

PATIENT MEDICATION COST SAVINGS TIPS

1) BASIC TIPS

- Requesting a generic medication or alternative to brand name medication will provide savings.
- Talk to your doctor about costs; don't be afraid to ask for help. Duplicate or overlapping drugs or supplements can sometimes be eliminated.
- Shop around for pharmacies. Try COSTCO; you don't need to be a member to use its pharmacy. Always ask, "Is this your lowest price?"
- Pay CASH. Don't always use your health insurance. Walmart's \$4 prescription program offers common generic medications for \$4. Visit Walmart.com/1078664#fourDollar/cp/.
- Fill a 90 day supply at the pharmacy; many plans offer a discount when filling 3 months at a time.
- Use your prescription plan's services: Use MAIL ORDER if available, find the lowest tier (cheapest) drug by calling the plan or visiting their website, and use the plan's preferred pharmacy.
- A tier exception for a drug can be requested by the prescribing doctor. If approved, this will lower the cost of the copay for that specific medication.
- Compare insurance plans. This is important for Medicare Part D plans which may change preferred medications annually. Plan changes can only be made during "open enrollment" usually during October / November each year.

- Don't skip doses. This can make the medication less effective and can lead to serious health problems.
- 2) **PATIENT ASSISTANCE PROGRAMS (PAP) – Programs offered through a drug's manufacturer to help lower the cost paid at the pharmacy. Each program has guidelines that must be met to qualify.**

Try to find an appropriate PAP, if available:

- NeedyMeds NeedyMeds.org or call 800-503-6897.
- PAN Foundation Panfoundation.org/index.php/en/ or call 866-316-7263.

- 3) **PRE-PACKAGED / HOME DELIVERY – some pharmacies/delivery services offer free packaging and home delivery; some require a monthly fee. Unless the plan requires use of a specific pharmacy, copays should remain the same. Monthly fees are in addition to copays.**

- Central Street Pharmacy/Winchester Pharmacy: call 351-207-5132 or 781-570-2320; free delivery and packaging.
- Conley's Drug Store: call 978-283-3131 or 978-356-2121; \$15/month in addition to copays.
- CVS Multi-dose Packs: medications dispensed in packets, available at CVS.com/Multidose or call 844-650-1637; free at select stores with pick-up at pharmacy.
- Phillips Medication Dispensing: automated pill dispenser, available at Lifeline.philips.com/health-solutions/health-mdp.html or call 855-332-7799, \$60/month in addition to copays.

4) Other Tools

- MedCenter Talking Alarm Clock: set up to 4 daily alarms for reminders to take medication; available at Amazon.com.

- Pill boxes: (get one free weekly pill box at Goodrx.com), also available at drug and dollar stores.
- Free Smart Phone Apps: Mymedschedule.com, Medisafe.com, Care4today.com, Mangohealth.com

5) Other Resources

- GoodRx.com: find lowest prices on meds, discount coupons and links for Patient Assistance Programs
- SHINE (Serving the Health Insurance Needs of Everyone): assists elders in understanding their Medicare benefits and other health insurance options. Ensures MA residents with Medicare have access to accurate, unbiased and up-to-date information about their health care options; call 800-243-4636, option #5.
- Medicare Extra Help (or Low Income Subsidy (LIS)): Medicare program to help people with limited income and resources pay Medicare prescription drug costs, like premiums, deductibles, and coinsurance: 800-633-4227 (TTY 877-486-2048) or visit Medicare.gov.
- MA Prescription Advantage: state-sponsored prescription drug assistance program for seniors: Prescriptionadvantagemma.org/ or call 800-243-4636, option 2.
- AARP discount program: discount program for prescriptions and other healthcare needs (for a yearly fee): AARP.benefits.catamaranrx.com/rxpublic/portal/memberMain or 800-566-0242.
- Wellcardsavings.com: discount card for prescriptions.
- MassMedline: Program offered through Mass College of Pharmacy and Health Sciences; provides information to reduce the cost of your medication can review your medications and help you to understand your Medicare prescription benefits: call 866-633-1617.

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