

Northwest Pharmacy Services presents



Easy Ways To Save On Rx Costs

Consider choosing an over-the-counter medication



Today, there are many over-the-counter (OTC) drugs available that effectively treat medical conditions. Many are similar to, or the same as prescription versions.

Examples include many

'non-sedating' antihistamines such as generic loratadine or brand names such as: Claritin, Alavert, or Zyrtec.

For pain, products such as ibuprofen (Motrin, Advil) or naproxen (Aleve) often work just as well as their Rx-only counterparts. For stomach disorders, Prilosec OTC is may be a substitute for Rx versions: Protonix, Prilosec, or Prevacid. Your local pharmacist is a good source of advice.

Ask about Generic products



Generic drugs are the common names for branded Rx drugs. After a manufacturer's patent ends, companies produce generic versions and offer them at a much lower cost - often lower by 650% or more!

Generic drugs approved by the FDA are the same as their brand name counterparts in terms of strength, purity, and quality. And, they are considerably less expensive. That saves you and your health plan money!

When you visit your doctor, ask if a generic drug would work just as well for you. If you are refilling a prescription, ask the pharmacist. Often, he or she can call your doctor to get the necessary permission.

Consider lifestyle changes



Often, diet and exercise work just as well to keep you healthy, and can result in milder versions or lower dosages of medications you may need. Ask your health professional about lifestyle changes you can make for your particular condition. Be sure to monitor

your health condition and report back to your health professional at periodic intervals.

It's okay to shop around for a pharmacy, but settle on one

Today, most patients with an Rx drug plan have pre-established price levels for Rx drugs. Each pharmacy will charge you the same amount for prescriptions covered by your health plan, even the 'big box' retailers.



For that reason, we recommend you select a pharmacy where you can the professional counseling service you need, and

where you can get to know the pharmacist. Your pharmacist can be a great source of advice and are glad to help... you just need to ask

Once you select a pharmacy, it is in your best interest to stick with one pharmacy. That way, they have all our prescription records available, and can properly monitor for drug interactions and other potential problems.