

A weekly resource  
for *your* well-being

**PARTNERS**  
FOR HEALTH

**WORKING FOR A**  
**HEALTHIER TN**

# A TIP FOR TENNESSEANS

October 11, 2016

## Rx for better health

If you take one or more medications, you know it is important to stay on schedule. Taking them the right way can help cure some conditions and keep others from getting worse. And that can help you feel, work and play better. Unfortunately, nearly 10 percent of U.S. adults skip taking their meds to save money. They may look for other ways to cut costs—[like shopping for low-price items on the internet](#)— which can be unsafe.

If you're concerned about the cost of medications, talk to your doctor first. Ask him/her about:

1. Generics and “preferred” prescription meds that often are lowest cost.
2. Less expensive brand name drugs, if a brand version is your only option.
3. Splitting pills in half. Because some high dose and low dose pills may cost the same, you could save 50 percent by splitting a higher dose pill in half.
4. Lifestyle changes that, over time, could help you improve your health naturally and require less or no medication.

You can also shop other pharmacies to compare prices on over-the-counter medications and prescriptions.



### PAY LESS FOR YOUR Rx

If you're a member of the State Group Insurance Program and are taking a “maintenance tier” medication for high blood pressure, diabetes, depression, asthma or COPD, you could pay less if you fill your prescription in a 90 day supply through mail order or a participating Retail-90 network pharmacy. [Find a pharmacy today.](#)



### QUICK LINKS

[Well-Being Account Sign In](#)  
[2016 Partnership Promise](#)  
[ParTNers for Health Website](#)



**24/7**  
**NURSE**  
**ADVICE LINE:**

**1.888.741.3390**



[www.partnersforhealthtn.gov](http://www.partnersforhealthtn.gov) • [partnersforhealth@healthways.com](mailto:partnersforhealth@healthways.com) • 1.888.741.3390

  
HEALTHWAYS

**PARTNERS**  
**FOR HEALTH**

You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



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