



## FIVE Prescription Cost Saving Tips

The Ascend to Wholeness plans offer great prescription drug coverage through Express Scripts. However, copays can still add up for those who are on multiple maintenance drugs. Here are FIVE simple cost-saving tips to help you keep your medication costs down:

1. **Ask the Doctor for a Generic:** Always ask your doctor if there are other drug options that are “generic” when you are prescribed a brand name drug.
2. **Sign Up for Copay Assistance:** Many brand name drug manufacturers offer copay assistance programs to help patients with their copayments. Copay program information can be located on the manufacturer website. Majority of these programs are available to everyone except for those who have government sponsored coverage (ex. Medicare, Medicaid, etc). If you choose to use a copay card, let your pharmacy know **before** you go to pick up your medication.
3. **Get 90-Day Supply:** You can save money by getting your chronic or long-term medications in a 90-day supply instead of 30-day supply. Long-term medications are covered with 90-day supply through any local Walgreens or Express Scripts mail order service. A 90-day supply only costs twice as much as a 30-day supply, so you get one month for free!
4. **Apply for Pre-certification:** Sometimes your doctor may prescribe a drug that is not covered by Express Scripts and there are no other suitable covered options. You can ask your doctor to submit a pre-certification request to Express Scripts to ask for an exception.
5. **Check for a Cash Discount:** Occasionally, you may be prescribed something that is not a covered benefit. For example, over-the-counter medications and non-FDA approved medications are generally not covered. There are several cash discount programs available (such as GoodRx). Some pharmacies also have their own prescription discount programs. A grocery store pharmacy or independent pharmacy in your neighborhood may have a better cash price than the national chain pharmacies.