

Make the Most of Your Prescription Drug Benefit!



Your prescription benefit gives you and your doctor many choices. Understanding your choices will help you and your doctor make the right decisions for you.

We want you to make the most of your benefit. Here are four easy ways!

Save Money with Generics!

If you want to save the most on your prescription drug costs, we encourage you to consider generic drugs. There are generics available to treat many conditions and many people find them to be a good choice. In fact, two out of every three prescriptions are now filled with generics.

Generic drugs are a safe, effective and affordable way to lower overall health care costs. Generic medicines must meet the same high Food and Drug Administration (FDA) standards as brand-name medicines. Best of all, the FDA says consumers who are able to replace all their brand-name medicines with generics can save up to 52 percent on their daily medication costs¹.

The chart below shows the top brand-name medicines Detyens employees use, along with their generic alternative medicines. If you are taking one of the brand-name medicines in the left hand column, consider the generics in the right-hand column. These generic alternatives can be used to treat the same conditions as the brand-name medications. And, they have been proven to be safe and effective medication therapies.

Brand-Name Medicines	Used To Treat	Talk to Your Doctor About These Generic Alternatives
Crestor, Lipitor	High Cholesterol	<ul style="list-style-type: none">• Simvastatin (generic Zocor)• Pravastatin (generic Pravachol)
Aciphex, Nexium	Acid Reflux / Heartburn	<ul style="list-style-type: none">• Omeprazole (generic Prilosec)• lansoprazole (generic Prevacid)
Lexapro	Depression	<ul style="list-style-type: none">• Citalopram (generic Celexa)• Fluoxetine (generic Prozac)• Paroxetine (generic Paxil)• Sertraline (generic Zoloft)

Use Preferred Brand Drugs!

If a generic isn't available, ask your doctor about a preferred brand-name drug. Preferred brand drugs are selected by an independent panel of doctors and pharmacists based on their clinical value and cost-effectiveness. Since there may be more than one drug to treat your medical condition, we encourage you to use generic and preferred brand-name drugs whenever possible to help manage your prescription costs.

Use Mail Service!

Your time is valuable. With the mail service program, you can get your prescriptions delivered to your home or office in plain, tamper-evident packaging. When you order by mail, you can also get up to a 90-day supply of medication - with no claim forms to file and no waiting for reimbursement! You'll receive the right drug, in the right amount, at the right cost.

Using the mail order pharmacy is simple! To get started, call the mail order pharmacy toll-free at 1-866-465-2496. You'll need your member ID number (on your prescription drug card), the name of your drug, your doctor's name and phone number, your shipping address and a valid credit card. That's it! The representative will contact your doctor and take care of the rest for you.

Or, give your doctor's office the toll-free physician number, 1-800-378-5697, and let your doctor call in your prescription for you. For faster processing, be sure to give your doctor your member ID number, your mailing address and your phone number. Once your doctor calls in your prescription, the mail order pharmacy will contact you to get your payment information. You can also get a 90-day prescription from your doctor, with up to two refills (if appropriate), fill out a mail service order form and mail it in with your prescription and payment. You should receive your medication within 14 days from the date you mail your prescription or from the time you place your order. Many prescriptions are shipped much faster than 14 days, but you should always allow sufficient mailing time.

NOTE: State law and regulations may limit the days supply dispensed for some drugs known as "controlled substances". If you're using a controlled substance on a regular basis, talk to the mail order pharmacy about the best way for you to use your Plan benefits.

Requesting Refills Is Easy and Convenient!

You can order refills 24 hours a day, seven days a week - whenever it's convenient for you. Just go to www2.caremark.com/thomascooper. Once you enter your login information, you can request your refill(s). You can also sign up to receive reminders by email whenever future refills are available. You can also order refills by phone, 24 hours a day, seven days a week by calling toll-free 1-888-963-7290. Or, you can order refills or request them by mail by returning the refill order form you'll receive with your prescriptions.

Always Show Your Prescription Drug Card!

Your prescription drug card makes it easy for you to receive your prescriptions. At network pharmacies, the pharmacist uses a computer to check your eligibility for benefits, determine the special discounted amount to charge for your prescriptions and to determine the amounts that you should pay. If you don't present your card or you don't use a network pharmacy, you will have to file a claim. You also may not be reimbursed for the full amount you pay the pharmacy.

What if my pharmacy's charge is less than my copayment?

You should still show your card. When you use your card, you always pay the lowest amount - the pharmacy's charge, the discounted cost of your drug or your copayment, whichever is less. And in some instances, the discounted cost may actually be less than the pharmacy's charge, meaning more savings for you!

Do I need to show my card if my prescription is free?

Yes. Here's why. When you use your card, the computer will alert your pharmacist if the prescription drug you are getting is dangerous when used with any other prescription drugs you have had filled under your benefit at any pharmacy. Your pharmacist can then talk with you and your doctor to make any necessary changes to your prescription. If you don't show your card, your pharmacist may not know about drugs you have received from other pharmacies.

Start saving today by asking your doctor if generics are right for you!