



HEALTHY YOU. HEALTHY SAVINGS.

Save money on medications



- Find out if medications are no longer needed and/or if you could reduce your need of any medication through lifestyle changes.
- Take a list of the medications that your health plan prefers (formulary) to office visits.
- Ask if one medication can replace the work of two or three.
- Ask for free samples and/or a prescription for a few days' supply to find out if the medicine works for you before you pay for a full prescription.
- Ask your doctor or pharmacist if lower-cost options exist, either in a generic form (co-pays for generics cost less, too), a less expensive brand-name drug, or an over-the-counter (OTC) drug.
- Ask your doctor if it would save money to prescribe pills that could be cut in half.
- Use a mail order pharmacy for prescribed medicines you take on a regular basis. You can usually get a 3-month supply for the same cost that you would pay for a 30 day supply at a drug store.
- Shop around for the lowest costs. Compare costs from your pharmacy, large chain pharmacies, and grocery and retail stores that have pharmacies. Use Web sites that compare prices for prescription medicines.