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INC**

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BENEFIT FROM OUR EXPERIENCE

QUICK TIPS FOR YOUR RX

BE SMART WHEN IT COMES TO YOUR CHOICES, SAFETY AND COST-SHARING

ASK WHY

Find out exactly why you are being prescribed a drug and ask if it is FDA-approved for your specific condition. Often times, a Doctor may recommend a drug to treat your condition, even if that condition isn't the intended purpose for the Rx. In these situations, you should trust your Doctor, but also speak up. Your Health is your responsibility. If the medication hasn't been approved for use for your condition by the FDA, ask about scientific research that backs up that it will work in your case.

DON'T DO IT

Drug Samples: While the idea of free samples might seem enticing, unless this is the Rx you plan to use, don't do it without looking into the cost. Most times, the Pharmaceutical companies give out free samples of drugs with the higher costs.

Ignore Older Drugs: For many health issues, older drugs are available as low-cost generics and are just as good as, or sometimes better, the newer drugs.

Supplements: Before taking a new Rx if on supplements, or before taking a new supplement, please consult your doctor. There can be dangerous side effects.

Ignore Side Effects: If you started taking a new Rx and have any kind of adverse reaction, tell your doctor right away. You can also notify the FDA's MedWatch Adverse Event Reporting System at fda.gov/medwatch When given a new Rx, ask about what side effects you should look out for and read over the information given to you at the pharmacy that lists them.

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PHARMACY

Stick To One Pharmacy: To lower your risk of dangerous interactions, fill your prescriptions in one pharmacy, so that they can be alerted to a potentially fatal drug interaction.

Shopping Online: Some websites are legit and can get your medication easier than going to the Pharmacy or offer lower costs due to overhead. However, some sites, especially those with “too good to be true!” pricing, may be selling you illegitimate drugs. Many claim the low cost is due to securing the medication in Countries like Europe and Canada, but the majority are selling you counterfeit medications made from questionable ingredients, some of which are not safe for human consumption.

Splitting the Pills: Often, you may be able to save money if you fill a prescription for pills that are double the dosage, but you can cut in half with a pill cutter/splitter.

Considering Generics: If your drug is newer and doesn’t have a generic equivalent, consider asking your Doctor about another generic in the same “class” Drugs within a “class” typically achieve similar results for most people.

KEEP TRACK

The average American Adult takes about four medications and 16% of adult Americans take seven or more prescription drugs. With confusing names, many different doses, multiple generic and brand versions, and different strengths it is IMPORTANT to keep a list of your medications. While your Primary Care Physician should keep a list of the medications you take, it is your responsible to inform them of any new drugs you may have been prescribed. Having an updated list with you is also helpful in case of Emergencies so that hospital staff know exactly what you are on. Many drugs have interactions with other’s, some are even life threatening. Keeping track is something easy you can do that can essentially keep you healthy and safe.

