

HEALTH CARE ADVOCATE

Navigating Care Together



Over-the-Counter Drug List Available on Plan W

Who is eligible for Plan W?

You do not need to apply for Plan W. You must be enrolled with FNHA to be covered by Plan W. Call FNHA to enroll and they will confirm your eligibility for the plan.

You are eligible for coverage under Plan W if you:

- Have active Medical Services Plan (MSP) coverage — to enroll in MSP, contact FNHA.
- Are a registered with a status card or a child under 2 years who has at least one parent who is registered with a status card.

Plan W is designed to meet the unique needs of B.C. First Nations. Plan W, covers 100% percent of:

- ELIGIBLE prescription costs (the government has a list of drugs that are covered)
- Certain medical supplies
- Certain over-the-counter drugs
- Some natural health products
- Pharmacy services

This list is not exhaustive. For the full list, visit [plan w otc drug list.pdf](#) or ask your local pharmacy.

Pain

- Tylenol (Acetaminophen)
- Aspirin (ASA)
- Zostrix cream
- Voltaren (Diclofenac gel)
- Advil (Ibuprofen)
- Naproxen

Constipation & Diarrhea

- Enema
- Glycerin suppositories
- Lactulose
- Bisocodyl
- PEG
- Electrolytes
- Senna

Allergies

- Chlorphenamine
- Reactin (Cetirizine)
- Gravol (Dimenhydrinate)
- Benadryl (Diphenhydramine)
- Allergra (Fexofenadine)
- Salinex nasal spray
- Epipen

Eczema

- Clobetasone
- Hydrocortisone cream

Anti-dandruff

- Coal tar
- Coal tar/salicylic acid
- Ketonazole shampoo

Headlice & Scabies

- Resultz (Isopropyl myristate)
- NYDA
- NIX creme rinse
- Eurax (Crotamiton)
- Nix dermal cream

Antifungals

- Clotrimazole cream
- Miconazole cream
- Nystatin cream

Acne

- Benzagel 5 wash
- Benzagel 5 lotion
- Benzagel 5 gel

Medical supplies and equipment

Miscellaneous

- Plan B

Vitamins

- Blood glucose test strips (annual quantity limits apply)
- Needles and syringes for diabetics who inject insulin
- Ostomy supplies
- Insulin pumps for diabetic patients
- Insulin pump supplies for diabetic patients
- Continuous/flash glucose monitors
- Calcium
- Magnesium
- Folic acid
- Iron
- Multivitamins (prenatal and children only)
- Vitamin D
- Vitamin B1
- Vitamin B6
- Vitamin B12
- Zincofax (Zinc oxide cream/paste)
- ASA 81mg
- Polysporin ointment
- Lactaid
- Emla cream
- Systane lubricant eye drops

Gastro-Intestinal

- Ranitidine/Tums

This list is updated on the government website on a quarterly basis. If you're unsure whether an item is covered, contact FNHA or your Health Care Advocate before purchasing.

Contact Your Health Care Advocate

Melissa Wallace

250-469-0673

healthadvocate2@syilx.org

Available to support members and service providers with coverage questions, provider issues, and advocacy.

*We are here to support you.
Navigating Care Together*