



Reep this catalog

Get groceries delivered to your doorstep at no additional cost!





Sonder.NationsBenefits.com

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**^{*} 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:



Website



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

App





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.

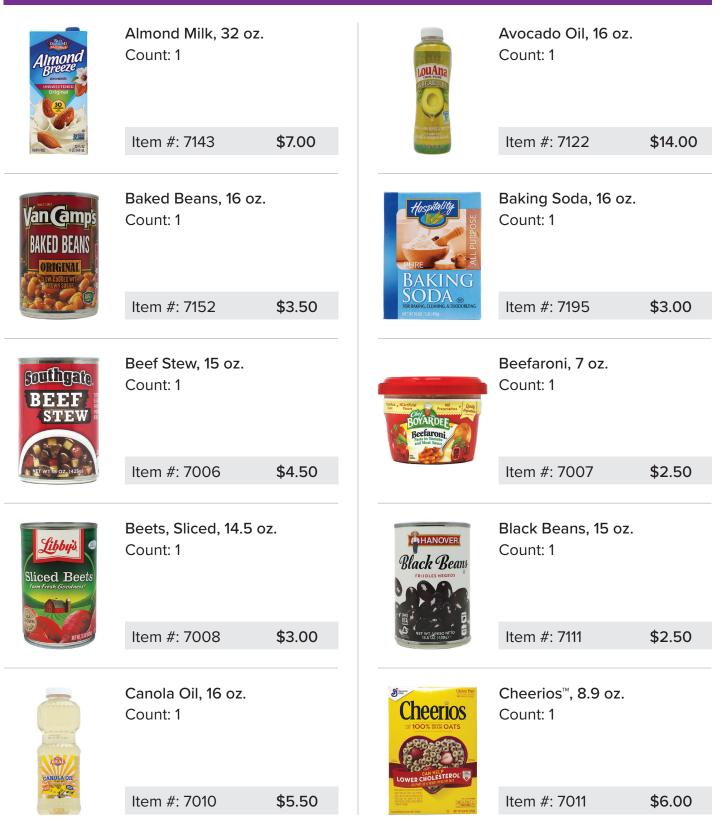


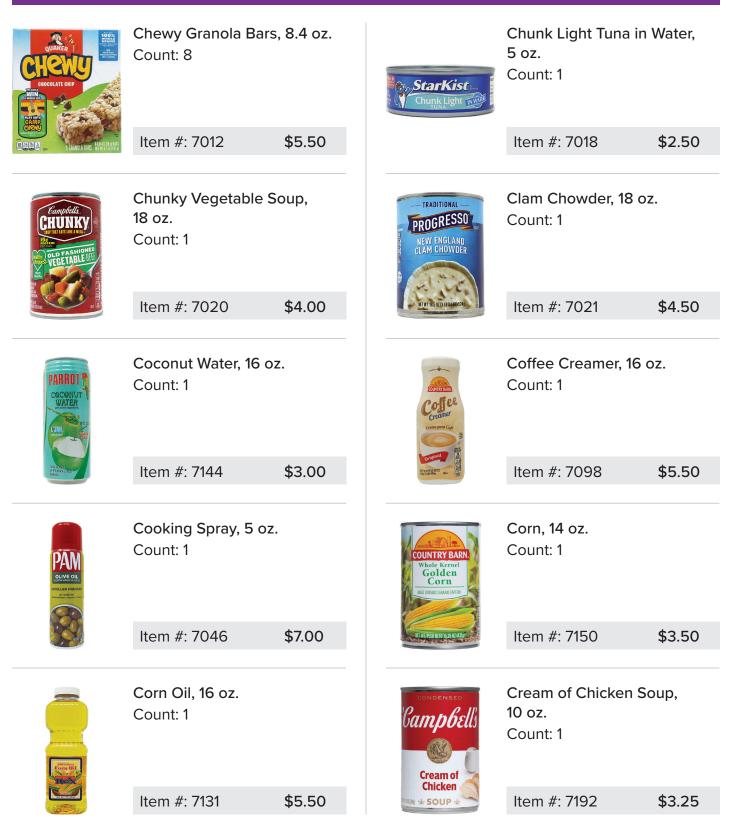
Mail

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.







Ensure[®] Chocolate Shake, 8 oz. Count: 6

Item #: 7147

\$19.00

\$3.50



Glucer

Gluce

Fruit Cocktail, 14.5 oz. Count: 1

Item #: 7024



Glucerna[®] Vanilla Shake, 8 oz. Count: 6

Item #: 7148

\$19.00



Microwave Popcorn Count: 3

Item #: 7183 \$4.00



Muffin Mix, Corn, 8 oz. Count: 1

Item #: 7193 \$3.00



Ensure[®] Vanilla Shake, 8 oz. Count: 6

Item #: 7146

Item #: 7153

\$19.00

\$19.00



Glucerna[®] Chocolate Shake, 8 oz. Count: 6

Cut Green Beans Form Frish Grounday Green Beans, 14 oz. Count: 1

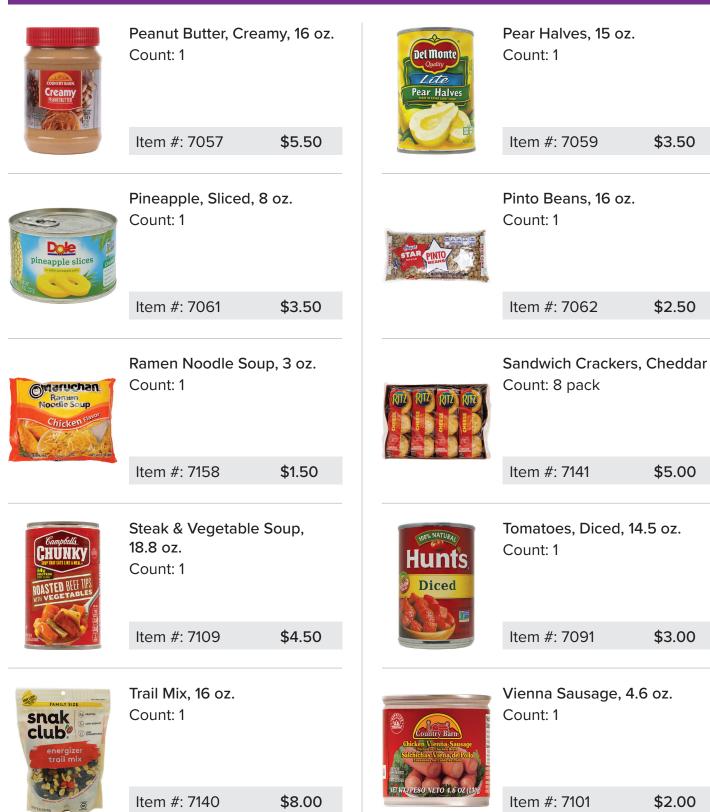
Item #: 7151

\$3.50

sono Party snacks snacks uned Nuis	Mixed Nuts, 5 oz. Count: 1
CALL.	Item #: 7041

\$6.00





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

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

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

Item #	Description	Count	Price
7210	Soda Crackers, 8 oz.	1 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 ct.	\$3.00
7224	Spam®, 12 oz.	1 ct.	\$6.50
7080	Special K® Cereal, 18 oz.	1 ct.	\$6.50
7238	Spinach, 13 oz.	1 ct.	\$3.00
7081	Splenda®, 1.75 oz.	1 ct.	\$5.50
7236	Steak Sauce, 5 oz.	1 ct.	\$4.75
7085	Stevia In The Raw [®] , 3.5 oz.	1 ct.	\$8.00
7016	Stuffing Mix, 6 oz.	1 ct.	\$4.50
7087	Tea Bags	100 ct.	\$6.00
7088	Tea Bags, Decaf	48 ct.	\$10.00
7089	Tomato Paste, 12 oz.	1 ct.	\$3.00
7090	Tomatoes, Crushed, 15 oz.	1 ct.	\$3.50
7221	Vegetable Oil, 16 oz.	1 ct.	\$6.50
7189	Water Chestnuts, 8 oz.	1 ct.	\$2.50
7203	Water Crackers, 10.5 oz.	1 ct.	\$4.50
7142	Wheat Crackers, 9 oz.	1 ct.	\$4.00
7095	Yams, 29 oz.	1 ct.	\$5.00
7096	Yellow Mustard, 8 oz.	1 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.

nations OTC

\$_____

STEP 1 – Fi	Il Out Your Personal Information			
Member ID (found on member ID card)			Date of Birth (MM/D	
First Name		Last Name		
Street #	Street Name		Ар	t/Suite #
City		State	State ZIP	
Phone	Email			
STEP 2 – №	lake Your Selection			
ITEM #	DESCRIPTION	PRICE	QUANTITY	TOTAL
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$

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 33313

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:



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.



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



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

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