Ask the Pharmacist
How to Reduce Drug Costs Without Putting Yourself at Risk

What To Do

1. Make sure that your doctor and pharmacist know that cost is very important to you.
   a. Most health decisions made without cost factoring into it

2. Ask for generic medications.
   a. Very similar blood concentrations, much less costly

3. Ask whether you can take the individual drugs instead of a combination pill (or vice versa).
   a. One co-pay instead of two
   b. Self pay, combination drugs maybe much more expensive than taking the drugs individually

4. Ask if you can have a 90 day supply instead of a 30 day supply (or vice versa).
   a. One co-pay versus three is cheaper
   b. Self pay, get smaller supply so if you have problems you aren’t stuck with the drug

5. Ask if you can split a higher dose pill in half

6. Shop around and ask the pharmacist at your regular pharmacy if they can match the price.
   a. Independent pharmacies or chains may match a price and you get the same pharmacist caring for you

7. Review your insurance options.
   a. Your old plan might not be the best for your new health state

8. See if you qualify for Medication Assistance Programs.
   a. RxAssist and www.medicare.gov/spap.asp

9. See if you qualify for community based programs.
   a. www.benefitscheckup.org