

Managing your medications



Expect more from your Medco specialist pharmacists

Call a specialist pharmacist for a private medication checkup.

Find out more about managing your drug therapy.

There's never a cost to you for advice from a specialist pharmacist.

Just call the toll-free number on your prescription drug ID card.

Ask the pharmacist . . .

- ✓ How can I help prevent my condition from getting worse in the future?
- ✓ If I feel fine, do I really need to take my medications?
- ✓ Do you have any tips on managing the side effects of my medications?
- ✓ Could we review what each medication does for me and how each one works?
- ✓ Do my medications work safely with my over-the-counter medications, vitamins, and diet?
- ✓ Are there any lower-cost treatment options that may be equally effective?

When you have an ongoing medical condition, you can see a medical specialist. Shouldn't your pharmacy offer this same kind of focused care? The Medco pharmacy now has specialist pharmacists who do just that. Our experienced pharmacists have specialized training in the medications for a single long-term condition, such as high cholesterol or asthma. They also have the expertise that comes from caring for people with a similar condition on a daily basis.

Other conditions that our specialist pharmacists focus on include high blood pressure, diabetes, cancer, reflux, depression, and arthritis.

More focus on your overall health

Medco screens all your prescription medication records on file for safety. If there is a potential problem, a specialist pharmacist looks at the medications prescribed by different doctors and filled at different pharmacies to see how these medications might affect each other and your overall health. The pharmacist can contact your doctor and, together, they can help you reach your health goals so you can feel better every day.

You can speak with a specialist pharmacist privately about your specific needs and concerns, including ways to fit your medications into your lifestyle. You can also learn how to prevent costly and uncomfortable complications in the future.

More availability—when you need to talk

Our pharmacists are available 24 hours a day, 7 days a week, for private counseling. So between your doctor appointments . . . or when you get a new prescription . . . or if you're just not feeling well, you'll always have someone to turn to.

More knowledge of your plan

Specialist pharmacists know how your prescription drug plan works, so they can talk to your doctor about equally effective treatment options that could save you money under your plan.

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More insights that could make a difference for you

The following quotes are examples of the kind of advice you can expect to hear from a specialist pharmacist:

“You’ve recently added a new medication. Sometimes a new medication is prescribed to treat side effects from another medication. If that’s the case, changing your original medication may prevent the side effects, so the additional medication may not be needed.”

“If you are on migraine therapy, there is a preventive medication that could help you take lower doses of your acute migraine medication, which is very expensive. With the preventive medication, there is less chance of rebound headaches—headaches caused by taking too much acute medication or by taking it too often.”

“Is staying on your heart medicine important? Consider this: Lowering your blood pressure with medication can help reduce your risk of heart attack by up to one-quarter, stroke by more than one-third, and heart failure by over one-half!”

To learn more ...

To watch a video featuring people who have received help from a specialist pharmacist, visit www.medcospecialists.com. You’ll meet some of our specialist pharmacists, too.

You can also visit the *Health & wellness* section of medco.com® for information about your condition—including recent developments.