



Prescription drugs can be expensive, even if you have health care insurance. By being a wise healthcare consumer, you can take control of your prescription drug costs and save money. Follow these tips to become Healthwi\$e when it comes to prescription drugs!



1) Start by talking to your doctor about the drugs you take

Tell your doctors and pharmacists that the cost of your drugs is important to you. Ask your doctor to prescribe generic drugs if possible, and tell the pharmacist that you prefer the generic if available.

You may be able to download a Tiered Drug List from our insurance provider's website. If so, take that with you to your doctor appointment so that s/he can select a Tier 1 or 2 (generic) prescription if possible.



2) Compare the prices at local pharmacies

Call or visit pharmacies to compare prices, including big box stores. Some offer free or low cost generic drugs. The list below provides links directly to national chains' pharmacy website pages, with information on free or \$4 generic drugs and discount drug programs.

- o [Meijer](#) (free generic list)
- o [Kroger](#) (\$4 generic list)
- o [Sams Club Plus Program](#)
- o [Sams Club](#) (\$4 and generic \$10 list)
- o [Walmart](#) (\$4 generic list)
- o [Target](#) (\$4 generic list)
- o You can also compare pharmacy costs and discount programs online at www.goodrx.com



3) Utilize the Mail Order Pharmacy for long term prescriptions

The mail order pharmacy lets you order a 90 day supply of prescription drugs, often at a savings to you. If you take any medications long term, ask your doctor for a 90 day prescription and submit it to the mail order pharmacy according to their directions. In addition to the potential cost savings on the drug cost, this saves you the time and travel of making a trip to the drug store each month. And, if you use the mail order pharmacy for multiple prescriptions, their pharmacists are alerted to all the medications you take and can check for potential interactions.

