



Your prescriptions

# Get the most from your medication.

Taking your medication as directed helps you get and stay as healthy as possible. These tips can keep you on track.

**Fill your prescriptions on time.** We offer convenient options for filling your medication so you never run out. Choose the one that's right for you.

- **Pick up your refills at any CVS Pharmacy®.** With more than 9,900 locations, there's always one nearby
- **Have refills delivered to your door.** You'll pay just one copay\* for a 90-day supply with no-cost shipping from CVS Caremark® Mail Service Pharmacy
- **Let us manage your refills.** Sign up for automatic refills at **Caremark.com** or in our mobile app

**Stick to the schedule prescribed by your doctor.** This helps your medication do its job and prevents hospital visits. Talk to your doctor or pharmacist if you have questions.

**Start a reminder system.** Set your mobile device or computer to tell you when it's time to take your medication. Writing reminders on sticky notes or your calendar works, too.



## Get help for side effects.

If you experience side effects, don't stop taking your medication. Call your doctor, talk to a pharmacist at CVS Pharmacy or contact a pharmacist with the *Ask a Pharmacist tool* at **Caremark.com**.

For savings opportunities and personalized support, visit **Caremark.com** (after your benefits begin).

\*Copayment, copay or coinsurance means the amount a member is required to pay for a prescription in accordance with a Plan, which may be a deductible, a percentage of the prescription price, a fixed amount or other charge, with the balance, if any, paid by a Plan. Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.