

# PRESCRIPTION DRUG ALERT FOR ANTHEM PPO PLAN MEMBERS



CARPENTERS  
SOUTHWEST  
ADMINISTRATIVE  
CORPORATION

## You Must Use Mail Order for Maintenance Medications

Last year, you received information about the 2019 benefit plan changes which included a change in how Express Scripts covers maintenance (long term) medications. These are medications taken for three months or more for health conditions such as asthma, diabetes, high blood pressure or high cholesterol.

Reminder: After filling a maintenance medication twice at a participating retail pharmacy, you **MUST** fill your prescription through the Express Scripts mail order program. If you refill your prescription at a participating pharmacy a third time, your prescription will not be covered by Express Scripts and you will need to pay the full cost yourself.



Using the Express Scripts mail order program will save you time and money. Don't pay a higher cost for your medications!

Be sure to set up mail order through Express Scripts ahead of time so your prescription arrives when you need it. Use any of these ways to get started:



**ePrescribe:** Ask your doctor to send your prescription electronically to the Express Scripts Pharmacy<sup>SM</sup>.



**Complete and mail the Express Scripts Mail Order Form**, available at [carpenterssw.org](http://carpenterssw.org).



**Call the Southwest Carpenters Trust Fund Administrative Office** at (213) 386-8590 or (800) 293-1370.



**Call Express Scripts at (800) 698-3757** (they can also confirm whether your prescribed medication is considered maintenance).

?

**What does Sam pay if he fills a 30-day prescription for generic high blood pressure medication three months in a row at the same participating pharmacy?**



**Month One: \$10**



**Month Two: \$10**



**Month Three: \$75**

Why It Pays to Use Express Scripts Mail Order



If Sam had set up Express Scripts mail order delivery, the cost would have been \$25 for all three months (90-day supply)! Express Scripts mail order also offers you:

- Free delivery right to your home or work address within the United States—about eight days after your prescription is received
- Packaging that protects your privacy and stands up to harsh weather
- 24/7 access to licensed pharmacists
- Refill reminders
- Online ordering and tracking



## Four Tips for Getting the Most from Your Express Scripts Prescription Drug Benefits

### ◀ Tip 1

#### Use Participating Retail Pharmacies for Short-term Medications

Visit [expressscripts.com](https://www.expressscripts.com) or call Express Scripts at (800) 698-3757 to find a pharmacy near you.

### ◀ Tip 2

#### Use Generics and Preferred Medications

If your doctor requests a brand-name medication when a generic or equivalent is available, you will pay the applicable copay **plus** the difference in cost between the brand and generic medications.

If you are taking a medication that is not on the Express Scripts preferred list, ask your doctor to consider prescribing a lower-cost generic or preferred brand-name drug. To find out which drugs are preferred, log in to [expressscripts.com](https://www.expressscripts.com) and select “Price a Medication” under “Prescriptions.” Enter your medication name and follow the instructions. On the last page, select “View drug information” and “View other drug options.”

### ◀ Tip 3

#### Get a Coverage Review if Needed

Some medications are not covered unless you first receive approval through a coverage review (prior authorization). This review uses plan rules based on FDA-approved prescribing and safety information, clinical guidelines and uses that are considered reasonable, safe and effective. Other medications may be covered, but with limits—such as only for certain amounts or uses—unless you receive approval through a coverage review.

To find out whether a medication requires a coverage review, log in to [expressscripts.com](https://www.expressscripts.com) and select “Price a Medication” under “Prescriptions.” Enter your medication name and follow the instructions. On the last page, select “View coverage notes.”

### ◀ Tip 4

#### Download the Express Scripts Mobile App

The Express Scripts mobile app offers similar convenient features to the website. Search for “Express Scripts” in your app store to download the app for free.



### Questions?

Contact the Southwest Carpenters Trust Fund Administrative Office at (213) 386-8590 or (800) 293-1370. We are happy to help!