



Getting a new prescription can be confusing

We can help sort it out

Your Personal Health Advocate can help you get a better understanding of your medications. **Here's how.**

Answer general questions

What's the drug supposed to do? We'll explain how it typically works for your condition.

Are there side effects? We'll go over potential side effects, what to do if you have a reaction, and how it mixes with your other medications—including non-prescription drugs and nutritional supplements.

How do I take it? We'll discuss the proper timing of doses and whether you should—or shouldn't—take them with food.

What if I forget a dose? We'll tell you about the general recommendations for missing a dose and also give you tried-and-true medication reminder tips.

What should I ask my doctor? We'll help you make a list and even schedule a longer appointment so your doctor can go over all your medications, one by one.

Health Advocate is available at no cost to employees, spouses, dependents, parents and parents-in-law. Completely confidential.

We're not an insurance company. West's Health Advocate Solutions is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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Offer tips to save on out-of-pocket costs

Explain your health plan coverage. Also, we may be able to help locate lower-cost sources for prescription drugs that aren't covered by your plan.

Tell you about generics. Switching to generics could mean big savings! We'll talk to you about your current medications and whether your doctor could substitute a generic equivalent.

Set you up with mail order prescriptions. If offered by your health plan, we'll help you weigh the benefits of using a mail order program and get you signed up. You could save big on your co-pays, plus the medication is delivered right to your door!

Research other cost reduction methods. We're here to assist you with reducing the cost of your prescription drugs.

Turn to us—we can help.



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