

HAVING TROUBLE PAYING FOR YOUR...

Medicine?

Helpful Tips

1. Use a generic substitution for brand name medicines. *WebMD*
2. Don't fall for the big drug companies marketing hype, encouraging you to "ask your doctor" about the latest wonder drug. *Web MD*
3. Samples can save you money in the short run, but may cost you later. *Web MD*
4. If a pharmacist tells you that a prescribed medication has no generic version, there may be a medicine that's similar enough to do the job in generic form. Ask the pharmacist to contact your doctor about this. *WebMD*
5. Websites such as Needy-meds (www.needymeds.org/) and Partnership for Prescription Assistance (www.pparx.org) can help you find assistance for the medicines you are taking. *MedlinePlus*
6. Develop a relationship with your pharmacist. Your pharmacist can look out for you, recommend ways to save money, and make sure all the drugs you take are safe. *MedlinePlus*

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7. Check with your provider at each visit to make sure you need to continue taking medicines. There may be other ways to manage your condition that cost less. *MedlinePlus*
8. If a prescription is not covered, call your insurance company and say something like, “I went to fill this and my pharmacist said it’s not covered. Is there an alternative?” There might be a similar medication that your plan will pay for. *Web MD 2*
9. More than 12% of U.S. adults have skipped doses or simply not filled a prescription to save money.
10. When you get your prescription, call multiple pharmacies and negotiate, even for generics. Neighborhood pharmacies may have more autonomy to lower prices than chain stores. *NPR*
11. Ask your doctor to write a prescription for a 90-day supply. *NPR*
12. Ask your doctor to file an appeal with your insurer for a medicine that is not covered by your plan. *NPR*

Sources: <https://medlineplus.gov/ency/patientinstructions/000863.htm>

<http://blogs.webmd.com/childrens-health/2011/05/save-money-on-prescriptions.html> WebMD

<http://www.webmd.com/healthy-aging/features/saving-money-on-your-prescription-drugs-good-and-bad-ideas#3> Web MD

<http://www.npr.org/sections/health->

<http://www.npr.org/sections/health-shots/2015/09/16/440612238/how-to-save-money-on-prescription-drugs-insured-or-not> NPR