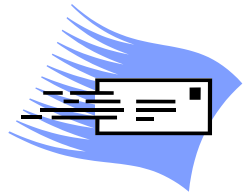




ManateeChoice Health Plan

Fast Facts



For more information, contact your Pharmacy Advocate, Dr. Chris Williams
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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

Treating Acne at Any Age

40 to 50 million Americans are affected by some form of acne, and not all of these people are teenagers. Acne can range from mild to severe, and different types of treatments can be used depending on the severity of the condition. Most mild forms of acne, including whiteheads, blackheads, and pimples can be treated with over the counter (OTC) products. If these products don't work, or if you have moderate to severe acne, your doctor may recommend a prescription acne medication. The chart below lists some of the different acne treatment products and their uses.

Over the Counter (OTC) Products		
How it Works	Main Ingredients	Examples of Brand Products
Kills the bacteria responsible for acne breakouts. Helps unclog pores and reduce inflammation of the skin.	Benzoyl Peroxide	Proactiv
		Clean & Clear Persa-Gel
		ZapZyt Maximum Strength Benzoyl Peroxide
Sulfur removes dead skin cells that clog pores and helps remove excess oil.	Sulfur	Acne Free Therapeutic Sulfur Mask
		Queen Helene Mint Julep Mask
Helps the skin to shed dead skin cells more effectively and helps reduce the number of pore blockages, preventing breakouts. Works well for blackheads and whiteheads.	Salicylic Acid	Stridex Naturally Clear Acne Pads
		Clean & Clear Advantage Acne Control Moisture
		Neutrogena Oil-Free Acne Wash
Help to remove dead skin cells and reduce inflammation. Also stimulate growth of new skin, which helps reduce look of acne scars	Alpha hydroxy acids (glycolic acid & lactic acid)	Alpha Hydrox Foaming Face Wash
		Kiss My Face Peaches & Creme Moisturizer with 8% Alpha Hydroxy Acids
Prescription Products		
Works beneath the skin to exfoliate keep pore blockages from forming. Also reduces oil and helps reduce the appearance of the dark spots that some pimples leave behind.	Topical Retinoids	Differin Cream or Gel (Adapalene)
		Retin-A (Tretinoin)
		Tazorac (Tazarotene)
Works to inhibit bacteria growth, decrease inflammation, and decrease blocked pores.	Topical Antibiotic Combo	Benzamycin (benzoyl peroxide & erythromycin)
		BenzaClin (benzoyl peroxide and clindamycin)
		Ziana (tretinoin and clindamycin)
May be used for some women who experience acne breakouts, but typically not first treatment option.	Birth Control Pills	Various Varieties

Always read the label on OTC products. Many products contain the same active ingredient(s). Avoid products that contain alcohol and/or acetone because these ingredients can irritate the skin.

Ways to Save

- 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 a generic acne medication is right for you, you can save \$55 or more each month, totaling **\$660 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 Tazorac (30 grams)	40% of the drug cost (Approximately \$60)	50% of the drug cost (Approximately \$75)
Cost of Generic BenzaClin or Differin Gel/ Cream	\$0 No cost to member	15% of the drug cost (Approximately \$20)
Cost of Generic Retin-A	\$0 No cost to member	15% of the drug cost (Approximately \$10)
If you use Tazorac instead of generic BenzaClin or Differin it will cost you an extra...	\$720 (\$60 x 12 months) -\$0 (\$0 x 12 months) =\$720 per year	\$900 (\$75 x 12 months) -\$240 (\$20 x 12 months) =\$660 per year
If you use Tazorac instead of generic Retin-A it will cost you an extra...	\$720(\$60 x 12 months) -\$0 (\$0 x 12 months) =\$720 per year	\$900 (\$76 x 12 months) -\$120 (\$10 x 12 months) =\$780 per year

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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