



LARIMER COUNTY

MAY 2019

*your*

# HEALTHUPDATE

Save on Prescriptions



## AFFORDABLE AND ACCESSIBLE *prescription medications*

Drug prices in the U.S. are increasing, and while it might be tempting to skip a dose or not fill your prescription, this may be harmful to your health. **Take medication as prescribed and always discuss concerns or questions with your physician.** Consider the following suggestions to help you save money on your next prescription:



### Lower-Cost Alternatives

Ask your doctor or pharmacist if a generic medicine or lower-cost brand is available.

A generic medicine is generally less expensive and has the same active ingredients as a brand-name medicine.

Drug manufacturers can charge less for generics because they do not have to pay as much for research, development, or advertisements.



### Consider Over-The-Counter Options

Some medicines are available without a prescription, and the over-the-counter (OTC) version can save you money.

Be sure to check with your doctor or pharmacist before switching from a prescription medicine to an OTC medicine, since there are many strengths available.



### Mail Order or Retail 90-Day Prescriptions

If you have medications you take on a regular basis, it may be more cost-effective to fill 90-day supplies instead of 30-day supplies.

If 90-day supplies are covered by your benefit plan, you may want to talk with your doctor about this option.

Your doctor would need to write a prescription refill for a 90-day supply.



Emotional health



Financial health

Source: Rebecca Lich, PharmD, MBA