

Get the Facts

Medication help

It can be confusing when you receive a new prescription medication — especially if you aren't sure about your doctor's instructions. **How does the drug work? Do you take it with — or without — food? What's it going to cost?** You can always call Health Advocate, a benefit paid by your employer or plan sponsor. We can help you make sense of your medications and what to ask your doctor, so you can use your drugs safely and properly.



We can sort it out

Your Personal Health Advocate, typically a registered nurse supported by medical directors and benefits and claims specialists, can help you get a better understanding of your medications in the following ways:

Answer general questions

What's the drug supposed to do? We'll explain how it typically works for your condition.

Are there side effects? We'll go over potential side effects, what to do if you have a reaction, and how it mixes with your other medications — including non-prescription drugs and nutritional supplements.

How do I take it? We'll discuss the proper timing of doses and whether you should — or shouldn't — take them with food.

What if I forget a dose? We'll tell you about the general recommendations for missing a dose and also give you tried-and-true medication reminder tips.

What should I ask my doctor? We'll help you make a list and even schedule a longer appointment so your doctor can go over all your medications, one by one.

Offer tips to save on out-of-pocket costs

Explain your health plan coverage. Also, we may be able to help locate lower-cost sources for prescription drugs that aren't covered by your plan.

Tell you about generics. Switching to generics could mean big savings! We'll talk to you about your current medications and whether your doctor could substitute a generic equivalent.

Set you up with mail order prescriptions. If offered by your health plan, we'll help you weigh the benefits of using a mail order program and get you signed up. You could save big on your co-pays, plus the medication is delivered right to your door!

Remember... Your Personal Health Advocate can help you with your questions about medications as well as help with a variety of additional healthcare and insurance-related issues. Eligible employees, their spouses, dependent children, parents and parents-in-law can all use the benefit. Just call or email answers@HealthAdvocate.com.

HealthAdvocate™
Always at your side