

Connections Newsletter

Connecting you to better health

November 2017



Eliminating Drug Interactions

Once you determine where you can get the majority of your medications at the most reasonable cost, try to stick with that one pharmacy to fill your prescriptions. That way you will have a single, complete source for all of your medications. The pharmacist will be more likely to pick up potential interactions among current and future medications and contact your doctor if needed. This applies to over-the-counter as well as prescription drugs.

Managing Prescription Drug Costs

The high price of many commonly used medications contributes heavily to health care costs. Many insurance plans offer only partial coverage for medications. With a little time and research, you may be able to obtain medications at a reduced cost. Here are some helpful tips for you to consider:

Shop around. There are many options for filling prescriptions including drug stores, discount chains, membership stores, mail order and independent shops. Prices can fluctuate dramatically, so it's wise to do a cost comparison to find the best price. Try www.goodrx.com. In just a few minutes, GoodRx will provide prices and discounts for prescription drugs within the zip code you specify.

Consider not using your insurance. Many chain and big box stores offer hundreds of common generics at prices as low as \$4 for a 30-day supply and \$10 for a 90-day supply for people who pay out-of-pocket. Beware when you bypass your insurance, as money spent on your medication won't count toward your deductible or out-of-pocket maximums. Stores offering discounted generic drug programs include [Walmart](http://www.walmart.com), [Walgreens](http://www.walgreens.com), [CVS](http://www.cvs.com), and [Rite Aid](http://www.riteaid.com).

Get 90-day supplies. For drugs you take long-term, it can be more convenient and even cheaper to get a 90-day supply. A 90-day supply can help you avoid monthly co-pays, Since your co-pay is only once every three months.

Talk with your doctor about costs. Ask your doctor if all your prescriptions are necessary, if there are alternative treatments and if there are other medications or over-the-counter options that may cost less.

Consider the following prescription drug programs:

Blink Health - <https://www.blinkhealth.com/>

Needy Meds - <http://www.needymeds.org/>

Help Rx - <https://www.helprx.info/>

Patient Testimonial



“ConnectCare3 helped me through my medical ordeal, and I have told all my co-workers how valuable their services are. My Nurse Navigator left no bases uncovered.”

— Ed Beleck

Carlisle, PA

In the fall of 2015, I began experiencing problems with my vision and also noticed I was having muscle spasms near my right temple. My ophthalmologist discovered abnormal pressure inside my eye. An MRI and CT scan revealed a meningioma hyperostosis of the right temporal area. In layman’s terms, I had a tumor in my head near my right eye. My ophthalmologist referred me to a specialist at a prestigious hospital, and it was there I learned it was a slow-growing tumor that I likely had for 10-15 years. The specialist emphasized, however, that it was beginning to crush the nerves in the back of my eye. If not removed, he told me I would be blind within five years.

This diagnosis was shocking news for me and my family. A co-worker suggested I contact ConnectCare3 to receive help understanding my diagnosis and treatment plan. Within a day, I was working with one of their Nurse Navigators, who was a wealth of information. Not only did she help me understand my diagnosis more clearly, she provided me with a list of questions to take to my pre-op appointment. She told me to ask the surgeon such things as how often he had performed this surgery and what the outcomes were, what my limitations would be after surgery, if daily medications would be required after surgery, etc. All of her questions provided for a very productive appointment and healthy exchange of information between me and my physician. I would not have thought to ask many of those questions, and my family and I left that appointment feeling very well-informed.

I have two children, a 12-year-old daughter and a 6-year-old son. My daughter was old enough at that time to somewhat understand the seriousness of my health situation. I intentionally set my date for surgery after Christmas, as I did not want to affect this special family time. As my surgery date neared, my ConnectCare3 Nurse Navigator provided me with communication strategies to aid me in talking with my children about my diagnosis and upcoming surgery.

My surgery was successful with no complications, and the pathology confirmed my tumor was benign. That was great news and such a relief! My surgeon had warned me that double-vision after surgery was a possibility, but he encouraged me to read after surgery to strengthen my eyes. I majored in music in college and like to play the saxophone. Within five months of surgery, my vision was fully restored, and I was reading music with ease.

A health scare like this changes one’s life forever. I will never take good health for granted again. ConnectCare3 helped me through my medical ordeal, and I have told all my co-workers how valuable their services are. My Nurse Navigator left no bases uncovered.

For More Information:
201 East Oregon Road, Suite 100
Lititz PA, 17543



info@connectcare3.com
Toll-Free: 877-223-2350
www.connectcare3.com