

# Looking For Ways To Save Money? Try Your Medicine Cabinet

(NAPSA)—You probably open your medicine cabinet every day. But have you stopped to consider how much money you have spent on your prescriptions? Many people spend thousands of dollars a year on prescription medicine, and some even spend hundreds of dollars a month. Then there are those who simply can't afford the medicines they need.

"People who struggle to pay for their prescription medicines too often skip doses or cut their pills in half," said Dr. Denman Scott, program director for Volunteers in Health Care and Professor of Medicine at Brown University. "It's important to make sure you have the medicines you need—and that you follow your doctor's instructions for taking them. The good news is that there are several ways to save money."

If you or someone you know struggles to pay for prescription medicines, a little homework can help reduce the cost of that medicine cabinet.

**Ask your doctor about generic medicines.** Generic medicines have the same active ingredients and work the same way as brand-name medicines, yet they most often cost less than their brand-name counterparts. Generics are FDA-approved, and more than half of all prescriptions written by doctors in the U.S. are filled with generic medicines.

**Look into programs that offer free or discounted medicines.** Many private companies offer free or low-cost medications to patients who otherwise could not afford them. Ask your doctor or local health clinic to help identify programs for which you qualify, or visit [www.rxassist.org](http://www.rxassist.org) or [www.needymeds.com](http://www.needymeds.com).

For example, Rx Outreach is a mail order program that offers more than 50 generic medicines for only \$18 for a three-month (90-day) supply or \$30 for a six-month (180-day) supply, and



includes medicines for chronic conditions such as asthma, heart disease, diabetes, breast cancer, and depression. The only qualification is annual household income. For example, a single person making less than \$23,275 or a family of four making less than \$47,125 will qualify for Rx Outreach.

**Consider public resources.** Most states have Medicaid and other drug assistance programs for seniors, disabled or low-income individuals, and there are federal programs for military personnel or veterans. Also check out local programs or health clinics.

**Shop around.** Not all pharmacies charge the same amount for prescription medicines. Don't be afraid to shop around for the best price, just like you would with any major purchase—especially since some common medicines can cost hundreds or thousands of dollars per year.

For more information about programs to help you or someone you know afford prescription medicines, visit [www.rxassist.org](http://www.rxassist.org) or [www.needymeds.com](http://www.needymeds.com). For information about Rx Outreach—a safe, affordable, and easy way to get generic medicines, visit [www.rxoutreach.com](http://www.rxoutreach.com) or call toll-free 1-800-769-3880.