



What Can I Buy with My CareSource Healthy Benefits+ Allowance?

These are some of the examples of what you can buy with your Healthy Benefits+ card.



Food & Produce

- **Bakery:** breads, tortillas, rolls
- **Beverages:** coffee, tea, juice, nutrition shakes such as Boost® or Ensure®
- **Dairy:** milk, eggs, cheese, yogurt
- **Frozen:** fruit, meals, vegetables
- **Grab and go:** fresh meal kits, prepared deli items
- **Meat and seafood:** ground beef, lunchmeat, chicken thighs, chicken breast, hotdogs, salmon, frozen crab
- **Pantry:** baking goods, canned goods, nutritional shakes, pasta, snacks
- **Produce:** fresh fruits, vegetables, packaged salads

Over the Counter (OTC)

- Vitamins and supplements
- Digestive health
- Personal care products
- Allergy, cold and flu
- Pain relief
- First aid
- Ear and eye care

* Refer to your OTC catalog for additional eligible items. OTC medications are covered under your healthy benefits+ allowance instead of your prescription plan.

Personal Care Items

- Acne cleanser/acne washes
- Acne creams/acne gels
- Baby wipes/baby powder
- Body butter
- Body cream
- Body lotion
- Body oil
- Body powder
- Body scrub
- Bodywash
- CBD lotions/creams
- Chapstick/lip balm
- Combs
- Conditioner
- Deodorant/antiperspirant
- Electric Razors/trimmers/groomers
- Face cream

- Face masks (sheet mask/clay mask)
- Facial cleanser
- Facial moisturizer
- Feminine washes
- Foot sprays/powders
- Grooming scissors
- Grooming trimmers
- Hairbrushes
- Hair cream
- Hair gel
- Hair heat protection sprays
- Hair oil
- Hair relaxers
- Hairspray
- Hand cream
- Hand lotion
- Hand soap
- Mousse
- Mouthwash
- Nail clippers
- Nail filers
- Nail sticks/cuticle pushers
- Personal soap
- Razors
- Shampoo
- Shaving cream
- Sugar scrubs
- Tampons
- Tongue scrapers
- Bathroom cleaner
- Bleach
- Brooms
- Cleaning brushes
- Cleaning rags
- Cleaning sponges
- Cleaning wipes
- Dishwasher detergent
- Dishwashing soap/liquid
- Dryer sheets/dryer balls
- Dust pans
- Dusters
- Kitchen cleaner
- Laundry detergent
- Mops
- Rubber/latex/vinyl cleaning gloves
- Stain removers
- Tampons
- Toilet bowl cleaner
- Toilet brush
- Toilet deodorizer

Pet Care Items

- Flea shampoo
- Litter
- Pet beds
- Pet cage
- Pet carrier
- Pet collar
- Pet crate
- Pet food
- Pet food bowl
- Pet leash
- Pet toys
- Pet treats
- Pet water bowl
- Tick prevention

**Does not include veterinary care or grooming.*

Utilities

- Electricity
- Gas
- Garbage
- Internet
- Heating oil
- Water
- Sewer
- Phone service bills

**Pay your bill directly with the utility company, online at www.HealthyBenefitsPlus.com/CareSource, over the phone or in-store at Walmart®.*

Dental, Vision and Hearing Services and Accessories

Dental, vision and hearing services and accessories beyond what the plan already covers. Use at any eligible providers.

This list is not all-inclusive. A digital catalog of eligible items is available on www.HealthyBenefitsPlus.com/CareSource and the Healthy Benefits+ mobile app. A barcode scanner to check specific items while in store is also available via the Healthy Benefits+ mobile app.



Questions?

Call Member Services at **1-833-230-2020 (TTY: 1-833-711-4711 or 711)**.