

My Needs Card Participant Catalog



With your “My Needs Card” benefit, you’ll receive **\$170/month**, plus the **chance to earn an additional \$30 for each completed action (or \$360/year)** through wellness rewards.*

You can use your My Needs Card to purchase food, groceries, toiletries and eligible over-the-counter (OTC) products. You may also use your My Needs Card for **utilities like electric, natural gas, phone and water bills; fitness memberships; and transportation to non-medical appointments.**

PACE covers medically necessary OTC items, like vitamins, pain relievers, diabetic supplies and other eligible OTC medications. These items should not be purchased with the My Needs Card. Talk to your CenterLight Interdisciplinary Team (IDT) about these items, as they may be provided as part of your care. Examples include:

Acid Controllers/Antacids	Allergy & Sinus medications	Incontinence supplies
Adult Cough, Cold & Flu	Antibiotic creams	Vitamins & Minerals
Adult Pain Relief	Diabetic supplies	

You should have already received your My Needs Card by mail with instructions on how you can activate it at CenterLight PACE’s Start of Care Fair.

REMINDERS:

- Your My Needs Card will be **temporarily put on hold if you are admitted to a hospital, nursing home, or skilled nursing facility, or if you will be leaving the country** for less than 30 days. More than 30 days makes you at risk for disenrollment. Your card will be reactivated when you return to the community/get back from your trip.
- Your My Needs Card will be **temporarily deactivated if you miss your required semiannual and annual assessments or when your Medicare is not linked to CenterLight.** Many of these assessments can be completed at the Day Health Center.

Rewards can be earned by completing an action, see next page for details. **No rollover. The “My Needs Card” does not substitute for required or already provided Medicaid and/or Medicare covered services under PACE. The Interdisciplinary Team determines medical necessity. *Stockable items, doses, brands and costs may vary depending on location.*

Take charge of your health and start earning rewards today!

The CenterLight My Needs Card rewards you for taking care of your health. You can earn **up to \$360/year** just by completing simple health actions. It's an easy way to earn extra money while staying healthy!

You can earn **\$30 for each completed action**. Here's how it works:

1 Complete any of the following actions:

ACTION
COVID Vaccine / Booster
Flu Shot
Dental Exam
Eye Exam
Semiannual visit with provider at PACE site [†]
Annual visit with provider at PACE site [†]
Attendance at a PACE site event ^{††}
Additional attendance at a PACE site event plus open gym ^{††}
Semiannual visit with the Interdisciplinary Team [†]
Annual visit with the Interdisciplinary Team [†]
Complete Advance Directives ^{†††}

[†] Annual and semiannual visits must be six months apart.

^{††} Attendance and additional attendance at a PACE site event must be six months apart. Only two PACE site visits for events will be eligible for rewards.

^{†††} Two advance directives are eligible for rewards at \$30 each.



2 Your Interdisciplinary Team will record the action you completed.

- **All actions must be completed while enrolled at CenterLight PACE** to be eligible for rewards.
- **Rewards will be added to your balance the month after you complete an action.**

3 Use your My Needs Card at participating stores! Simply **pay by credit at checkout for eligible items**.

You can use the card more than once each month, both in-store and online. Just remember to take your card with you!



Wellness Reward Actions Explained

Action	Description	How to Obtain
Preventative Screenings: <ul style="list-style-type: none"> Covid Vaccine/Booster Flu Shot 	Stay healthy by getting recommended vaccinations. Protect yourself from different health problems and keep your body strong.	Call CenterLight PACE to schedule an appointment. Each vaccine counts as a separate choice. Proof of vaccination must be sent to visitdocumentation@centerlight.org or by fax to 929-233-7888.
Dental Exam	Protect your smile! Get a dental check-up to help reduce the risk of tooth and gum problems that can affect your overall health.	Call CenterLight PACE to find a participating dentist and schedule your dental exam.
Eye Exam	Undergo a comprehensive eye exam, encouraging optimal eye health.	Call CenterLight PACE to speak with a provider and request a referral for an eye exam.
Annual Visit with a Provider at a PACE Site	Includes important checks such as your height, weight, and blood pressure. We'll talk about your medical history, medications, and the right screenings and vaccines for you.	Call CenterLight PACE to schedule an appointment with your assigned CenterLight provider.
Semi-Annual Visit with a Provider at a PACE Site	Your follow-up visit happens every six months to check your health and make sure everything is on track.	
Attendance at a PACE Site Event	CenterLight has many fun activities for you! Join opportunities for social engagement like cultural celebrations, holiday parties, trips, crafts, and painting classes. There's always something fun to do!	Call CenterLight PACE to get the latest schedule of events and schedule transportation to and from the PACE Center.
Additional Attendance at a PACE Site Event (Plus Open Gym)	Attend another event and engage in more opportunities for social engagement. This visit also includes our open gym, offered to participants and supervised by licensed rehabilitation therapists.	
Annual Visit with the Interdisciplinary Team (IDT)	See your care team every year to stay on top of your health. These visits help you stick to your care plan and stay engaged in your wellness.	The CenterLight PACE team will contact you to schedule your visit.
Semi-Annual Visit with the IDT	Your follow-up visit happens every six months to check your health and make sure everything is on track.	
Complete Advance Directives	Fill out legal documents such as Health Care Proxy or Medical Orders for Life-Sustaining Treatment (MOLST) to make sure your health care wishes are followed. Two Advance Directives are eligible for \$30 each.	Call CenterLight PACE if you need assistance or speak with your primary care doctor/social worker to discuss. You may also send us a copy of the completed form by emailing visitdocumentation@centerlight.org or by fax to 929-233-7888.

You may contact CenterLight Healthcare PACE at:

1-833-CL-CARES | TTY 711 MON-FRI 8AM to 8PM

How to use your My Needs Card to pay for utilities, fitness memberships, and non-medical transportation

In addition to food, groceries, toiletries, and eligible OTC items listed in this catalog, you may use your My Needs Card to pay for:

1. Utilities like electric, natural gas, phone and water bills.
2. Fitness memberships.
3. Transportation to non-medical appointments.

Simply use your My Needs Card as you would use a credit card. New York electric, gas, phone, and water companies all accept the My Needs Card, as well as most gyms and non-medical transportation companies.

If you try to pay for eligible products or services with your My Needs Card and the vendor does not accept it, please contact the CenterLight Service Coordination Team for assistance at **1-833-CL-CARES (1-833-252-2737)**, 8AM-8PM, Monday-Friday. TTY users should call **711**.

If you have any questions about your CenterLight Healthcare "My Needs Card," please speak to your CenterLight IDT or contact CenterLight PACE Service Coordination at:

1-833-CL-CARES | TTY 711 MON-FRI 8AM to 8PM

To check your "My Needs Card" balance or find a participating store, call **1-833-684-8472**, or visit mybenefitscenter.com.

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Participating Stores

CenterLight PACE participants can use the "My Needs Card" at big box pharmacies nationwide, like CVS, Duane Reade, Rite Aid, Walgreens, Family Dollar, Dollar General, Walmart, Giant Food, Stop & Shop, as well as our growing network of 3,000+ local pharmacies and supermarkets. Participants may log on to the InComm OTC portal to check if a store accepts the My Needs Card, or call CenterLight PACE for assistance.



86 Supermarket Inc. | Deluxe Food Market | Fei Long Market | HL Supermarket
Hong Kong Supermarket | Ittadi Bazaar | New Kam Man Supermarket
Sky Foods | US 1 Supermarket
and many more!

List of Eligible Items

ALTERNATIVE THERAPY

Acupressure
Mixed/Miscellaneous Acupressure
Aromatherapy
Mixed/Miscellaneous Aromatherapy

Magnetic Therapy
Mixed/Miscellaneous Magnetic Therapy
Mixed/Miscellaneous Alternative Therapy

COMPRESSION SUPPORT

Low Compression-Waist High & Pantyhose
(8-15 mmHg)

Moderate to High Compression-Waist High &
Pantyhose

COSMETICS

Accessories & Implements

DEODORANTS

Men's Solids & Gels
Men's Sprays
Men's Roll-Ons
Mixed/Miscellaneous Men's Deodorants
Women's Solids & Gels
Women's Sprays
Women's Roll-Ons

Mixed/Miscellaneous
Women's Deodorants
Unisex Solids & Gels
Unisex Sprays
Unisex Roll-ons
Mixed/Miscellaneous Unisex Deodorants

DIABETES CARE

Diabetes Nutritional Bars

Diabetes Candy

EAR & EYE CARE

Soft Lens Multi-Purpose Solutions
Soft Lens Saline Solutions
Soft Lens Cleaners

Soft Lens Rewetting Drops
Gas Permeable & Hard Lens Care
Mixed/Miscellaneous Contact Lens Care

EAR & EYE CARE (CONTINUED)

Soft Lens Rewetting Drops
Gas Permeable & Hard Lens Care
Mixed/Miscellaneous Contact Lens Care
Ear Plugs & Protection
Eye Wash
Mixed/Miscellaneous Eye Preparations
(Includes Sleep Masks)
Eyeglasses & Lens Accessories

Mixed/Miscellaneous Eyeglasses & Lens
Accessories
Reading Glasses
Magnifying Glasses
Mixed/Miscellaneous Reading Glasses &
Magnifying Glasses
Sunglasses
Sunglasses Accessories
Mixed/Miscellaneous Sunglasses & Accessories

FEMININE CARE

Deodorants & Powders
Wipes & External Washes
Feminine Moisturizers

Mixed/Miscellaneous Feminine Personal Care
Pantliners

FIRST AID

Protective Gloves
First Aid Kits
Masks (Respiratory, Barrier Etc.) Adhesive &
Liquid Bandages
Scar Treatments
Skin Protectants (Includes Petroleum Jelly)

Mixed/Miscellaneous First Aid Kits & Supplies
First Aid Tapes & Adhesive Wraps
Rubbing Alcohol
Hydrogen Peroxide
Saline Solutions & Sprays

FOOD & BEVERAGE

Cocoa, Coffee & Tea (Dry or Liquid)
Juices (includes sparkling)
Bottled Waters
Dry & Liquid/Concentrated Drink Mixes
Juice Blends, Drinks & Punches (including
sparkling)
Enhanced Waters
Sport Drinks - Gatorade & Other

Meats
Seafood
Ice
Sparkling Water
Medical Meals
Fruits & Vegetables
Appetizers, etc.

FOOD & BEVERAGE (CONTINUED)

Juices

Prepared Food (Stews, Pizza, Heat & Eat, Soy burgers)

Baking/Cooking Supplies (Baking Powder, Yeast etc.)

Condiments, Sauces, Dips, Mayonnaise & Salad Dressing

Prepared Food (Canned Stews, Heat & Eat)

Puddings & Gelatin

Flours, Cornmeal, Nut & Seed Flours, Bread/Biscuit Mixes

Sugar - White, Brown & Powdered

Herbs, Spices & Seasoning

Oils & Shortening

Deli- Processed & Fried

Meats - Processed (Sausage, Jerky, Lunch Meat)

Seafood

Bread, Rolls & Tortillas

Tomato/Spaghetti/Alfredo/Nutritionally Significant Sauce

Jams, Jellies, Sweet Spreads, Syrup Peanut Butter (& other nut butters) Cereal (Hot & Cold)

Breakfast Foods (Toaster Pastries, Cereal Bars, Granola & Granola Bars)

Dried Fruit, Fruit Snacks

Pancakes & Waffles

Dry Pasta

Dry Beans

Rice & Whole Grains

Dry Mixes - Side Dish Mixes, Dinner Mixes

Canned/Jar Fruits & Vegetables incl. Salsa & non-processed Beans

Soup

Canned Meat

Canned Seafood

Dairy - (Milk, Cheese, Butter, Sour Cream & Whipping Cream)

Produce (Fruits & Vegetables)

Meats - Poultry, Ground Beef, Beef

Whole Eggs & Egg Substitutes

Yogurt

Margarine

Soy & Other Nut Milks

Ready-to-eat, Soups, Meals, Sandwiches

Salty Snacks

Nuts & Trail Mix

Seeds

Crackers

FOOT CARE

Corn, Callus & Bunion Pads

Mixed/Miscellaneous Foot Cushioning & Treatments

Ball of Foot Cushioning

Toe Cushioning & Protection Implements

Foot Moisturizers, Exfoliators & Cleansers

Odor & Wetness Powders

Odor & Wetness Sprays

Mixed/Miscellaneous Odor & Wetness Treatments

Heel & Arch

Insoles

Mixed/Miscellaneous Shoe Insoles & Inserts

Ball of Foot Inserts

Heel Cups, Arch Supports & Orthotics

Plantar Fasciitis Products

HAIR CARE

Beauty Hair Treatments

Beauty Shampoos

Beauty Conditioners

Men's Shampoos

Men's Conditioners

Mixed/Miscellaneous Beauty Shampoos,
Conditioners & Hair Treatments

Permanent Hair Color

Semipermanent/Temporary Hair Color

Mixed/Miscellaneous Hair Color

Hair Growth Treatments

Hair Growth Shampoo & Conditioners

Mixed/Miscellaneous Hair Growth

Mousses & Gels

Hair Sprays

Pomades & Waxes

Mixed/Miscellaneous Styling Aids

Men's Styling Aids

Therapeutic Hair & Scalp Treatments

Therapeutic Shampoos

Therapeutic Conditioners

Mixed/Miscellaneous Therapeutic Shampoos,
Conditioners, Hair & Scalp Treatments

HOME DIAGNOSTICS & PATIENT AIDS FOR DAILY LIVING

Stethoscopes & Accessories

Thermometers, Fever Strips & Accessories

Blood Pressure Kits & Accessories

Mixed/Miscellaneous Home Diagnostics/
Tests

Cholesterol Meters & Testing Kits

Pulse Oximeters & Heart Rate Monitors

Bathing & Oral Hygiene Aids

Eating & Drinking Aids

Grooming & Dressing Aids

Medical Alert IDs & Devices

Medicine Dosers, Pillboxes, Organizers &
Reminders

Reachers, Grippers & Lifts

Reading, Writing & Telephone Aids

Night Lights

Non-Slip Socks & Slippers

Elastic Bandages

Electric Heating Pads

HOME HEALTH CARE

Mixed Hand Held Showers

Mastectomy Bras & Clothing

Mastectomy Prosthesis

Mixed/Miscellaneous Mastectomy Products

Hand Cleaners & Sanitizers

Orthopedic Footwear

Joint Warmers

Deodorizers

Deodorants & Odor Eliminators

Alternating Pressure Pads/Mattresses, Pumps
& Accessories

Mattress & Pillow Pads/Covers

Backrests, Seating & Posture Aids

Wedges & Pillows

Mixed/Miscellaneous Pressure Relief,
Positioning & Support

HOMEOPATHIC KITS & SINGLE REMEDIES

Homeopathic Single Remedies
Homeopathic Kits

Mixed/Miscellaneous Homeopathic Kits &
Single Remedies

HOUSEHOLD PRODUCTS

Air Freshener Sprays & Other Forms
Fabric & Carpet Fresheners Disinfectants
ONLY
Multi-Purpose Cleaners/Disinfectants
Oven Cleaners
Drain Cleaners
Floor, Furniture Waxes/Polishes & Rug
Cleaners
Window Cleaners
Miscellaneous Cleaners & Waxes
Brooms, Mops & Accessories
Sponges, Scrubbers, Brushes & Dusters
Mixed/Miscellaneous Cleaning Tools &
Accessories
Dishwashing Powders/Liquids Household
Gloves
Laundry - Washer Products (Incl.
Pre-Treatments)

Air Scents Sprays/Solids/Gels
Abrasive Cleaners
Bathroom Cleaners
Laundry - Dryer Products
After Laundry Products
Insecticides, Rodenticides & Pesticides
Plastic/Foil Wraps, Bags & Disposable
Storage Containers
Facial Tissue
Bath Tissue
Paper Towels
Premoistened Towels
Disposable Napkins, Plates & Cups
Miscellaneous Plastic, Foil & Paper
Bath Tissue Wipes
Garbage Bags

MULTI-CULTURAL BEAUTY CARE

Relaxers, Curl Kits & Perms
Shampoos & Conditioners
Sheens, Activators & Moisturizers
Pomades, Hair Dressings & Styling Aids
Hair Color

Mixed/Miscellaneous Multi-Cultural Hair
Care
Creams, Lotions & Soaps
Shaving Needs
Mixed/Miscellaneous Multi-Cultural Skin
Care

ORAL CARE

Breath Fresheners (Includes Strips)
Mixed/Miscellaneous Breath Remedies
Therapeutic Breath Treatments
Denture Adhesives
Denture Cleaners & Accessories
Denture Repair & Pain Relief
Mixed/Miscellaneous Denture Care
Floss & Flossers
Mixed/Miscellaneous Oral Remedies
(Includes Fluoride Treatments)
Night & Grind Guards
Manual Toothbrushes
Battery Toothbrushes & Refills
Rechargeable Toothbrushes & Refills
Mixed/Miscellaneous Toothbrushes &
Accessories

Interdental
Gum Care
Dental Gum
Mixed/Miscellaneous Interdental, Floss &
Gum Care
Mouthwash
Mixed/Miscellaneous Mouthwash
Temporary Dental Repair
Regular Toothpaste & Tooth Powder
Sensitive Toothpaste & Treatments
Whitening Toothpaste
Whitening Strips & Treatments
Mixed/Miscellaneous Toothpaste &
Treatments
Lip Moisturizers
Mixed/Miscellaneous Lip Care

PATIENT SKIN CARE

Cleansers & Washes
Wipes & Towelettes

Mixed/Miscellaneous Patient Cleansing &
Bathing
Moisturizers, Barriers & Protectants

PHYSICAL FITNESS & EXERCISE EQUIPMENT

Strength/Range of Motion (Bands, Hand
Exercisers, Etc.)
Balls/Stability Devices (Balls, Boards, Etc.)
Foam Rollers/Massage Devices
Weights
Cardio (Aerobic Steps, Jump Ropes)

Scales (Includes Body Fat Analyzers)
Mixed/Miscellaneous Physical Fitness
(Includes Yoga/Exercise Mats)
Pedometers & Fitness Trackers
Multi-Function Fitness Trackers

SEASONAL PRODUCTS

Health & Beauty Care Dollar Items
Grocery Dollar Items
General Merchandise Dollar Items

Mixed/Miscellaneous Dollar Items
Insect Repellents

SHAVING & GROOMING

Men's Hair Preparations
Men's Hair Color
Men's Manual Grooming Implements
Mixed/Miscellaneous Men's Shaving, Hair Removal & Skin Care
Men's Razor Refills
Men's Reusable System Razors
Men's Disposable Razors
Mixed/Miscellaneous Men's Razors & Refills
Women's Razor Refills
Women's Reusable System Razors

Mixed/Miscellaneous Men's Hair Care
Men's Shaving & Hair Removal
Men's Aftershave & Skin Care
Women's Disposable Razors
Mixed/Miscellaneous Women's Razors & Refills
Women's Hair Removal & Skin Treatments
Women's Body & Facial Waxes
Women's Body & Facial Bleaches
Women's Shaving & After-Shaving
Mixed/Miscellaneous Women's Shaving, Hair Removal & Bleaches

SKIN CARE

Bath Additives (Bubble Bath, Bath Foam, Bath Beads & Bath Salts)
After Bath Oil, Powder, Splashes & Mists
Bath Sponges, Loofahs, Bath Pillows & Accessories
Mixed/Miscellaneous Bath Products
Exfoliating Body Scrubs (Salt, Sugar, Etc.)
Therapeutic Bath & After Bath
Cosmetic Puffs & Pads
Mixed/Miscellaneous Cosmetic Puffs & Pads
Acne Creams, Gels, Lotions & Patches
Acne Soaps & Cleansers
Acne Astringents & Toners

Pore Strips & Masks
Facial Sponges
Make-up Removers
Facial Moisturizers
Eye Treatments
Therapeutic Facial Treatments
Lip Treatments
Mixed/Miscellaneous Facial (Includes Firming, Resurfacing, Fading, Etc.)
Hand & Body Cleansing Bars (Soap)
Hand Cleansing Liquids
Body Cleansing Liquids (Body Washes & Gels)

SKIN CARE (CONTINUED)

Baby Oil	Instant Hand Sanitizers
Baby Lotions & Creams	Mixed/Miscellaneous Hand & Body Cleansing (Towelettes, Foaming, etc)
Baby Powder	Therapeutic Hand & Body Moisturizers
Cotton Swabs	Therapeutic Hand & Body Treatments
Mixed/Miscellaneous Facial & Body Acne Medications	Mixed/Miscellaneous Hand & Body Treatments (Includes Firming, Resurfacing, Etc.)
Facial Cleansers & Scrubs	Beauty Hand & Body Moisturizers
Mixed/Miscellaneous Facial Cleansers	Medicated & Specialty Soaps
Astringents & Toners	Mixed/Miscellaneous Medicated & Specialty Soaps

SUN CARE

After Sun	Mixed/Miscellaneous Sun Protection Sun Care
Mixed/Miscellaneous After Sun & Sun Accessories	Lip Protection
Sun Protection (< SPF 50)	Sport Sun Protection
Sun Protection (SPF 50+)	

WEIGHT MANAGEMENT & NUTRITIONAL FOODS

Mixed/Miscellaneous Nutritional Foods	Sport/Energy Bars
Nutritional Powders	Mixed/Miscellaneous Sport/Energy Sugar & Salt Substitutes
Nutritional Bars	Mixed/Miscellaneous Sugar & Salt Substitutes
General Health Oral Rehydration Therapy	Food Scales
Sport/Energy Liquids	
Sport/Energy Powders	

MISCELLANEOUS

Trial/Travel Sizes	Mixed/Miscellaneous Condoms & Barrier Contraceptives
Male Condoms	
Female Condoms & Spermicides	

CenterLight PACE participants must receive all needed health care services, including primary care and specialist physician services (other than emergency services), from CenterLight Healthcare, or an entity authorized by CenterLight Healthcare.

NO OBLIGATION TO ENROLL. CenterLight Healthcare has an approved PACE contract with the Centers for Medicare and Medicaid Services (CMS) and NY State (NYS). Enrollment in CenterLight Healthcare PACE depends on renewal of its contract with CMS and NYS. Members may be fully and personally liable for the cost of unauthorized or out-of-PACE program agreement services.