



For employees and covered dependents insured through: Blue Care Elect Preferred PPO, Network Blue HMO, Master Health Plus, Harvard Pilgrim HMO and Harvard Pilgrim PPO health plans.

What is the *myMedicationAdvisor*[®] Program?

The *myMedicationAdvisor* Program is a web-based program that provides educational information and guidance about safe and appropriate use of medication, and also provides methods to reduce the cost of prescription maintenance medications (medications you use regularly) for both consumers and employers. It is provided to you free of charge by your employer, as part of your benefits package through the Cape Cod Municipal Health Group. It is important for you to know that all medical information entered in *myMedicationAdvisor* is private and will not be shared with your employer under any circumstances.

The *myMedicationAdvisor* Program uses both a secure internet site and telephone support to provide an integrated program to educate, motivate, and reward you and family members who are covered by your health plan in using your medications safely and wisely, and purchasing your prescription medications cost-effectively. You do not need to use a computer to participate in the *myMedicationAdvisor* Program.

How might I benefit from using the *myMedicationAdvisor* Program?

- ✓ By knowing more about medications, you can be a more confident and effective health care consumer.
- ✓ Safer, better informed use of medications can improve your family's health and prevent some health problems.
- ✓ You can save money on some of your prescriptions for cost-effective prescription buying.

What does it have, and what does it do?

The *myMedicationAdvisor* web site has information about medication use and safety, including *Safe Practices*, a *Dictionary* of medication and insurance terms, a *Drug Look-Up* feature for detailed information about specific medications, and an *In the News* section for current updates.

Why should You be concerned about medication safety?

- ❖ Nearly 50% of prescription medications are not used as directed.
- ❖ 1 out of every 4 people taking medications has an adverse drug event, ranging from minor reactions to injuries that can result in hospitalization.
- ❖ 51% could be prevented or remedied through better communication between the patient and the physician or pharmacist.

Why should You be concerned about medication costs?

- ❖ Pharmacy cost is the most rapidly rising component of health care costs, with annual increases of 9-23%.
- ❖ These costs are passed on to consumers as higher health insurance premiums.
- ❖ Employers may also be forced to further shift these costs to consumers by requiring higher co-pays for medications.
- ❖ When out-of-pocket costs for medications increase, this can have unintended effects such as people deciding not to obtain some or all of their prescriptions, which can threaten their health and well-being.



Ask-a-Pharmacist

Using either our secure web site or the telephone, you can ask confidential medication-related questions or request a full review of your medications, and receive a prompt, personal response from a licensed pharmacist. Caretakers can also ask questions about medications used by others, such as elderly relatives.

Medication Record

You can create, save, update, and print a full diary of all your medications, including over-the-counter medications, herbal remedies, and any medication allergies, to share with your health care providers. Using Medication Records helps to prevent medication errors. Medication Records can be used to help you manage medications for your children or elderly relatives. You can submit your Medication Records to the **myMedicationAdvisor** pharmacist for review and feedback about safety, effectiveness, and potential cost savings.

Choosing the Best Medication

A helpful explanation of things to consider when you and your doctor are deciding what medications are the best choices for you, and suggestions for topics you might want to discuss with your doctors and pharmacist. Provides information you need to make informed consumer choices about the quality and value of your medications. Includes sections on *Medication Myths and Facts*, saving money with generic medications, and examples of these issues for various conditions such as hypertension (high blood pressure), high cholesterol, diabetes, asthma, stomach acid problems, and other medical conditions.

TLC (Therapeutic Lifestyle Change) Programs

Interactive web tools to help you get the most from your medications, or even reduce your need for some medications. These tools address cholesterol-lowering strategies for heart health, physical activity, healthy nutrition, quitting smoking, and weight management.

HealthTalk

Helpful tips and information and a list of questions for talking about medications with your doctor or pharmacist.

Savings and Rewards

New opportunities for you to save money on selected prescriptions for maintenance (regularly used) medications, through waived co-pays for medications purchased from Canada, England, Australia, and New Zealand. The Alternate Savings Program also offers a \$0 co-pay option for using generics instead of selected brand medications.

What if I have other questions?

Many of your questions may be answered on the **myMedicationAdvisor** web site (www.myMedicationAdvisor.com) or in the printed materials provided by your employer.

If not, you can call the toll-free HelpLine at (877) 467-3113. HelpLine hours are Monday through Friday, 8:30 AM - 5:00 PM.