

Managing Your Medications



Managing medications can be tricky - especially if you take multiple prescription drugs to treat different conditions.

To help keep you healthy:

- Take medications as directed by your doctor
- Be watchful of side effects and drug interactions
- Get refills on time

Tip: Request 90-day supplies for your long-term medications & at-home delivery

Your Pharmacist and Doctor Can Help!



Discuss common concerns with your pharmacist or doctor, such as:

- Overwhelmed by too many medications or doses per day
- Concerns about side effects or forgetfulness
- Feeling like your medication is not helping
- Cost Concerns
- Transportation
- Refill request delays

Tips for success:



Request 90-day supplies for your long-term medications & at-home delivery

- At-home delivery:
 - Emblem patients: Call **(877) 866-5828** (TTY 711) for Express Scripts Home Delivery Service
 - Empire patients: Call Carelon at **(833) 207-3117** or refer to back of insurance card



To save on costs:

- Request generic or combination drugs.



Follow medication schedules and doses

- Ask your pharmacist when to take each medication.
- Check if taken on an empty stomach or with food.



To help stick to your plan:

- Write down your schedule on a calendar or chart.
- Set a pill timer on your phone, watch or alarm clock.
- Use a daily pill organizer.



Manage medications safely:

- Take only your own prescriptions.
- Store safely in a cool, dry place.
- Ask your pharmacist before drinking alcohol, as medicine(s) may interact poorly.
- Always get your doctor's advice before stopping a medication.
- Throw away expired medications.



Review your medications annually with your doctor - including over-the-counter and supplements, along with any allergies you may have.

- To get the most out of this discussion, bring ALL your medicine bottles with you.