

HAVING TROUBLE PAYING FOR YOUR... **Medicines?**

Helpful Tips

- 1. Build a good relationship with your pharmacist. Your pharmacist may recommend ways to save money and make sure all the drugs you take are safe.**
- 2. Use a generic substitution for brand name medicines when possible.**
- 3. Advertised medicines are the most expensive. Your doctor might be able to prescribe a less expensive medicine.**
- 4. If you need an expensive medicine, ask your doctor for samples.**
- 5. Ask your doctor to write prescriptions for a 90-day supply.**
- 6. If your medicine is not covered and/or a substitute is not effective, ask your doctor to write an appeal to your insurance company.**
- 7. Review your medicines with your doctor at each visit to be sure you still need to take each one of your medicines.**
- 8. Ask your pharmacist if drug companies are running a promotion on expensive medicines.**

This project was supported, in part by grant number 2001OKMIDR-00 & 2001OKMIAA-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

9. If you have insurance, ask your pharmacist about the retail cost of your generic. It might be less than your copay. Anything you pay without insurance won't go toward your deductible.
10. Comparison shop for your medicines by calling pharmacies and asking what your copay will be.
11. If a prescription is not covered, call your insurance company and see if there is a similar medication that is on your insurance plan. Or contact the drug company to see if they have a "Patient Assistance Program".
12. Skipping doses can cost you more in the long run. Manage your condition. One of the best ways to save money on health care costs is to stay healthy.
13. Some medicines are available in double your normal dose. If your doctor and pharmacist approve, you may be able to split the pills to get a 2-month supply of medicine for the price of one.
14. If you buy online, be sure the online pharmacy is licensed in the state of Oklahoma. You can call the Oklahoma Board of Pharmacy at 405-521-3815 or email at pharmacy@pharmacy.ok.gov.
15. Rx for Oklahoma helps people with no insurance or people in the Donut Hole. Call 1-877-RX4-OKLA or 1-877-794-6552.

Your doctor and pharmacist are the authorities on your health. Always check with your doctor or pharmacist regarding your prescriptions.

The information above was provided by WebMD, MedLinePlus, and the Oklahoma Board of Pharmacy.