Confused by your medications?

We can sort it out.



Health Advocate can help you use your medications safely and properly. Our advocates can also help you understand your prescription coverage, switch to your plan's mail order pharmacy, find generic versions of brand-name prescriptions and more.

Our advocates can:

- **Explain what the drug is supposed to do** and how it typically works for your condition.
- **Go over any side effects,** including what to do if you have a reaction, and how it mixes with your other medications — and non-prescription drugs or nutritional supplements.
- **Inform you on how to take the medication,** the timing and whether or not to take it with food.
- **Review recommendations for forgetting a dose,** and also give reminder tips.
- **Assist with a list of questions to ask your doctor; and even schedule a longer appointment** so your doctor can go over your medications, one by one.
- **Help find** lower-cost sources for prescription drugs that aren't covered by your plan.
- **Tell you about generic equivalents of brand-name drugs** and talk to your doctor about substituting a generic for your prescription medication.
- **Set you up with mail order prescriptions, if offered by your health plan,** which are delivered right to your door!

Remember... Health Advocate can help with any health or well-being issues. Eligible employees, their spouses, dependents, parents and parents-in-law can all use our services.

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