



Be Drug Smart

Getting a medication check-up can help you protect your health — and your wallet

Get a Medication Check-Up

Make sure the medications you are taking are right for you and see how you can save on your pharmacy costs.

Prescription and over-the-counter medicines are powerful tools to help you stay healthy. But using them incorrectly can harm you. The more medicines you take, the greater your risk of problems and increased costs.

Your doctor or pharmacist is ready to help you sort through your medications to make sure you're taking the right medicines the right way. Plus, he or she may be able to suggest ways to save money on your prescriptions drugs.

Your Medication Check-Up Guide

- 1 PACK A BAG.** Collect all of your medications and over-the-counter drugs. Be sure to include any herbal products or vitamins and nutritional supplements you are taking.
- 2 MAKE A LIST.** Write down your drugs and dosages and how you take each medicine.
- 3 MEET ONE-ON-ONE.** Show your medicines to your doctor or pharmacist and have him or her go over all of your medicines with you.
- 4 JUST ASK.** Ask questions about your medications or anything you don't understand. And, be sure to ask him or her about generic alternatives to your medications.

Time for a Medication Check-Up?

Anyone who uses prescription medications, or regularly uses over-the-counter drugs may benefit from a medication check-up. A check-up will be especially useful for you if you are taking a number of different medications, or if you want to reduce your out-of-pocket medication costs.

As part of a medication check-up, your doctor or pharmacist will:

- Help you understand how your medications help you manage your health conditions
- Double-check medications for the correct dosage strength and frequency
- Identify if you are using outdated or discontinued medications
- Screen your medications and products for potential duplication of therapy or side effects
- Answer any questions you have about your medications
- Offer advice on how you may be able to save money by using a just as effective, but less expensive drug

LEARN MORE ➔ For more ways to save on prescription drugs, check out the *Pharmacy Tools* at www.wellmark.com.

Switch to generic drugs and save money

Generic drugs are usually less expensive and are considered to be just as effective as their branded counterparts. Make a switch to a generic drug, and you can save up to 80 percent on the cost of prescriptions when compared with the brand-name drugs. Most often, the savings range from 30-50 percent.*

* Source: National Association of Chain Drug Stores



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