

Starting January 1, 2024, the NEMS ACO REACH Over-the-Counter (OTC) benefit has been updated. Beneficiaries can choose one of the below OTC package options once a quarter at our "REACH the Patient" events. Each package option contains different items. Come join us each quarter! Our care team will be there to answer questions about your benefits and the services that we offer. Dates and locations are listed below.

**\* Beneficiary must bring a photo ID or NEMS member card to the event.**

**Option 1:  
HEALTH DEVICES**

Example of items may include:

- Digital Blood Pressure Monitor
- Digital Thermometer
- Oximeter



**Option 2:  
OVERALL WELLNESS**

Example of items may include:

- Disposable Gloves
- Topical Pain Relief Patch
- Muscle Rub Cream
- Hydrocortisone Itch Cream
- Moisturizing Cream
- Dietary Supplements
- Sunscreen



**CHOOSE 1  
PER QUARTER**

Items in the packages may vary each quarter. Items listed are examples only.

**Option 3:  
DAILY ESSENTIALS**

Example of items may include:

- Toothbrush
- Toothpaste
- Dental Floss
- Hand Soap
- Facial Tissue
- Wet Wipes
- Pill Box
- Kitchen Timer



**Option 4:  
SEASONAL CARE**

Example of items may include:

- Beanie/Hat
- Non-Slip Socks
- Flashlight
- Knit Gloves
- Hand Warmer Pouches
- Raincoat
- N95 Mask



**SAN FRANCISCO**

728 Pacific Avenue  
San Francisco, CA 94133

Starting February 2024,  
Every **Tuesday**

9:30AM - 3:30PM

**SAN JOSE**

1870 Lundy Avenue  
San Jose, CA 95131

Starting February 2024,  
1st **Wednesday** Each Month

9:30AM - 3:30PM

**DALY CITY**

211 Eastmoor Avenue  
Daly City, CA 94015

Starting February 2024,  
1st **Thursday** Each Month

9:30AM - 3:30PM

**Questions?  
Please call  
the NEMS  
Case  
Management  
Team at  
415-352-5179**

OTC Packages are prepacked and items cannot be substituted or changed. Listed items are for reference only and may be replaced based on availability. The OTC Package is non-transferable and cannot be redeemed for cash. The OTC Package must be picked up by the actively aligned beneficiary or their legal representative. Quarter 1 is January through March. Quarter 2 is April through June. Quarter 3 is July through September. Quarter 4 is October through December.

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

# 東北康悅聯邦保健 “康悅與您”活動

從2024年1月1日開始，東北康悅聯邦保健計劃更新非處方藥和保健品的福利。受益人可於每季度親臨我們的「康悅與您」活動以選擇一份非處方藥或保健品包裹。每套選項包含不同的物品。每個季度都來參與我們的活動吧！我們的護理管理團隊將於現場解答有關本計劃提供的服務及福利問題。活動日期地點如下。

\* 受益人必須攜帶有照片的身份證明文件或東北會員黃卡參加活動。

## 選項 1: 健康設備

選項可能包括：

- 電子血壓計
- 電子溫度計
- 血氧計



## 選項 2: 整體健康

選項可能包括：

- 一次性手套
- 外用止痛貼
- 肌肉外用止痛膏
- 氫化可的松止癢膏
- 潤膚霜
- 膳食補充劑
- 防曬乳



## 每季度選一項

包裝中的物品  
可能每季度  
都會有所不同。  
列出的項目  
僅供參考。

## 選項 3: 日常必需品

選項可能包括：

- 牙刷
- 牙膏
- 牙線
- 洗手液
- 面巾紙
- 濕紙巾
- 藥盒
- 廚房定時計



## 選項 4: 季節性護理

選項可能包括：

- 毛線帽/帽子
- 防滑襪
- 手電筒
- 針織手套
- 暖手袋
- 雨衣
- N95 口罩



### 三藩市

728 Pacific Avenue  
San Francisco, CA 94133

從2024年2月起  
每星期二

上午9:30至下午3:30

### 聖荷西

1870 Lundy Avenue  
San Jose, CA 95131

從2024年2月起  
每個月的第一個星期三

上午9:30至下午3:30

### 帝利市

211 Eastmoor Avenue  
Daly City, CA 94015

從2024年2月起  
每個月的第一個星期四

上午9:30至下午3:30

有疑問？  
請致電  
**415-352-5179**  
與東北醫療中心  
護理管理團隊  
聯繫。

非處方藥和保健品包裹均已預先包裝，並不能更改或替換物品。所列物品僅供參考，可能會根據供應情況進行更換。非處方藥和保健品包裹不可轉讓他人或兌換現金。非處方藥和保健品包裹必須由有效的受益人或其法定代表人領取。第一季是1月到3月。第二季是4月到6月。第三季是7月到9月。第四季是10月到12月。

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