

# Helpful Tips for Taking Your Medications

If you take one or more prescriptions for chronic (or long-term) health problems, it can be hard to keep track of your medications. Here are some tips that can help you with your medications so that you can stay healthy and independent!

## If you are having a hard time paying for your medications:

<b>Make it mail-order.</b>	Most SCAN members pay \$0 for Tier 1 and Tier 2 medications when they order through mail-order from Express Scripts® Pharmacy. Shipping is free and because your medications come right to your home, you'll make fewer trips to the pharmacy. To get started, call your Express Scripts Personal Enrollment Specialist at 1-877-842-9792 (TTY: 711).
<b>Use a Preferred pharmacy.*</b>	Most SCAN members pay \$0 for Tier 1 and Tier 2 medications when they get their medications at SCAN Preferred pharmacies. These are retail pharmacies within the SCAN network that offer even lower copays than Standard retail pharmacies for many drugs. To find a Preferred pharmacy, visit <a href="https://scanhealthplan.com/pharmacy">scanhealthplan.com/pharmacy</a> (be sure to click the box "Preferred pharmacies") or call SCAN Member Services (the number is on the back of your SCAN ID card).
<b>Switch to a 3-month supply (up to 100 days).</b>	Many SCAN plans offer discounts on a 3-month supply for most drugs at most pharmacies. Talk to your pharmacist or doctor about this option.
<b>Choose a lower-cost alternative.</b>	Talk to your doctor about switching to a lower-cost option. It may not have the same ingredients, but it can work just as well. Generally, the higher the tier, the higher your copayment—with one big exception: Tier 6! Depending on your SCAN plan, you'll either pay \$0 or \$11 for a 30-day supply of a Tier 6 drug. <sup>†</sup> Tier 6 drugs include Eliquis, Xarelto, Entresto, Jardiance, Farxiga, Januvia, Tradjenta and many others. For more information, visit SCAN's Formulary at <a href="https://scanhealthplan.com/findadrug">scanhealthplan.com/findadrug</a> .
<b>Get Extra Help.</b>	You may qualify for Medicare's Extra Help program to pay for prescription drug costs. Extra Help could pay nearly all of your drug costs. To see if you are eligible for Extra Help, call My Advocate™ at <b>1-866-866-1785</b> .

## If you have bad side effects from your medication:

<b>Talk to your doctor.</b>	Sometimes taking the medication in a certain way—for example, with food—can lessen the side effects. There also may be other medications that will work just as well but with fewer or no side effects. Talk to your doctor or pharmacist about what you can do.
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\* Members of SCAN MyChoice (HMO), SCAN Strive (HMO C-SNP), SCAN Connections (HMO D-SNP) and SCAN Connections at Home (HMO D-SNP) and SCAN plans in New Mexico pay the same copays at any of the SCAN network pharmacies.

<sup>†</sup> Copay may vary by plan/county and may change during the coverage gap stage. Drug list is subject to change.

# Helpful Tips for Taking Your Medications (cont.)

## If you do not think you need to take your medication anymore:

<b>Talk to your doctor.</b>	When a medication is working, you may feel your symptoms go away or you may feel the same. That does not mean you should stop taking your medications. Keep taking your medications as directed and talk to your doctor about any concerns you have.
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## If you are not sure how to take your medications:

<b>Talk to your doctor or pharmacist.</b>	Make sure you review your medications with your doctor or pharmacist. They can answer any questions you have about your medications.
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## If you sometimes forget to take your medications:

<b>Create a routine.</b>	Try taking your medications at the same time and same place every day. For instance, if you take a medication first thing in the morning, set it out next to your toothbrush the night before.
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<b>Use a pill box.</b>	Pill boxes are a great way to organize medications by day or week. Make a medication checklist to help you know when it is time to take your medications.
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<b>Enroll in a reminder program.</b>	Many pharmacies have a reminder program. Your pharmacy may have refill reminders or an auto-refill program. Alerts are sent when a prescription needs to be filled and/or is ready for pick up. Sign up at your pharmacy.
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<b>Set reminders.</b>	Set an alarm clock or a watch to alert you to take a medication. If you have a smartphone, you can set a timer or use a reminder app. You can also leave reminders for yourself, like a note on the bathroom mirror or the refrigerator.
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<b>Schedule medication refills at the same time.</b>	Many pharmacies can schedule your medication refills so they are ready for pick up at the same time. Talk to your pharmacist about how to do this.
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## If you have trouble getting to the pharmacy:

<b>Switch to a 3-month supply (up to 100 days).</b>	Having a 3-month refill means fewer trips to the pharmacy.
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<b>Use home delivery.</b>	Getting medications through mail-order from Express Scripts Pharmacy means making fewer trips to the pharmacy. To get started, call your Express Scripts Personal Enrollment Specialist at 1-877-842-9792 (TTY: 711).
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<b>Schedule medication refills at the same time.</b>	Many pharmacies can schedule your medication refills so they are ready for pick up at the same time. Talk to your pharmacist about how to do this.
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<b>Use your transportation benefit.</b>	Some SCAN plans offer a transportation benefit that can help you get to and from the pharmacy. Check your Evidence of Coverage or call SCAN Member Services to see if you qualify.
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Other pharmacies are available in SCAN's network.