



# newsworthy trends

## Smart Prescriptions On A Budget

(NAPSA)—Even in an economic downturn, there are ways to afford the medications you need. Before you start skipping medicines or splitting pills, review these three tips for making smart choices and saving money on prescriptions:

**1) Review insurance coverage**—ask your doctor to check for lower-cost alternatives covered by your health plan.

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**Free drug resources help cut costs while keeping you healthy. ®**

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**2) Request generics**—many brand-name drugs have a generic equivalent at a significantly lower cost that you can request from your doctor or pharmacist. Also check on \$4 generic drug programs from retailers.

**3) Check drug interactions**—when visiting your doctor, provide a list of current medications and ask him or her to check for interactions. When some drugs are taken in combination, harmful adverse reactions can occur and lead to additional medical costs.

Many physicians, pharmacists and other health care professionals use resources, such as Epocrates, to ensure they are prescribing cost-effective medications for their patients. It's free and readily available online or for download to your iPhone, BlackBerry or Palm device. These types of free drug resources help reduce medical costs while keeping you healthy.

For more information, visit [www.epocrates.com](http://www.epocrates.com).