

# Steps to Stretch Your Rx dollars

**RegenceRx is helping members understand their options and plan ahead.**

**Here are some helpful tips you can use to make the most of your prescription dollars and benefits.**

## **Get Involved**

It's important for you to take an active roll in your health. Be sure to ask your doctor in-depth questions about your condition, take notes and research online—and be sure to ask why you need to take a certain medication. Your doctor is the best person to determine the medication that's right for you. But sometimes medications can be avoided by exercise, diet, or altering parts of your lifestyle.

## **Consider your treatment plan**

Here are some questions you might discuss with your doctor the next time you are prescribed a medication.

- What are the treatment goals of this medication? Treatment goals depend on the diagnosis. Be sure you clearly understand what the medication will do for you.
- What are the potential risks or side effects? Ask your doctor what the scientific evidence has to say about this medication and what to do if you experience any side effects.

## **Consider your treatment plan - continued**

- What are the costs associated with this medication and what are the alternatives? Many folks are surprised to discover that less costly generic medications are as safe and effective as the brand-name medications. Bring along your preferred medication list/formulary to look at alternative options with your doctor.

## **Ask your pharmacist**

With over 52,000 pharmacies in our network, finding one is easy. In addition to sharing important instructions for taking your medications, pharmacists often can provide excellent cost-saving tips. Ask your pharmacist for equally effective medications that might be available at a lower cost.

## **Access RegenceRx resources**

For additional Rx options, to discover the half-tablet program and to access other cost-saving tools, visit [www.regencerrx.com](http://www.regencerrx.com).

See reverse side for a list of less-costly alternatives.



## The Bottom Line

Ask your doctor in-depth questions and get involved in your healthcare. Your health and your wallet will thank you for it.

| Frequently Prescribed Medications  | Monthly Cost*              | Possible Alternatives<br>(Generic medications are listed in lower case. Brand name medications are designated with a ® symbol.)   | Monthly Cost* |
|--|----------------------------|---|---------------|
| Allergies (Hay Fever)<br>Clarinet®, Claritin®, Singulair®, Zyrtec®                 | \$61-94                    | <b>fluticasone</b> (Flonase®), <b>flunisolide</b> (Nasalide®), <b>loratadine</b> (Claritin®, Alavert®), <b>Nasacort</b> ®, <b>Nasonex</b> ®, <b>Rhinocort</b> ®<br>Nasal sprays are more effective and cost less than heavily advertised brand-name oral antihistamines. Several oral antihistamines are available generically  | \$16-73       |
| Asthma<br>Advair® - a combination of Flovent® and Serevent®                        | \$160                      | <b>Flovent</b> ®, <b>Pulmicort</b> ®, and <b>Qvar</b> ®<br>The above medications are considered the “corner stone” of asthma therapy by national treatment guidelines. Advair® is more expensive, contains additional medication that may not be necessary and may cause more side effects.   | \$45-93       |
| Attention-Deficit/Hyperactivity Disorder (ADHD)<br>Concerta®, Strattera®           | \$111-149                  | <b>dextroamphetamine</b> (Adderall®), <b>Metadate CD</b> ®, <b>methylphenidate</b> (Ritalin®)<br>Concerta® and Strattera® have not been shown to be more effective than generic medications for attention-deficit/hyperactivity disorder.   | \$26-93       |
| Blood Pressure<br>Altace®, Atacand®, Avapro®, Cozaar®, Diovan®, Norvasc®, Teveten® | \$52-64                    | <b>atenolol</b> (Tenormin®), <b>chlorthalidone</b> , <b>hydrochlorothiazide</b> (HCTZ), <b>lisinopril</b> (Prinivil®, Zestril®), <b>metoprolol</b> (Lopressor®)<br>Many generically available medications to lower blood pressure have been proven to make people live longer and healthier while costing less than newer agents.   | \$5-9         |
| Cholesterol<br>Lipitor®  | \$87                       | <b>simvastatin</b> (Zocor®), <b>pravastatin</b> (Pravachol®), <b>lovastatin</b> (Mevacor®), <b>Crestor</b> ®, <b>Vytorin</b> ®<br>All of these products lower LDL, or “bad” cholesterol and have similar adverse effects. Some simply cost less.  | \$33-79       |
| Depression<br>Cymbalta®, Lexapro®, Paxil CR®, Prozac Weekly®                       | \$77-123                   | <b>cialtopram</b> (Celexa®), <b>fluoxetine</b> (Prozac®), <b>paroxetine</b> (Paxil®), <b>sertraline</b> (Zoloft®)<br>Studies have shown that in many patients fluoxetine (Prozac®) is effective for depression.   | \$13-54       |
| Diabetes<br>Actos®, Avandia®, Byetta®, Symlin®, Januvia®                           | \$36-187                   | <b>glipizide</b> (Glucotrol®), <b>glyburide</b> (Micronase®, Diabeta®), <b>metformin</b> (Glucophage®)<br>Avandia® and Actos® have safety warnings for people with heart disease. Metformin has been shown to help people with type 2 diabetes lose weight and live longer. Actos® and Avandia® have not.   | \$7-29        |
| Heartburn/Stomach Acid<br>AcipHex®, Prilosec®, Protonix®, Nexium®, Zegerid®        | \$121-192                  | <b>famotidine</b> (Pepcid®), <b>omeprazole</b> (Prilosec®, Prilosec OTC™), <b>ranitidine</b> (Zantac®)<br>Patients with ulcers may need treatment for up to 8 to 12 weeks. In many cases, the medication can be stopped or switched to lower-cost therapy after symptoms improve.   | \$11-67       |
| Non-Steroidal Anti-Inflammatory Agents (NSAIDs)<br>Celebrex®                       | \$111-126                  | <b>diclofenac</b> (Voltaren®), <b>etodolac</b> (Lodine®), <b>ibuprofen</b> (Motrin®), <b>meloxicam</b> (Mobic®), <b>nabumetone</b> (Relafen®), <b>salsalate</b> (Disalcid®)<br>Celebrex® has not been determined to be safer than generic NSAIDs by the FDA. Generic NSAIDs are equally effective for pain and inflammation.  | \$6-39        |
| Pain – Nerve<br>Lyrica®  | \$126-600                  | <b>amitriptyline</b> (Elavil®), <b>gabapentin</b> (Neurontin®)<br>Studies have shown that amitriptyline may be equally effective for nerve pain and is available at a much lower cost.  | \$8-12        |
| Pain – Severe<br>Opana®, Opana ER®, Fentora®                                       | \$240-1113                 | <b>controlled-release morphine</b> (MS Contin®), <b>hydromorphone</b> (Dilaudid), <b>immediate-release oxycodone</b> (Roxicodone®), <b>methadone</b> (Dolophine®)<br>Generically available products are equally effective and cause similar adverse effects but they cost much less.  | \$18-87       |
| Sleep<br>Ambien®, Ambien CR®, Lunesta®, Rozerem®, Sonata®                          | \$42-51<br>(14-day supply) | According to the FDA, “Sleep medicines should only be used for 1 or 2 days and generally no longer than 1 or 2 weeks.” Patients who need medication for more than 2 weeks should talk to their doctor about a possible underlying cause for the sleep difficulty. Exercise and good “sleep hygiene,” will reduce the need for sleep medicines. See <a href="http://www.aasmnet.org/Hygiene.htm">www.aasmnet.org/Hygiene.htm</a> | n/a           |

\* Approximate cost estimates based on a 30-day supply. Actual prices may vary depending on your pharmacy and the amount or strength of medication dispensed. All generics are available at the preferred copayment. Please check with your pharmacy for the actual cost you can expect to pay.