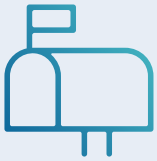
Prescription and Refill Tips



Save Trips to the Pharmacy

- Use a mail service pharmacy contracted with your insurance plan (free of charge).
- Call your pharmacy and request home delivery for your prescriptions.
- Ask your provider to fill your prescription for a 90 or 100 day supply.



Lower Prescription Costs

- Ask your provider to switch your prescription to a generic brand.
- Check for coupons on GoodRx (www.goodrx.com).



Automatically Refill Prescriptions

- Call your pharmacy and ask to enroll in auto-refills. Your prescription will automatically be refilled as you near the end of your 30, 90, or 100 day supply.



Use Reminders and Visual Cues

- Set an alarm or reminder on your phone to take your medication.
- Download “MediSafe” app on your phone. Add your medication in the app and set a reminder for the time you take it.
- Put your medication somewhere easy to see, like your bathroom, kitchen, or on top of your TV.
- Use pill boxes labeled for each day of the week to track which medication you need to take each day.



Get Your Questions Answered

- Call your pharmacist if you have questions about the best way to take your medication (e.g., when to take it, whether to take it with food or on an empty stomach, etc.).
- Call your provider if you experience any side effects.

Please contact your Primary Care Provider with any additional questions.

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