

2019 Medication Adherence Guide



By taking maintenance medications for chronic conditions on time and as prescribed, members can improve their ability to stay healthy and independent.

Make It Mail-Order.

Most SCAN Health Plan® members **pay \$0** for Tier 1 and Tier 2 drugs with 90-day Express Scripts Home Delivery.

All other medications get Preferred pharmacy pricing and the shipping is free.

Preferred	Standard
CVS (2019 change) Express Scripts Home Delivery Rite Aid Walmart Costco Ralphs Safeway/Albertsons Select independent pharmacies	Walgreens (2019 change) Kroger Medicine Shoppe Select independent pharmacies

Preferred Pharmacy = Lower Copayments.

Copays are *lower* for many drugs at Preferred pharmacies.

Promote a 90-Day Supply to Improve Medication Adherence.

See the other side for solutions to medication adherence barriers.

Common Chronic Condition Medications (Adherence Medications on the SCAN Formulary)

	Tier 1 (Preferred Generic)	Tier 2 (Generic)	Tier 3 (Preferred Brand)
High Cholesterol	atorvastatin, lovastatin, pravastatin, simvastatin	atorvastatin & amlodipine [†] , rosuvastatin ²	
Diabetes	glimepiride, glipizide, glipizide & metformin, glipizide ER, metformin, metformin ER, pioglitazone	glimepiride & pioglitazone ³ , nateglinide, pioglitazone & metformin, repaglinide	Bydureon ^{®1} , Byetta ^{®1} , Farxiga ^{®2} , Invokamet ^{®2} , Invokamet [®] XR ² , Invokana ^{®2} , Janumet [®] , Janumet [®] XR, Januvia [®] , Kombiglyze [®] XR, Onglyza [®] , Ozempic ^{®1} , Victoza ^{®1} , Xigduo [®] XR ²
High Blood Pressure	amlodipine & benazepril, benazepril*, captopril*, enalapril*, fosinopril*, irbesartan*, isinopril*, losartan*, moexipril*, perindopril, quinapril*, ramipril, trandolapril, valsartan*, valsartan & amlodipine	olmesartan*, olmesartan & amlodipine ² , valsartan & amlodipine & HCTZ ²	Tekturna ^{®*2}

1 = prior authorization, 2 = step therapy, 3 = quantity limit, † = can be used to treat both high cholesterol and high blood pressure
 * Drugs that are also available in combination with HCTZ

2019 Medication Adherence Guide (cont.)



If members tell you that paying for medications is difficult, encourage them to:	
Make It Mail-Order.	Most SCAN members who get a 90-day supply of their medications through Express Scripts Home Delivery will pay \$0 for Tier 1 and Tier 2 drugs. All other medications get Preferred pharmacy pricing and the shipping is free. It's easy to start home delivery; visit www.StartHomeDelivery.com or call 1-866-553-4125 24 hours a day, seven days a week.
Use a Preferred pharmacy.	Consider getting medications at SCAN Preferred pharmacies. These are retail pharmacies within the SCAN network that offer even lower copays than Standard retail pharmacies for many drugs. To find a Preferred pharmacy, visit www.scanhealthplan.com/pharmacy (be sure to click the box "Preferred pharmacies") or call SCAN Member Services.
Switch to a 90-day supply.	Most SCAN plans offer discounts on a 90-day supply at nearly all pharmacies. Encourage members to talk to their pharmacist or doctor to switch their medications to a 90-day supply.
Choose a lower-cost alternative.	Encourage members to talk to their doctor about switching to a lower-cost therapeutic alternative. It may not have the same ingredient, but it can have the same effect. For more information, visit SCAN's Formulary at www.scanhealthplan.com/helpful-tools/formulary-search .
Get Extra Help.	SCAN members may qualify for Medicare's Extra Help to pay for prescription drug costs. If eligible, Extra Help could pay nearly 100 percent of member drug costs, including monthly prescription premiums, annual deductibles and coinsurance. To see if they're eligible for Extra Help, call Altegra Health™ My Advocate™ at 1-866-866-0980.
If members tell you their medications have unpleasant side effects, encourage them to:	
Ask for a different prescription.	There may be other medications that will work just as well but with fewer or no side effects. Sometimes taking the medication in a certain way—for example, with food—can alleviate the side effects. Encourage members to talk to their doctor or pharmacist.
If members tell you they don't think they need to take their medications anymore, encourage them to:	
Talk to their doctor.	When a medication is working, they may notice their symptoms might go away or they may not feel any differently—but that doesn't mean they should stop taking their prescription. Tell them to continue taking the medication as prescribed and to talk to their doctor about their concerns.
If members tell you they forget to take their medications sometimes, encourage them to:	
Create a routine.	Try taking medications at the same time and same place every day. For instance, if they take a medication first thing in the morning, set it out next to their toothbrush the night before.
Use a pill box.	Pill boxes are a handy way to organize medications by day or week. Also, encourage members to consider making a medication checklist so they'll never be uncertain if it's time to take their prescription.
Enroll in a reminder program.	Many pharmacies may have a reminder program, like a refill reminder or auto-refill program, that alerts them when a prescription needs to be filled and/or is ready for pick up. Encourage members to sign up at their pharmacy.
Set reminders.	Set an alarm clock or watch to alert them to take a medication. If they have a smartphone, they can set a timer or use a reminder app. They can also leave reminders, like a note on the bathroom mirror or the refrigerator.
Synchronize their prescriptions.	Many pharmacies can schedule their prescription refills so that they're ready for pick up at the same time. Encourage members to talk to their pharmacist about synchronizing their medications.
If members tell you they're not sure how to take their medications, encourage them to:	
Talk to their doctor or pharmacist.	Make sure members review their medications with their doctor or pharmacist; he or she can explain anything about the medication they don't understand.
If members tell you they have trouble getting to the pharmacy, encourage them to:	
Switch to a 90-day supply.	Having a 90-day refill on hand means fewer trips to the pharmacy.
Use home delivery.	Getting medications through Express Scripts Home Delivery means making fewer trips to the pharmacy. To get them started, tell them to visit www.StartHomeDelivery.com or call 1-866-553-4125 24 hours a day, seven days a week.
Synchronize their prescriptions.	Many pharmacies can schedule prescription refills so that they're ready to pick up at the same time. Encourage members to talk to their pharmacist about synchronizing their medications.
Use their transportation benefit.	Some SCAN plans offer a transportation benefit that can help members get to and from the pharmacy. They should check their Evidence of Coverage or call SCAN Member Services to see if they qualify.