

Addressing Medication Affordability

Strategies for Reducing Medication Costs

- ✓ **Review patients' medications at every visit** to assess adherence, barriers to access, and opportunities to discontinue therapies or find less-expensive options
- ✓ **Use generic medications whenever possible**
- ✓ **Consider prescribing a 90-day supply** instead of a 30-day supply
- ✓ **Optimize dose and/or dosage forms of medications** if cost savings can be realized (e.g., prescribe once daily formulations vs BID, TID)
- ✓ **Optimize dosage units** if cost savings can be realized (e.g., use combo products)

Tools for Helping Patients Afford their Medications

Optimize use of insurance. Know your patient's formulary's preferred list

- Use available formulary look-up tools: (e.g., <https://lookup.decisionresourcesgroup.com>)
- Request exemptions and appeal denials, where applicable
- Encourage all Medicare patients to review their prescription drug plans yearly (www.ncdoi.com/SHIIP/)

Ensure patients are enrolled in eligible state and federal programs

- Medicare: based on age/disability requirements: (www.medicare.gov, www.ncdoi.com/SHIIP/)
- Medicaid: including MQB-Q & MQB-B: (<https://dma.ncdhhs.gov/medicaid/get-started/find-programs-and-services>)
- Medicare Low Income Subsidy (LIS) [aka 'Extra Help']

Use available medication assistance programs

- Prescription Assistance Programs (PAPs)
- Copay cards, prescription discount cards, coupons
- 340B drug discount programs: (<https://opanet.hrsa.gov/340B>)

NeedyMeds.org
(needymeds.org/state-programs/list/NC)

RxAssist.org

PPArx.org

MedAssist.org

RxOutreach.org

DispensaryofHope.org

Manufacturer Assistance Programs

Search for best medication prices locally (e.g., www.goodrx.com)

- However, encourage patients to have all their medications filled at one single pharmacy, if possible

Use available community assistance programs

- North Carolina based low-income services (www.ncdhhs.gov/assistance/low-income-services)
- Community health care centers (www.ncchca.org)
- Area Agencies on Aging (www.agingcare.com/local/area-agency-on-aging#NC; www.benefitscheckup.org)
- Social agencies (www.unitedwaync.org/nc211)
- Free clinics (www.ncafcc.org, www.pparx.org, www.needymeds.org/free-clinics-branch)
- Local health departments