



Making the most of your pharmacy benefits

Prescription drug coverage is one of the most widely used benefits of any health plan.

With prescription drug costs on the rise and more than half of all Americans taking at least one prescription medication, it's become increasingly important to use pharmacy benefits wisely. Providence can help! By providing you with the right tools and information, we can help you maximize your benefits and save money.

Knowledge is power

When you understand your benefits, you'll know what questions to ask about your care and treatment options. You'll learn where and how to use your benefits in the most cost-effective and appropriate ways. Providence provides a wealth of pharmacy resources online to help you do just that. Your Providence resources include:

- A complete view of your covered benefits
- Facts about generic medications
- Answers to frequently asked questions
- Providence formulary - a list of FDA-approved prescription drugs developed by physicians and pharmacists, designed to offer drug treatment choices for covered medical conditions. The Providence Health Plan formulary includes both brand-name and generic medications.
- Helpful articles

Use a participating pharmacy

Filling your prescriptions at one of our participating pharmacies nationwide is not only convenient, it can provide a significant cost savings. To locate a pharmacy near you, use our online provider directory, ProvidenceHealthPlan.com.

Show your card

Presenting your Providence Health Plan member ID card when filling a prescription at a participating pharmacy ensures Providence is billed for your medications. You are only responsible for your share of the cost.

Ask about generics

If you're looking for the best value in prescription drugs, generic medications are the way to go. They cost less than brand-name drugs, and those savings are passed directly on to you.

Generic medications are widely available, safe to use and just as effective as brand-name drugs. The Food and Drug Administration (FDA) requires rigorous testing of both generic and brand-name medications to ensure both are safe and effective.

Brand-name drugs cost more for two reasons:

- 1) Research and Development – it costs a lot of money to conduct clinical trials to bring drugs to market.
- 2) Advertising – drug companies spend money to advertise new drugs to the public. Generic manufacturers do not have to spend money on clinical trials or advertising so they can keep their prices much lower than the brand-name counterparts.



Additional alternatives

If no generic medication is available for your brand-name drug, ask your doctor if a comparable generic drug is available. You may be surprised at your cost savings. For example, the costs of several brand-name medications are contrasted to alternative generic medications in the table below.

Condition	Brand-name drugs	Alternative drugs	Save up to*
Diabetes	Invokana®, Januvia®	Metformin, glipizide, pioglitazone	\$335
Heart Disease	Bystolic®	metoprolol, atenolol	\$100
Heartburn	Dexilant®	omeprazole, lansoprazole, pantoprazole	\$200

*Cost savings estimate is based on an average price per prescription, per month. Actual cost savings may vary.

Save a trip and a buck!

Some medications taken on a regular basis are considered maintenance medications. If you take a maintenance medication, you can purchase up to a 90-day supply of that medication at a time through a preferred retail or a mail-order pharmacy. This will reduce the number of times you have to go to the pharmacy and may help you take your medications as directed without running out. In addition, getting 90-day supplies may actually save you money due to better drug pricing! Talk to your pharmacist about switching to 90-day supplies.

Preferred pharmacies (including, but not limited to)	Mail-order pharmacies
Albertsons/Sav-on	Postal Prescription Services
Bi-mart	Walgreens Mail Service Pharmacy
Costco	
Fred Meyer/Kroger/QFC	
Safeway	
Walgreens	
All Providence Pharmacy locations	

For a complete list of pharmacies servicing our 90-day supply program as well as for information on how to initiate your mail-order prescription drug service, visit us online at ProvidenceHealthPlan.com/pharmacy. Our complete directory of all participating pharmacies is located at ProvidenceHealthPlan.com/providerdirectory.

Please note: Some benefit options do not include prescription drug coverage. Please refer to your member materials for details.