

Pharmacy

Healthy living (diet, exercise, and lifestyle) is recommended for optimal health and can prevent some illnesses, but sometimes you may find yourself in need of visiting the doctor on occasion. Often these visits will result in the provider issuing one or more prescriptions. Because both acute (short-term) or chronic (long-term) health conditions may require a variety of therapies, resulting in costly medications, there may be a need to find prescription services at local pharmacies at the lowest possible price. Regardless of you have work-sponsored insurance for prescription benefits, or no coverage at all, there are many ways to save on prescription medications.

In Utah, Medicaid members qualify for prescription coverage with either a zero or a low flat-rate copayment. This is determined by the Medicaid Plan they have. Utah Medicaid covers prescription drugs as a mandatory benefit for eligible individuals, including those enrolled in both adult and pediatric Medicaid programs. Coverage is typically provided for medications listed on the [Utah Medicaid Preferred Drug List \(PDL\)](#). Prior authorization may be required for non-preferred drugs.

The following is a list of approaches that can be used to reduce out-of-pocket costs for prescription drugs.

Ways to Save on Prescription Medications

- **Check with your pharmacist** (for a cheaper alternative; have them call the doctor to make the substitution)
- **Pay Cash** (generally negotiable at independent pharmacies, and may be cheaper than your insurance co-pay)
- **Buy in Bulk** (have your doctor write for 90-180-360-day supplies on your maintenance medications)
- **Ask the pharmacist** to review your medications for duplicates or supplements that could be eliminated.
- **Ask the pharmacist** if any of your prescriptions are being used to prevent side effects of other medications and then see if they can be discontinued.
- **Ask the pharmacist** if he/she matches prices from other pharmacies.
- Check into **Online Rx Savings Programs** (RXAssist, NeedyMeds)
- Obtain **Free Rx Savings Cards** (GoodRx, WellRX)
- Sign up for **Paid Rx Savings Programs** (Walmart, Amazon Prime)
- Consider **Generic Drugs** / less expensive alternatives

- Explore **Patient Assistance Programs** thru manufactures of expensive brand name drugs
- Know your **Prescription Drug Formulary** (what's covered and what's not covered on your plan)
- **Ask Your Doctor** if your medication is still necessary
- **Tell Your Doctor** if you cannot afford the prescribed drug
- Consider **Other Pharmacies** (smaller, independent pharmacies are more inclined to negotiate prices with you)
- Ask your doctor for **Samples**
- **Consider Using Effective Over-the-Counter (OTC) First**
- Take advantage of **AARP Rx Discounts through OptumRx**
- Consider getting fewer **Double Strength** doses and **Splitting Tablets** in half
- Use **Flexible Spending Account (FSA) or Health Savings Account (HSA) if you are employed/insured**
- Maintain a **Healthy Weight and Lifestyle** (may be able to reduce medications)
- **Check with your pharmacist** (again and again and again)

Regarding Maintenance (Long-Term) Medications

For those low-income people with long-term maintenance medication needs and no insurance, the Prescription Drug Patient Assistance Program (PDPAP) is provided through the Pharmaceutical Research and Manufacturers of America (<https://PhRMA.org>, phone 202-835-3400). A prescription from a medical doctor accompanied by a completed copy of the financial status form delivered directly to the manufacturer of the product may result in the receipt of a free supply of the medication. Check online with the manufacturer for details. Below are more details about PDPAPs.

Prescription Drug Patient Assistance Programs (PDPAPs) (Specific for Each Drug Manufacturer)

Prescription Drug Patient Assistance Programs (PDPAPs) are generally not advertised but are available by drug manufacturers to patients with qualifying income, those with no insurance, those diagnosed with a covered disease, those who have Medicare Part D and have met their out-of-pocket spend, those who have Medicare Part B with no secondary insurance coverage (applies only to certain medications). Although there are no guarantees of discounts, exceptions can always be requested by the patient. Discounts may apply to deductible, copay, or co-insurance, travel assistance, diagnostic testing assistance, free vaccines, or free medications and may require mail order delivery.

- AZ & Me (AstraZenica): 800-292-6363; www.azandmeapp.com
- Good Days (FDA): 877-968-7233; www.mygooddays.org

- GSK For You (GlaxoSmithKline); Oncology Products: 844-447-5662; Benlysta: 877-423-6597; Nucala: 844-468-2252; Other products: 866-728-4368; www.gskforyou.com
- Janssen CarePath (Janssen): 877-227-3728; www.janssencarepath.com
- Lilly Cares (Eli Lilly): 800-545-6962; www.lillycares.com
- Merck Helps (Merck): Hospital product replacement program: 888-727-9535; Other products: 800-727-5400; www.merckhelps.com
- Merck Vaccine Patient Assistance Program (Merck): 800-293-3881; www.merckhelps.com
- Patient Access Network: 866-316-7263; www.panfoundation.org
- Pfizer Rx Pathways (Pfizer): 866-706-2400; www.pfizerRxpathways.com
- The Assistance Fund: 855-845-3663; www.taufactures.org

Specific Web-Based Resources

(Prescription Discounts, Coupons, Price Comparisons)

Amazon Prime Rx

www.amazon.com/primerx

Medicare

Medicare.gov

800-MEDICAR

American Diabetes Association

www.diabetes.org

Medicine Assistance Tool

<https://www.phrma.org/resources/mat-one-pager>

571-350-8643

Asthma & Allergy Foundation of America

www.aafa.com

NeedyMeds

www.needymeds.org

800-503-6897

Benefits Checkup

www.benefitscheckup.org

Optum Perks

<https://perks.optum.com>

Blink Health

www.blinkhealth.com

844-265-6444

RxAssist

<http://www.rxassist.org>

Brand/Generic Discounts

<https://utahdrugcard.com>

Rx Hope

<http://www.rxhope.com>

FamilyWize

www.singlecare.com/familywize#fw

844-234-3057

GoodRx

www.goodrx.com

855-268-2822

HIV Medicine Association

www.hivma.org

Inside Rx

www.insiderx.com

RxSaver

<http://www.rxsaver.com>

WellCard Savings (Access One Consumer Health)

<https://wellcardsavings.com>

WellRx

<http://www.wellrx.com>