



# Are You Paying Too Much for Your Prescriptions?

## What can you do to keep costs under control?

- Ask your doctor to review all your medications. You may be able to stop taking one or more of them.
- If your doctor prescribes a new medication, ask for samples so you can see how you react to the drug before paying for a prescription fill.
- If your medication comes in a tablet, ask your doctor about pill splitting. If you take 10 mg but the medication also comes in a 20 mg dose, you can split the 20 mg pills and get twice the medication for not much more than a 10 mg fill.
- Don't insist on a drug for all that ails you. Often, lifestyle changes can accomplish the same health improvements without the cost of a monthly prescription.
- Ask your pharmacist for the best price on your medication. Sometimes you'll pay less if you can pay cash; your pharmacy may also offer one or more discount programs.
- Shop around! Contact your advocate to help find discount coupons and information about relative prices in your area.

Contact DirectPath for Rx help today!

You are automatically enrolled through your medical benefits.

(866) 253-2273

advocate@directpathhealth.com



**MONDAY-FRIDAY:**

7:00am - 8:00pm CT

**SATURDAY:**

8:00am - 1:00pm CT