

# KPP *Klinical Update*

February 28<sup>th</sup>, 2012

## Saving Money

A 10 Step Guide to Saving Money on Prescriptions



Prescription medications can put a strain on your wallet. These 10 strategies can help to lower your bill while at the pharmacy counter.

- 1) When your doctor initiates a new drug regimen, ask him or her if there is a generic drug in the same class which will deliver the same results.
- 2) Remember that drug samples left by prescription manufacturers are usually only for expensive medicines. Expect to pay big bucks each subsequent month.
- 3) If your doctor has you on a prescription to which there is no generic equivalent, ask the office for samples and check out the manufacturer's website to see if coupons or co-pay assistance programs exist.
- 4) Ask your Kroger pharmacist to schedule a time when he or she can sit down with you and go over the medications you are currently taking. The pharmacist will be able to make suggestions regarding your medication therapy.
- 5) If you are taking a medication which is non-formulary, either go online ([www.kpp-rx.com](http://www.kpp-rx.com)) or call the customer service number on the back of your insurance card to find out what is. Then ask your doctor if the switch makes sense.
- 6) Ask your doctor or Kroger pharmacist about splitting pills. Some medications can't be split, but on those that can the \$2 pill splitter will generate a 50% reduction in cost per month.
- 7) Remember that older drugs may be just as good as new ones. Doctors, like everyone else, are prone to utilizing a product that is marketed as being new and improved, but sometimes the older medication might work just as well.
- 8) For the treatment of indigestion or allergies, ask your doctor or Kroger pharmacist about less expensive OTC preparations which have recently been reclassified from being available by prescription only. For example, Prilosec OTC is very similar to Nexium and Claritin or Zyrtec are very similar to Clarinex and Xyzal.
- 9) Pay little attention to "direct to consumer" medication commercials on television. These ads only highlight newer more expensive drugs. If you see a commercial that peaks your interest, ask your Kroger pharmacist if there are any other less expensive medications that work the same way or treat the same condition.
- 10) If you are taking a generic medication that isn't \$4/\$10, ask your doctor or Kroger pharmacist if there is a similar generic medication that is on the list.

### Kroger Prescription Plans

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Remember, YOU are your own best advocate!!

