



NIHB Medications & Supplies Quick Guide

Commonly covered examples only. Always verify current NIHB coverage, criteria, and quantity limits.



INFORMATION

- NIHB covers eligible First Nations/Inuit patients for benefits not covered by provincial plans or other insurance. Coverage is item-specific: verify on the NIHB Drug Benefit List and Medical Supplies & Equipment Benefit Lists.
- Some items are Open Benefit (no approval required); others are Limited Use or require Prior Approval (PA).

Pain / fever

- Acetaminophen (Tylenol) and ibuprofen (Advil / Motrin) including tablets, liquids, and **pediatric formulations**
- Naproxen, celecoxib, diclofenac
- Aspirin 81 mg / 325 mg
- Opioids (criteria and controls apply)

Allergy / rhinitis / ENT / eye

- Artificial tears and dry-eye products (Rx/OTC)
- Oral antihistamines (loratadine, cetirizine, diphenhydramine, etc)
- Intranasal agents including corticosteroids and antihistamines (ex. fluticasone, mometasone, azelastine)
- Saline sprays, irrigation products, and lubricating nasal gel (ex. Salinex, Nasamist, Hydrasense).

GI

- Ondansetron (including dissolvable form)**, dimenhydrinate (Gravol)
- Oral rehydration solutions** such as Pedialyte and Hydralyte
- Nutritional supplements such as Ensure
- Bowel and perianal products such as PEG, lactulose, senna, loperamide, glycerin suppositories, Anusol, and **Metamucil**
- Oral rinses (chlorhexidine / magic mouthwash)
- Antacids or acid suppression including OTC examples such as **TUMs** and **Pepto-Bismol**.

Check NIHB drug coverage here:



Dermatology

- Emollient cream or moisturizer OTC** (454g/month for children (no diagnosis needed) and adults (diagnosis needed))
- Topical steroids, acne treatments such as topical retinoids / benzoyl peroxide and isotretinoin
- Antifungals such as clotrimazole / Canesten
- Antibacterial ointments such as Polysporin
- Medicated shampoos (Selsun, Nix, and Nizoral)
- Diaper rash barrier such as zinc oxide
- Lice treatments; Wart treatments

Nicotine dependence

- Nicorette **gum, cartridges, oral spray, lozenges**, Nicoderm **patches**
- Bupropion (Zyban); Varenicline (Champix).

Other common medications

- Ozempic / Rybelsus** in diabetic patients as adjunct to diet/exercise; must be on metformin or other antihyperglycemic agents.
- IUDs, vaginal rings, diaphragms, Nexplanon, vaginal film or sponge, condoms, and Plan B
- Prenatal vitamins plus folic acid
- Children's multivitamins under 19**
- Infant vitamin D drops**
- Medically necessary infant formula (<1yo)
- EpiPen / EpiPen Jr.



COMMONLY MISSED COVERED ITEMS

Emollients, artificial tears, saline nasal products, oral rehydration solutions, nicotine replacement, prenatal vitamins, children's multivitamins, and infant vitamin D. Ask the pharmacy to check NIHB if unsure.



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BE WHAT THE WORLD NEEDS



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WHAT TO INCLUDE IN A RECOMMENDATION

- **Diagnosis or condition, functional impact, measurements when relevant (for example wound size, mobility limitation, continence status), quantity or change frequency, and expected duration of need.**
- If prior approval may be required, add supporting details such as wound chronicity or previous treatments.

Wound care

- **Gauze, bandages, tapes, wraps**
- Foam dressings, hydrocolloids, hydrogels
- Alginates and hydrofibres
- Non-adherent dressings, transparent dressings
- Antimicrobial dressings such as silver or iodine
- Alcohol prep pads, skin prep adhesive wipes
- Compression bandaging systems and garments including stockings/socks
- Single-use negative pressure wound therapy
- Latex or vinyl gloves (100/box)

Diabetes supplies

- Glucose test strips, lancets, meters
- **Glucose sensors and monitors** such as Freestyle Libre 3 Plus sensor + reader
- Insulin pen needles/syringes, sharps containers

Incontinence / continence supplies

- **Adult briefs or diapers, liners, underpads**
- Catheters and related supplies
- **Skin barriers and perineal care products**

Ostomy supplies

- One-piece and two-piece pouching systems, wafers or flanges, rings and pastes, and skin barrier products.

Respiratory / oxygen

- Oxygen and oxygen supplies, respiratory equipment such as nebulizer supplies
- **CPAP, APAP, or BiPAP** (masks and tubing)

Mobility & ADL supports

- Walkers, wheelchairs, canes, crutches
- Bathing and toileting aids
- Transfer aids including rails, poles, lifts
- Hospital beds and accessories, mattresses or overlays, and cushions or protective aids where criteria are met.

Orthotics / prosthetics / vision

- Orthotics (limb/body), therapeutic footwear
- Prosthetics
- Low-vision aids, and communication equipment

Feeding / enteral supplies

- Feeding aids, specialized bottles and teats
- **Breastfeeding aids including pumps**
- Enteral feeding supplies

Other

- Hearing assessments, hearing aids, cochlear implant processors, batteries/repairs
- **Blood pressure cuff**

Check NIHB supplies coverage here:



NOT SURE IF IT'S COVERED?

Prescribe/recommend the item anyway if it is clinically indicated. Many commonly used medications, OTC products, and supplies are covered by NIHB when prescribed appropriately.

