

# Health And Well-Being

## Cost-Effective Tips For Managing Diabetes

(NAPSA)—If you or anyone you care for is ever among the one in 10 Americans living with diabetes, it's important to recognize that managing this disease can seem both overwhelming and expensive—but it doesn't have to be.

### The Problem

People with diabetes spend two and a half times on health care than the average consumer does and approximately \$350 annually on over-the-counter health products.

### Some Solutions

Whether you're newly diagnosed or have been managing diabetes for years, there are a number of cost-effective steps that can help you manage treatment while living a healthy life:

#### •Buy generic and in bulk.

Generic medications are just as safe and effective as brand-name medications but generally lower in price. Pharmacists can recommend generic alternatives that will help maintain the effectiveness of an individual's regimen while saving them money, as well as more cost-effective prescription programs such as a 90-day supply prescription plan.

•**Enroll in savings programs.** Savings programs, such as the CVS/pharmacy ExtraCare Advantage for Diabetes program, offer great opportunities for people living with diabetes. Free to ExtraCare cardholders, it provides an additional layer of savings and benefits. Members who sign up for the program get a \$5 offer on diabetes-related products and Double ExtraBucks Rewards on more than 100 products throughout the year. Shoppers can



**Living with diabetes can be expensive but there are steps you can take that will help you save.**

have more than \$130 in savings on [CVS.com/diabetes](http://CVS.com/diabetes), as well as exclusive, members-only tips, recipes and savings every month in an e newsletter.

•**Be proactive.** People living with diabetes should be active participants in their own health care, and shouldn't be afraid to ask questions. Health experts, such as pharmacists, can offer advice for effectively managing this chronic condition. Pharmacists can also be a great resource in recommending less-expensive alternatives for medications and medical equipment, in addition to offering assistance with finding healthy diet alternatives. Be proactive and ask your pharmacist any questions you have about managing diabetes and saving money. Also, take advantage of free diabetes screening programs, such as CVS/pharmacy's Project Health program.

•**Learn more.** You can find further facts and tips at [www.cvs.com/diabetes](http://www.cvs.com/diabetes).