

Telephone Directory

Customer Service

(941) 748-4501
ext 6415 and ext 6417

(941) 741-2960

Employee Health Benefits

(941) 748-4501 ext 6403

Member Advocacy

(941) 748-4501 ext 6407,
ext 6409, and ext 6411

Lifestyle Assistance and
Modification Program (LAMP)

(941)741-2995

Diabetes/Nutrition Program

(941) 748-4501 ext 6410

Communications Coordinator

(941)748-4501 ext 3967

Fitness/Exercise Programs

(941)748-4501 ext 3979

Pharmacy Advocate

(941) 748-4501 ext 6406

Prescription Solutions

(800) 797-9791

Precertification

(941) 741-2963

Visit us online at:

www.ManateeYourChoice.com

October is American Pharmacists Month



What does your pharmacist do for you?

Have you ever wondered what pharmacists do behind the counter? If you think pharmacists just count pills, then you'll want to read the rest of this piece.

Pharmacists are often referred to as "medication experts." An education focused on drug therapy lets pharmacists improve your health by monitoring your medications.

When you bring a new prescription to the pharmacy, your pharmacist makes sure the prescription is correct and safe. Many drugs interact, so it is important for the pharmacist to review your medications and make sure they are okay to take together. This is also important when taking over-the-counter (OTC) medications. You should talk with your pharmacist before you use OTC medications to avoid interactions. They can even help you choose the best OTC medication for your needs.

Pharmacists can also educate you on your medicine. They can let you know how long you will be on a medication and what to expect while taking a medication. It is also important to make sure you know how to take your medication. Pharmacists can teach you how to use medications such as inhalers or creams. They can also explain the best times and ways to take your medications.

Pharmacists do more than just count pills. Talk with your pharmacist today to learn more about your medications. They are trained and excited to talk with you to help improve your health.

Important tips for your next trip to the pharmacy

Your pharmacist is your neighborhood medication expert. He or she can help you understand the prescriptions your doctor gives you.

It is important to ensure you are taking your medications correctly because each year thousands of people go to the hospital, fail to get better, and waste money simply because they did not take their medications properly.

Below are some questions you may want to ask your pharmacist the next time you need to fill a prescription:

Important Questions to ask your pharmacist

- | | |
|---|---------------------------------|
| ✓ What is the name of my medication? | ✓ What does this medication do? |
| ✓ What if I forget to take my medication? | ✓ When should I take it? |
| ✓ Is it safe to take with my other medications? | ✓ How should I take it? |
| ✓ Are there common side effects? | ✓ How long should I take it? |



If you are a woman, it is also important to tell your pharmacist if you are pregnant or breastfeeding. Also, be sure to read all the printed information your pharmacist gives you.

If you have a hard time remembering all of your medications, you can visit www.scriptyourfuture.org to download a wallet card that helps you to keep track of your medication schedule and dose.



Rx for DUI?

Did you know that certain medications can make it dangerous for you to drive while taking them? In recognition of Drive Safely Week (October 3-7), ask your pharmacist if any of your medications can affect your driving.

You mean I can get this for free?

When was the last time you thought about your pharmacy? Here's a reminder of some of the benefits of getting your medications at Manatee's Preferred Network Pharmacies including Sweetbay, Pelot's, and Foster Drugs.

Free 30-day supply of generic prescription medications.
Preferred brand medications are \$10 or 20% of approved cost, and non-preferred brand medications are \$30 or 40% of the approved cost.

Free 30-day supply of select over-the-counter (OTC) medications including Alavert, Alavert-D, Axid, Claritin, Claritin-D, Pepcid, Prilosec, Tagamet, and Zantac. You must have a prescription from your doctor that states "OTC."

Getting all of your medications at the same pharmacy ensures that your pharmacist can check the appropriateness of your medications and make sure there are no harmful interactions among them.

Ready to switch to a Preferred Network Pharmacy? Call or visit the pharmacy where you want your prescriptions to be filled, give them the phone number and prescription numbers from your old pharmacy, and they will take care of the rest. For more information, click on "Pharmacy Benefits" at ManateeYourChoice.com.

New Generics!

Brand Name	Generic Name	Used for
Activella 0.5-0.1 mg	Estradiol & norethindrone acetate	Post-menopausal symptoms
Cortane B ear drops	Pramoxine-HC-chloroxylenol	Ear infections
Entocort EC	Budesonide capsule SR 24hr 3 mg	Crohn's disease
Levaquin	Levofloxacin	Antibiotic
Lybrel 90-20 mcg	Amethyst 90-20 mcg	Birth control
Myoxin ear drops	Benzocaine-chloroxylenol-HC	Ear infection and itching
Nasacort AQ	Triamcinolone acetonide	Allergy nasal spray
Treagan ear drops	Antipyrine-benzocaine-polycosanol	Ear infection and wax removal
Uroxatral	Alfuzosin HCl SR 24hr 10 mg	BPH

What's new with sunscreen

When we hear the word "sunscreen," most of us think about going to the beach, the pool, or a game. Most of us probably don't think about how sunscreens are regulated or whether we are using them properly. Here are some highlights about upcoming changes to look for in sunscreens and how to make sure you are using sunscreens to their maximum benefit.

New requirements for sunscreen

You'll start to see new information appear on sunscreen labels to help you choose the right one. Until now, rules for sunscreens have focused on UVB rays that cause sunburn but did not include UVA rays that can lead to skin cancer and premature aging. The new labels will help you know if a sunscreen provides both UVA and UVB protection if it says "Broad Spectrum" on the label.

Meaning of SPF

A sun protection factor (SPF) indicates how well a sunscreen will protect you from sunburn. SPF is determined by comparing the amount of UVB radiation it takes to cause sunburn when using the sunscreen versus not using sunscreen at all. The higher the SPF, the better protection from sunburn.

Tips for buying and using sunscreens

Choose a sunscreen with an SPF of at least 15. (When picking a sunscreen for a baby or child, check with a pediatrician for a recommended SPF.) Look for "Broad Spectrum" on the label. Apply sunscreen 30 minutes before going outside, and reapply every two hours or more often if you are sweating or swimming. Water resistant sunscreens still need to be reapplied regularly - check the label for exactly how often you should reapply. Remember: No sunscreen is truly "waterproof."



Manatee County Government's Center for Health & Lifestyle Management * www.ManateeYourChoice.com

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 your 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.

Prescription Benefit Manager:
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