



WOMEN'S HEALTH

Take 10! To Talk About Prescription Savings

(NAPSA)—As the “Health CEO” of their families, women often have the responsibility to manage medications for themselves, their spouse or partner, children or elderly parent. As a result, paying for prescription medications is a big concern for many women.

The not-for-profit National Women’s Health Resource Center (NWHRC), however, notes that there’s no reason for you or your family to go without the medications you need.

“Take 10 minutes to make a list of all the prescription and non-prescription medications you and your family use,” said Amy Niles, president and CEO of NWHRC. “Share the list with your health care team. It will help them develop the best treatment plan and avoid dangerous interactions. Then, learn about how you can save on prescriptions.”

NWHRC suggests a four-step plan to savings:

Step One: Find out if your job offers prescription coverage that includes your whole family. If you are married, have your husband find out the same thing.

Step Two: See if you are eligible for public programs such as

Medicare, Medicaid, the Veterans Assistance Programs or State Insurance Programs (for children).

Step Three: Determine if you are eligible for prescription savings programs offered by the pharmaceutical industry such as the Together Rx Access program. The Together Rx Access Card helps most cardholders save 25 to 40 percent on over 275 brand-name medicines and products. For information about the Together Rx Access program, visit www.TogetherRxAccess.com or call 1-800-966-0407.

Additional savings programs may be found by contacting The Partnership for Prescription Assistance (PPARx) which can provide access to more than 475 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies. For more information, visit PPARx.org or call 1-800-4PPA-NOW.

Step Four: Compare the prices for medication you take at different pharmacies. It can pay to shop around.

For more information about NWHRC, visit www.healthywomen.org.