

**If you take one or more medications** for chronic (or long-term) health problems, it can be hard to keep track of them. These tips can help you take your medications as directed so that you can stay healthy and independent!

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

<p><b>Make it mail-order.</b></p>	<p>Most SCAN members pay \$0 for Tier 1 and Tier 2 medications when they order through home delivery from Express Scripts® Pharmacy. Shipping is free and, because your medications come right to your home, you won't need to go to the pharmacy as often. To get started, call Express Scripts Pharmacy at 1-866-553-4125.</p>
<p><b>Use a Preferred pharmacy.*</b></p>	<p>Most SCAN members pay \$0 for Tier 1 and Tier 2 medications when they get their medications at a SCAN Preferred pharmacy. These are pharmacies in the SCAN network that offer lower copays for many drugs. To find a Preferred pharmacy, visit <a href="https://scanhealthplan.com/pharmacy">scanhealthplan.com/pharmacy</a>. Click the box "Preferred pharmacies" or call SCAN Member Services. Find the phone number on the back of your SCAN ID card.</p>
<p><b>Choose a lower-cost alternative.</b></p>	<p>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. For more information, visit SCAN's Formulary at <a href="https://scanhealthplan.com/findadrug">scanhealthplan.com/findadrug</a>.</p>
<p><b>Get Extra Help.</b></p>	<p>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 qualify for Extra Help, call Medicare at 1-800-633-4227 or the Social Security Office at 1-800-772-1213.</p>

**If you have side effects from your medication:**

<p><b>Talk to your doctor.</b></p>	<p>Sometimes taking your medications 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.</p>
------------------------------------	---

\* Prescription benefits may vary by plan, pharmacy type, days' supply, and/or Part D benefits stage.

## If you think you don't need to take your medication anymore:

<p><b>Talk to your doctor.</b></p>	<p>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.</p>
------------------------------------	---

## If you're not sure how to take your medications:

<p><b>Talk to your doctor or pharmacist.</b></p>	<p>Make sure you review your medications with your doctor or pharmacist. They can answer any questions you have about your medications.</p>
--	---

## If you sometimes forget to take your medications:

<p><b>Create a routine.</b></p>	<p>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.</p>
<p><b>Use a pill box.</b></p>	<p>Pill boxes are a great way to organize medications by day or week. Make a medication checklist to help you know when it's time to take your medications.</p>
<p><b>Enroll in a reminder program.</b></p>	<p>Many pharmacies have a reminder program. Your pharmacy may have refill reminders or an auto-refill program. You'll get an alert sent when a prescription needs to be filled and/or is ready for pick up. Sign up at your pharmacy.</p>
<p><b>Set reminders.</b></p>	<p>Set an alarm clock or a watch to alert you to take a medication. If you have a smartphone, you can set an alert or use a reminder app. You can also leave reminders for yourself, like a note on the bathroom mirror or the refrigerator.</p>

## If you have trouble getting to the pharmacy:

<p><b>Switch to a 3-month supply (up to 100 days).</b></p>	<p>Getting a 3-month refill will save you from going to the pharmacy as often.</p>
<p><b>Use home delivery.</b></p>	<p>Getting medications through home delivery from Express Scripts® Pharmacy means making fewer trips to the pharmacy. To get started, call Express Scripts Pharmacy at 1-866-553-4125.</p>
<p><b>Schedule medication refills at the same time.</b></p>	<p>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.</p>
<p><b>Use your transportation benefit.</b></p>	<p>Most SCAN plans offer a transportation benefit that can help you get to and from the pharmacy. Check your plan materials or call SCAN Member Services to see if you qualify.</p>

Other pharmacies are available in SCAN's network.