | $1 \mathrm{ct}$. | \$2.50 |
| 7201 | Mushrooms, 4.5 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7134 | Nature Valley ${ }^{\text {Tm }}$ Granola Bars | 12 ct . | \$6.50 |
| 7228 | Nutella®, 7 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7135 | Oatmeal, Instant Packets | 10 ct . | \$7.00 |
| 7044 | Oats, Old Fashioned, 42 oz . | $1 \mathrm{ct}$. | \$7.00 |


| Item \# | Description | Count | Price |
| :---: | :---: | :---: | :---: |
| 7045 | Oats, Steel Cut, 24 oz. | $1 \mathrm{ct}$. | \$7.00 |
| 7181 | Olives, 6 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7169 | Onion Powder, 2.75 oz. | $1 \mathrm{ct}$. | \$3.00 |
| 7219 | Oregano, 1 oz . | $1 \mathrm{ct}$. | \$4.50 |
| 7182 | Pancake Mix, 16 oz. | $1 \mathrm{ct}$. | \$5.00 |
| 7187 | Pancake Syrup, 12 oz. | $1 \mathrm{ct}$. | \$5.00 |
| 7215 | Paprika, 2 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7204 | Parmesan Cheese, 8 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7053 | Pasta, Spaghetti, 16 oz. | $1 \mathrm{ct}$. | \$3.00 |
| 7054 | Pasta, Spaghetti, Gluten Free, 12 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7055 | Pasta, Ziti, 16 oz. | $1 \mathrm{ct}$. | \$3.00 |
| 7058 | Peanut Butter, Crunchy, 16 oz. | $1 \mathrm{ct}$. | \$5.50 |
| 7137 | Peas, 8.5 oz. | $1 \mathrm{ct}$. | \$2.50 |
| 7063 | Potatoes, Diced, 15 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7175 | Prunes, 10 oz. | $1 \mathrm{ct}$. | \$5.50 |
| 7065 | Pumpkin, Canned, 15 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7245 | Quinoa, 12 oz . | $1 \mathrm{ct}$. | \$8.50 |
| 7066 | Raisin Bran ${ }^{\circledR}$, 16 oz. | $1 \mathrm{ct}$. | \$6.50 |
| 7173 | Raisins, 9 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7068 | Red Kidney Beans, 15 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7138 | Rice Krispies, 12 oz . | $1 \mathrm{ct}$. | \$6.50 |
| 7009 | Rice, Brown, 28 oz. | $1 \mathrm{ct}$. | \$5.50 |
| 7072 | Rice, White, 28 oz. | $1 \mathrm{ct}$. | \$5.50 |
| 7162 | Rice, Yellow, 16 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7227 | Rosemary, 1 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7209 | Salad Dressing, French, 16 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7074 | Salad Dressing, Italian, 16 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7076 | Salad Dressing, Ranch, 16 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7077 | Salmon, Canned, 14.75 oz. | $1 \mathrm{ct}$. | \$10.00 |
| 7184 | Salt \& Pepper | $1 \mathrm{ct}$. | \$5.50 |
| 7165 | Salt Substitute, 3 oz . | $1 \mathrm{ct}$. | \$5.50 |
| 7078 | Sardines, 4.4 oz . | $1 \mathrm{ct}$. | \$3.50 |
| 7239 | Seasoning Blend, Salt-Free, 2.5 oz . | $1 \mathrm{ct}$. | \$5.50 |


| Item \# | Description | Count | Price |
| :---: | :---: | :---: | :---: |
| 7210 | Soda Crackers, 8 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7166 | Soup Bouillon, Beef | 6 ct . | \$2.00 |
| 7167 | Soup Bouillon, Chicken | 6 ct . | \$2.00 |
| 7163 | Soy Sauce, 10 oz. | 1 ct . | \$3.50 |
| 7107 | Spaghetti Sauce, 24 oz. | $1 \mathrm{ct}$. | \$3.00 |
| 7224 | Spam ${ }^{\circledR}$, 12 oz. | $1 \mathrm{ct}$. | \$6.50 |
| 7080 | Special K® ${ }^{\circledR}$ Cereal, 18 oz. | $1 \mathrm{ct}$. | \$6.50 |
| 7238 | Spinach, 13 oz . | $1 \mathrm{ct}$. | \$3.00 |
| 7081 | Splenda ${ }^{\circledR}$, 1.75 oz. | $1 \mathrm{ct}$. | \$5.50 |
| 7236 | Steak Sauce, 5 oz. | $1 \mathrm{ct}$. | \$4.75 |
| 7085 | Stevia In The Raw ${ }^{\circledR}$, $3.5 \mathrm{oz}$. | $1 \mathrm{ct}$. | \$8.00 |
| 7016 | Stuffing Mix, 6 oz . | $1 \mathrm{ct}$. | \$4.50 |
| 7087 | Tea Bags | 100 ct . | \$6.00 |
| 7088 | Tea Bags, Decaf | $48 \mathrm{ct}$. | \$10.00 |
| 7089 | Tomato Paste, 12 oz . | $1 \mathrm{ct}$. | \$3.00 |
| 7090 | Tomatoes, Crushed, 15 oz. | $1 \mathrm{ct}$. | \$3.50 |
| 7221 | Vegetable Oil, 16 oz . | $1 \mathrm{ct}$. | \$6.50 |
| 7189 | Water Chestnuts, 8 oz. | $1 \mathrm{ct}$. | \$2.50 |
| 7203 | Water Crackers, 10.5 oz. | $1 \mathrm{ct}$. | \$4.50 |
| 7142 | Wheat Crackers, 9 oz. | $1 \mathrm{ct}$. | \$4.00 |
| 7095 | Yams, 29 oz. | $1 \mathrm{ct}$. | \$5.00 |
| 7096 | Yellow Mustard, 8 oz. | $1 \mathrm{ct}$. | \$3.00 |

This grocery list is subject to change. Items, quantities, sizes, and values may change depending on availability. This information is not a complete description of the benefits. Items may vary based on the manufacturer and availability. Items may be added or removed at any time without notice. The brand names of the items are trademarks of each company. Item costs may change from year to year. Consult with your primary care provider (PCP) about which grocery items you should use to better manage your health and/or chronic illness.

STEP 1 - Fill Out Your Personal Information
Member ID (found on member ID card)

| First Name |  | Last Name |  |  |
| :--- | :--- | :--- | :--- | :--- |
| Street \# | Street Name |  |  | Apt/Suite \# |
| City |  |  |  | ZIP Code |
| Phone |  |  |  |  |

## STEP 2 - Make Your Selection

| ITEM \# | DESCRIPTION | PRICE | QUANTITY |  | TOTAL |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | \$ |  |
|  |  |  |  | \$ |  |
|  |  |  |  | \$ |  |
|  |  |  |  | \$ |  |
|  |  |  |  | \$ |  |
|  |  |  |  | \$ |  |
|  |  |  |  | \$ |  |
|  |  |  |  | \$ |  |
|  |  |  |  | \$ |  |
|  |  |  |  | \$ |  |
| Total Ord | ount |  |  | \$ |  |

NOTE: If the total amount exceeds your benefit allowance, a Member Experience Advisor will call you to collect payment before your order can be processed.

## STEP 3 - Mail Completed Form

Send the completed order form using the postage-paid envelope to:

```
NationsOTC
1801 NW 66th Avenue, Suite 100
Plantation, FL }3331
```

If you have any questions or need assistance placing your order, please call 833-838-1308 (TTY: 711). Member Experience Advisors are available 24 hours per day, 7 days per week, 365 days per year. Language support services are available free of charge.

I understand that the phone numbers and/or emails I provided on this form may be used by NationsOTC or any of its contracted parties to contact me about my account, my health benefit plan or related programs, or services provided to me.

IMPORTANT: Please mail your order form no later than the 20th of the month to ensure your order total is applied to the current benefit period. If you need your order sooner, please go online or call.

## Notes:

## N

You can use this page to write down helpful information for future orders such as item numbers, product descriptions, and any questions you may want to ask a Member Experience Advisor on your next call.

## Get started today!



Visit us online at
Sonder.NationsBenefits.com


## Download the

MyBenefits app to
your mobile device


Call us at
833-838-1308
(TTY: 711)


Complete and mail
an order form to NationsOTC

Download on the
App Store

If you have any questions or need help placing your order, we're here for you.
Member Experience Advisors are available 24 hours per day, 7 days per week, 365 days per year. Language support services are available if needed, free of charge.

