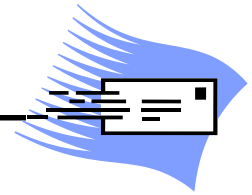




# ManateeChoice Health Plan

## Fast Facts



**FAST FACTS** is published by the Manatee Health Network (MHN) to provide Members with the opportunity to better understand medical conditions, various treatment options, and the impact of these options on member costs. **FAST FACTS** should be used in addition to the advice of your physicians, pharmacists, & other healthcare professionals.

### IMPORTANT INFORMATION

#### Keeping You Heart Healthy and Lowering Cholesterol Cost

Statins are among the most commonly prescribed medications for lowering cholesterol. They work by blocking a substance your body needs to make cholesterol and they prevent further damage to your blood vessels. Choices of statins include:

Atorvastatin (Lipitor)	*Simvastatin (Zocor)
Rosuvastatin (Crestor)	*Pravastatin (Pravachol)
	*Lovastatin (Mevacor)

\*Denotes generic available

#### Ways to Save

If you are currently using a brand prescription medication, such as Lipitor or Crestor, you may be able to save money by switching to a generic prescription medication.

- Generic medications are **\$0 copay** for Manatee members at MHN Preferred Network Pharmacies! Members also save on brand name prescription drugs when they fill them at MHN Preferred Network Pharmacies. The MHN Preferred Network includes all Sweetbay Pharmacies throughout Florida, as well as Foster Drugs and Pelots Pharmacy.
- If you and your doctor decide that one of these generic prescription medications is right for you, you can save \$25 or more each month, totaling **\$300 or more per year in savings!**
- Check out the following chart to see your potential savings:

	MHN Preferred Pharmacy (Costs per Month)	Non-Preferred Pharmacy (Costs per Month)
Cost of Brand Crestor	20% of the drug cost (Approximately \$25)	25% of the drug cost (Approximately \$30)
Cost of Brand Lipitor	40% of the drug cost (Approximately \$50)	50% of the drug cost (Approximately \$62)
Cost of Generic Simvastatin, Pravastatin or Lovastatin	\$0 No cost to member	\$5
If you use Crestor instead of a generic "statin", it will cost you an extra...	\$300 (\$25 x 12 months) <u>-\$0 (\$0 x 12 months)</u> <b>=\$300 per year</b>	\$360 (\$30 x 12 months) <u>-\$60 (\$5 x 12 months)</u> <b>=\$300 per year</b>
If you use Lipitor instead of a generic "statin", it will cost you an extra...	\$600 (\$50 x 12 months) <u>-\$0 (\$0 x 12 months)</u> <b>=\$600 per year</b>	\$744 (62 x 12 months) <u>-\$60 (\$5 x 12 months)</u> <b>=\$684 per year</b>

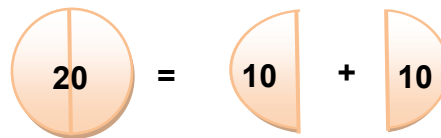
## Cutting Medication Costs in Half

One way to save on the cost of cholesterol medications is by cutting your pills in half. Certain cholesterol medications, including Lipitor and Crestor, can be split in half. Splitting these medications in half can save you 50% each month, potentially hundreds of dollars each year!

### Ideal Cholesterol Levels:

Total cholesterol	200 or lower
LDL (aka "bad") cholesterol	100 or lower
HDL (aka "good") cholesterol	40 or higher
Triglycerides	150 or lower

For example, a person taking Crestor 10mg currently pays \$22 copay at an MHN Preferred Pharmacy for a 30 day supply. However, if the doctor decides that pill splitting is right for you, you could get twice the medication for the same price. That's because 30 tablets of Crestor 10mg and 30 tablets of Crestor 20mg cost you the exact same copay at MHN Preferred Pharmacies. By taking a half of a Crestor 20 mg tablet, which is 10 mg, and end up having 60 days' worth of medication for the price of 30. It's kind of like getting paid to cut pills in half!



All you need to do is:

1. Ask your doctor to write your prescription for 30 pills of Crestor 20mg instead of Crestor 10mg
2. Take your prescription to an MHN Preferred Pharmacy (Sweetbay, Pelot's Pharmacy, or Foster Drugs) and pay \$22 copay
3. Obtain a FREE tablet splitter from your pharmacy advocate or buy one for under \$5.
4. Cut your tablet in half and take a half tablet each day.

To learn more and to get your FREE tablet splitter,  
call Chris Williams, your pharmacy advocate, at 748 4501 ext 6406.

Only your doctor can decide which medication is right for you. If you and your doctor decide to try a different medication, your doctor just needs to write (or call-in) a prescription for one of these products.

#### Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions-only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult you physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

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