

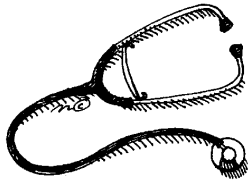
# GET THE MOST GOOD FROM YOUR MEDICATION

What you DON'T know CAN hurt you! Medicines can harm you if taken in the wrong way!

ASK YOUR PHARMACIST or check the medicine label to find out...



- What is the best time of day to take my medicine?
- Do I take it with food or when my stomach is empty?
- How many times do I take it each day?
- Do I stop taking any certain food or drink while I am taking the medicine?
- What are the possible side effects that should be reported to my doctor?
- What do I do if I miss a dose?
- Do I store the medicine in a special way?
- Does this react with any other medication that I am taking or alcohol?



GIVE YOUR DOCTOR...

- A list of every medicine (prescription and over-the-counter medicines), vitamin, supplement and herb that you take and how often you take it. It might look like this:

MEDICATION NAME	DOSE	HOW OFTEN
ALLERGIES		

- Your medicine list should be shared with every doctor that you see.
- Bring to your appointment a list of the medicines that your Health Plan covers. A two-page “Quick List” can be printed from the website [www.communityhealthplans.org](http://www.communityhealthplans.org) . Go to “member” and then “pharmacy benefit service”.

HELP YOURSELF!

- Have in your billfold a list of the medicines you take. This can be a big help in an emergency.
- Try a pill organizer if you take a lot of different medicines.
- Understand why you take each medicine.
- Keep all your medicines in one place.
- Keep medicines away from heat, direct sunlight, moisture, pets and children!
- Don't share your medicines with someone else.
- Take only the medicine your doctor has prescribed for you. Don't take medicines that have expired.
- Get all your medicines at the same pharmacy. (Very important if you go to more than one doctor!) If you use one pharmacy, the pharmacist can make sure that all your medicines are safe together.

# IS IT OK TO TAKE GENERIC DRUGS?



Yes. Generic medicines are the same as brand-name medicines in almost every situation. A generic drug is a copy of a brand-name drug. It costs less because it is not a new drug.

New brand drugs do not have a matching generic drug for several years.

A generic drug does not look the same as the brand-name drug, but it **MUST** have the same ingredients!

## WHICH MEDICINES ARE PAID FOR BY YOUR HEALTH PLAN?

The Health Plan pays for medications on the Health Plan “Formulary” (or complete drug list). A handy, two-page summary list is called a “Quick List”. Call Customer Service at 866-291-8691 to get a Quick List. The Quick List can also be viewed or printed from the internet. Go to [www.communityhealthplans.org](http://www.communityhealthplans.org). Click on “members” and then “pharmacy benefit services”.

Plan A and Plan B of the Health Plan have medication lists that are slightly different. Find the one that is for your type of plan.

Plan A may allow for some exceptions to the medication list if the doctor requests it. Plan B does not pay for medications that are not on the list.

If a medication that is on the Health Plan list comes in a generic form, only the generic is paid by the Health Plan.

You may be able to get a medication that is not on the Health Plan list through a local pharmacy discount program or through an assistance program at a drug company. See “other Medication Resources” at the website for links to these programs. Go to [www.communityhealthplans.org](http://www.communityhealthplans.org). Click on “members” and then “pharmacy benefit services”.

**Members do have a prescription co-pay amount which is listed on their Health Plan card.**

Your Health Plan hopes these medication tips will help you to be as healthy as possible!



Call Customer Service at 1-866-291-8691 for more information.