



NEWS

from the Consumer Health Action Network

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Help to Lower Your Drug Costs

Talk to your doctor.

- Ask if there is a less expensive, generic form of the drug.
- Ask if there is an over-the-counter (non-prescription) alternative to the drug.
- Ask for sample medications.
- Ask if there are other changes you can make to avoid taking drugs. For instance, you may be able to control cholesterol, high blood pressure, and pre-diabetes with exercise, weight loss, and changing some of the foods you eat.
- Ask if you no longer need any of your current medications.

Find the drugstore with the cheapest prices for your medications.

- Different drugstores charge different prices for the same drugs; even stores in the same chain may have different prices.
- Before you buy your medications call all the local pharmacies to compare prices. Even small differences can add up to hundreds of dollars a year.
- Online resources like Connecticut's Pharmacy Prescription Drug Prices search engine (<http://www.dir.ct.gov/aq/DrugSearchGIS.asp>) and PharmacyChecker.com compare the prices at different drug stores.
- Consider checking at discount retailers (like Target and Wal-Mart) that now offer discounted generic drug plans.

Ask your local community health center if they offer affordable drugs.

- Find your nearest community health center by calling Infoline at 211.

Consider programs to reduce your drug costs.

- Look for drug discount cards. Check it out thoroughly to make sure it's worth the price.
- If you have insurance and your drug costs are still high:
 - Consider changing your coverage to a plan with lower co-pays or deductibles.
 - Consider adding prescription coverage to your policy if you can.
 - See if you qualify for help from the Patient Advocate Foundation's Co-Pay Relief Program (1-866-512-386 or www.copays.org), which helps qualified insured patients, including Medicare Part D beneficiaries, with co-payments.

And always take your medications as prescribed.

The Consumer Health Action Network is a program of the CT Health Policy Project

www.cthealthconsumer.org

For help call us toll-free at 1-888-873-4585