

Fact: It's what's inside that counts.



Consider **generic**
prescriptions.



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Paying less for the drugs you need helps make health care more affordable for everyone.

- Discuss prescription medications with your doctor. Ask if a generic or over-the-counter medication is appropriate for your condition.
- Tell your doctor about any allergic reactions or side effects you've had with medications.
- Ask your doctor if you really need a particular prescription, or whether an alternative diet or exercise plan could provide the same results.
- Request samples when trying a new medication. You'll waste money if you can't tolerate a new medication and must stop taking it after only a few doses.
- Periodically ask your doctor to review the medications you take to determine which ones may no longer be necessary.
- Don't overuse antibiotics. They don't work on viral infections.
- Have one pharmacy fill all your prescriptions. This will keep your drug profile updated, and your pharmacist can track drug interactions.
- Follow all the directions your doctor and pharmacist give you for taking your medication.