

Keep this catalog
for future orders.

2023 Grocery Catalog



Get groceries delivered to your door at no additional cost!



VIVA.NationsBenefits.com

Welcome!

VIVA MEDICARE wants to help you stay healthy by giving you a \$30 food allowance each month (for a total benefit of \$90 a calendar quarter). Use this catalog to get \$30 in food or produce each month. If you don't spend your monthly allowance, it will roll over into the next month, but must be used within the same calendar quarter. For example, if you don't spend your \$30 allowance in January or February, it will roll over into March and you will have \$90 to order groceries from the catalog. You must place your order by the last day of the month in March (which is the end of the quarter) or you will lose this money.

A new quarter starts in April, July, and October.

You have four easy ways to place an order. They are shown on page four (4). We will ship your items to you at no additional cost.

If you have any questions, please call NationsBenefits® at **877-209-5189 (TTY: 711)**. Our team of Member Experience Advisors is available 24 hours per day, 7 days per week, 365 days per year. Language support services are available, if needed.

For all other questions, call **VIVA MEDICARE** Member Services (toll-free) at **800-633-1542**. TTY users, call 711. They are available Monday - Friday, 8am - 8pm. October 1 - March 31, they are available 7 days a week, 8am - 8pm.

Note: Items may be changed throughout the year; please check your NationsBenefits portal at **VIVA.NationsBenefits.com** for the latest listings.

Sincerely,

Your NationsBenefits Team

Helpful Benefit Information



You can save time and money by using your grocery benefit allowance to order the items you need. Don't forget spend your full allowance before the end of each quarter: by March 31, June 30, September 30, and December 31.

More information about your grocery benefit is shown 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. You can spend more than your allowance amount by paying any extra with a debit or credit card.



Benefit Usage:

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



In-stock Items:

Items, amounts, sizes, and values may change depending on what is available.



Substitution:

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



Delivery:

Please allow at least two business days for food delivery.

- Please note that there may be a delay during peak seasons.
 - Orders placed after 2:00 p.m. will be processed the next business day.
-



Returns:

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



Disenrollment:

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

Ordering OTC Products Has Never Been Easier

You have four 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: **VIVA.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, just 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 **877-209-5189 (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, fill out your order form and send to us in 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 make sure we get your order before the end of the month or quarter. If you need to place an order after the 20th of the month, order online or by phone. Please do not send cash or checks in the mail.

Food



Item#	Description	Count	Price
7218	All Spice, 1 oz.	1 ct.	\$4.50
7001	Almond Butter Smooth, 10 oz.	1 ct.	\$13.00
7143	Almond Milk, 32 oz.	1 ct.	\$7.00
7002	Almonds, 5 oz.	1 ct.	\$7.00
7207	Apricots, 15 oz.	1 ct.	\$4.00
7122	Avocado Oil, 16 oz.	1 ct.	\$14.00
7176	Baby Corn, 15 oz.	1 ct.	\$3.50
7152	Baked Beans, 16 oz.	1 ct.	\$3.50
7194	Baking Powder, 7 oz.	1 ct.	\$5.50
7195	Baking Soda, 16 oz.	1 ct.	\$3.00
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
7006	Beef Stew, 15 oz.	1 ct.	\$4.50
7007	Beefaroni, 7 oz.	1 ct.	\$2.00
7008	Beets, Sliced, 14.5 oz.	1 ct.	\$3.00
7111	Black Beans, 15 oz.	1 ct.	\$2.50
7240	Blackeye Peas, 15 oz.	1 ct.	\$2.50
7164	Bread Crumbs, 15 oz.	1 ct.	\$4.00
7010	Canola Oil, 16 oz.	1 ct.	\$5.50
7127	Carrots, 14.5 oz.	1 ct.	\$3.50
7223	Cayenne Pepper, 1.5 oz.	1 ct.	\$3.50
7011	Cheerios™, 8.9 oz.	1 ct.	\$6.00
7012	Chewy Granola Bars, 8.4 oz.	8 ct.	\$5.50
7229	Chia Seed, 1.5 oz.	1 ct.	\$2.00
7202	Chicken Breast Chunk, 10 oz.	1 ct.	\$5.50

Food



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
7018	Chunk Light Tuna in Water, 5 oz.	1 ct.	\$2.50
7020	Chunky Vegetable Soup, 18 oz.	1 ct.	\$4.00
7216	Cinnamon, Ground, 2 oz.	1 ct.	\$4.50
7021	Clam Chowder, 18 oz.	1 ct.	\$4.50
7144	Coconut Water, 16 oz.	1 ct.	\$3.00
7098	Coffee Creamer, 16 oz.	1 ct.	\$5.00
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
7046	Cooking Spray, 5 oz.	1 ct.	\$7.00
7130	Corn Flakes, 18 oz.	1 ct.	\$7.00
7150	Corn, 14 oz.	1 ct.	\$3.50
7131	Corn Oil, 16 oz.	1 ct.	\$5.50
7160	Corned Beef, 12 oz.	1 ct.	\$7.00
7222	Cranberry Sauce, Jellied, 14 oz.	1 ct.	\$3.50
7192	Cream of Chicken Soup, 10 oz.	1 ct.	\$3.25
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

Food



7232	Dried Apricots, 6 oz.	1 ct.	\$8.00
7234	Dried Bananas, 4 oz.	1 ct.	\$8.00
7235	Dried Mangos, 3 oz.	1 ct.	\$10.00
7147	Ensure® Chocolate Shake, 8 oz.	6 ct.	\$19.00
7146	Ensure® Vanilla Shake, 8 oz.	6 ct.	\$19.00
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
7024	Fruit Cocktail, 14.5 oz.	1 ct.	\$3.50
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
7153	Glucerna® Chocolate Shake, 8 oz.	6 ct.	\$19.00
7148	Glucerna® Vanilla Shake, 8 oz.	6 ct.	\$19.00
7237	Granola, 11 oz.	1 ct.	\$7.00
7241	Great Northern Beans, 15 oz.	1 ct.	\$2.50
7151	Green Beans, 14 oz.	1 ct.	\$3.50
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

Food



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
7183	Microwave Popcorn	3 ct.	\$4.00
7121	Milk, Shelf Stable 2%, 32 oz.	1 ct.	\$5.00
7041	Mixed Nuts, 5 oz.	1 ct.	\$6.00
7161	Mixed Vegetables, 15 oz.	1 ct.	\$3.50
7230	Muffin Mix, Blueberry, 7 oz.	1 ct.	\$2.50
7193	Muffin Mix, Corn, 8 oz.	1 ct.	\$3.00
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
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

Food



7054	Pasta, Spaghetti, Gluten Free, 12 oz.	1 ct.	\$4.50
7055	Pasta, Ziti, 16 oz.	1 ct.	\$3.00
7056	Peaches, Sliced, 8.5 oz.	1 ct.	\$3.00
7057	Peanut Butter, Creamy, 16 oz.	1 ct.	\$5.50
7058	Peanut Butter, Crunchy, 16 oz.	1 ct.	\$5.50
7059	Pear Halves, 15 oz.	1 ct.	\$3.50
7137	Peas, 8.5 oz.	1 ct.	\$2.50
7061	Pineapple, Sliced, 8 oz.	1 ct.	\$3.50
7062	Pinto Beans, 16 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
7158	Ramen Noodle Soup, 3 oz.	1 ct.	\$1.50
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

Food



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
7141	Sandwich Crackers, Cheddar	8 pack	\$5.00
7078	Sardines, 4.4 oz.	1 ct.	\$3.50
7239	Seasoning Blend, Salt-Free, 2.5 oz.	1 ct.	\$5.50
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
7109	Steak & Vegetable Soup, 18.8 oz.	1 ct.	\$4.50
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
7091	Tomatoes, Diced, 14.5 oz.	1 ct.	\$2.50
7140	Trail Mix, 16 oz.	1 ct.	\$8.00

Food



7221	Vegetable Oil, 16 oz.	1 ct.	\$6.50
7101	Vienna Sausage, 4.6 oz.	1 ct.	\$2.00
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

Fresh Produce Boxes



Item#	Description	Box Contents	Price
10007	All Fruit Box	6 Apples 3 Kiwis 3 Oranges 3 Pears	\$25.00
10006	All Veggie Box	Carrots, 1 lb. 2 Green Peppers 1 Iceberg Lettuce 1 Onion 2 Potatoes Snow Peas, 0.5 lb. 1 Zucchini	\$25.00
10016	All Veggie Box 2	Carrots, 1 lb. 1 Leek 1 Romaine Lettuce 1 Zucchini 1 Fennel	\$35.00
10017	All Veggie Box 3	Carrots, 1 lb. 1 Leek 1 Romaine Lettuce 1 Zucchini 1 Fennel	\$35.00
10019	All Veggie Box 4	Beets, 2 lb. Radishes, 1 lb. Ginger Root, 0.5 lb. Carrots, 1 lb. 6 Potatoes	\$35.00
10010	Anti-Inflammatory Box	2 Apples Beets, 2 lb. Carrots, 1 lb. Green Beans, 1 lb. 1 Bok Choy 1 Kale 1 Orange 1 Pear 1 Zucchini	\$50.00

Fresh Produce Boxes



Item#	Description	Box Contents	Price
10009	Cuisine Asian Box	Ginger Root, 0.5 lb. 1 Chinese Eggplant 2 Asian Pears 1 Napa Cabbage, 1 Onion, 1 Pumpkin Squash, 1 Bok Choy	\$60.00
10014	Cuisine Hispanic Box	1 Avocado Carrots, 1 lb. 1 Chile 2 Cucumbers 2 Green Peppers 2 Limes 2 Onions 2 Potatoes 2 Tomatoes	\$50.00
10011	Diabetic Friendly Box	3 Apples Carrots, 1 lb. 2 Green Peppers 1 Kale 1 Onion 1 Pear 1 Zucchini	\$35.00
10012	Healthy Snacking Box	6 Apples 1 Celery 1 Cucumber 1 Green Pepper 1 Orange 1 Pear Snow Peas, 0.5 lb	\$35.00

Fresh Produce Boxes



Item#	Description	Box Contents	Price
10005	Mixed Fruit & Veggie Box	2 Apples 2 Cucumbers 1 Green Pepper 2 Oranges 1 Pear 1 Romaine Lettuce	\$25.00
10008	Mixed Fruit & Veggie Box 2	6 Apples Carrots, 1 lb. 2 Green Peppers 2 Pears 1 Potato	\$25.00
10015	Mixed Fruit & Veggie Box 3	1 Cauliflower 1 Fennel, 6 Lemons 1 Radicchio Green Onions, 1 lb.	\$45.00
10018	Mixed Fruit & Veggie Box 4	1 Cauliflower 1 Celery 3 Lemons Green Onions, 1 lb. Shallots, 1 lb.	\$45.00

This 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 physician (PCP) about which grocery items you should use to better manage your health and/or chronic illness.

STEP 2 – Make Your Selection

ITEM #	DESCRIPTION	PRICE	QUANTITY	TOTAL
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
Total Order Amount				\$ _____

NOTE: If the total amount is more than your benefit allowance, a Member Experience Advisor will call you to ask for a debit or credit card number so your order can be processed.

STEP 3 – Mail Completed Form

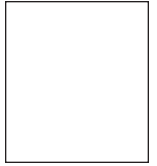
Send the completed order form using the postage-paid envelope to:

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

If you have any questions or need assistance placing your order, please call NationsOTC at **877-209-5189 (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 make sure we get your order before the end of the month or quarter. If you need your order sooner, please go online or call.



Get started today!



Visit us online at
VIVA.NationsBenefits.com



Download the
**MyBenefits app to
your mobile device**



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(TTY: 711)**



Complete and mail
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Language support services are available if needed, free of charge.

VIVA HEALTH complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800- 633-1542 (TTY: 711). 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 1-800-633-1542 (TTY: 711).

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