

Health Bulletin



Spending Less On Your Drug Co-Pay

(NAPSA)—A healthy improvement in how you pay for prescription drugs may be on the way. Steadily rising co-pays have prompted many to take a more active role in finding less expensive alternatives.

Getting Expensive

According to an annual survey of employer health benefits by the Kaiser Family Foundation, the average co-payment amounts in health insurance plans have risen 85 percent for preferred drugs, from \$13 to \$24.

For nonpreferred drugs, the average co-payment rose 124 percent, from \$17 to \$38.

Frustrated over the cost of branded prescription co-pays, some people don't fill their prescriptions—which can be dangerous.

Saving Money

Fortunately, there are ways to manage your prescription dollars:

1) Inform your doctor about your prescription coverage, including your co-pay costs.

2) If he or she writes you a new prescription, request available samples for use during the first month of trial.

3) Ask if there are generic alternatives that may be appropriate.

4) Ask for a 90 day prescription for chronic medications you take monthly and/or use mail order pharmacies. You may only have to pay for two months of co-pay costs.

5) If prescribed a branded drug, look for prescription coupon savings, free trials and other patient support programs on Web sites such as www.optimizerx.com.



Saving money on prescription medications may be easier than many people realize.

This prescription savings site was founded by a group of physicians and health care veterans dedicated to improving affordable access to health care products and services.

Getting A Great Deal

Through the site, the company has already helped tens of thousands of patients better afford and maintain their branded prescription medicines through central access to available prescription coupons, rebates, free trials and other educational support.

The site has a growing list of deals for about 180 prescription drugs used to treat a range of medical problems, from allergies to sleep disorders.

No matter what, make sure you stay on your medicines. Don't be penny wise and pound foolish.

Learning More

For more information, visit www.optimizerx.com.