

Wallet Card

CVS Caremark has created the enclosed wallet card to help you actively manage your prescription information and overall health care.

Fill out this card and take it with you each time you visit your doctor or health care provider. The information on this card may help decrease the chance of your medicines causing side effects or working improperly, *and* may help you lower your prescription costs.

First, list your prescription medications. Then, fill out your personal drug profile. Be sure to list all vitamins, minerals, herbal supplements and over-the-counter (OTC) medicines you are taking. Then place the card in your wallet and remember to show it to your doctor at each appointment:

- Talk to your doctor about **your personal drug profile** and **your vitamin/mineral/herbal supplement/OTC list**
- **Ask your doctor the questions listed** in this brochure. The answers may help you save money on your medicines.

Questions to Ask Your Doctor

- Is there a generic medicine I can take for my condition?
- If I need to take a brand-name medicine, is there a brand-name medicine on my drug list that will cost less money?
- Will I need to take my medicine for a long time?
 - If so, can you write a 90-day prescription with three refills, so I can fill it through Caremark Mail Service Pharmacy?
 - Can you also write a 30-day prescription, so I can fill it immediately at a retail pharmacy (if necessary)?
- Other: _____

Questions? For more information on how we can help you prepare for your doctor visit, go to www.caremark.com or contact Customer Care toll-free at the number listed on your benefit ID card or in your Welcome Kit. We're here to serve you.



It Pays To Prepare

My Prescription Medications:

Record the **drug name**, **prescription strength** (e.g., 10 mg, 20 mg), **dosage form** (e.g., pill, liquid, cream, etc.) and **directions** for use (e.g., take 1 tablet 3 times a day).

Drug Name _____ Strength _____

Dosage Form _____ Directions _____

Drug Name _____ Strength _____

Dosage Form _____ Directions _____

Drug Name _____ Strength _____

Dosage Form _____ Directions _____

Drug Name _____ Strength _____

Dosage Form _____ Directions _____

Cut out card along dotted line

1. The amount of your savings will be based on your benefit plan. Source: Generic Pharmaceutical Association's Web site: www.gphaonline.org.
2. Copayment, copay or coinsurance means the amount a plan participant 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.



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It Pays To Prepare

Three Ways To Save

If you are planning to see your doctor, it pays to prepare. You can save time and money if you know what to ask when your doctor writes a prescription for you.

Here's how you can save time and money while you enjoy the convenience of mail service:

1. Ask For Generics

By asking for a generic medication you may save money each time you fill a prescription. Generic medicines typically cost 30 percent to 80 percent¹ less than their brand-name counterparts. You could save \$10, \$20 or more by asking for a generic. That could add up to big savings in no time.

2. Get a 90-day Prescription

If you take medicine for a long time, such as for diabetes or a chronic condition, having your doctor write you a 90-day prescription for mail service (instead of a 30-day for retail) means more convenience and savings for you. With a 90-day prescription, you can have three months of medication conveniently delivered to your home or location of choice through Caremark Mail Service Pharmacy – and you pay only one copayment.²

3. Ask for Three Refills

When using Caremark Mail Service Pharmacy for your long-term or maintenance medicines, be sure to ask your doctor to indicate up to three refills for your prescription. By getting three refills you can eliminate the need to visit your doctor and wait at the pharmacy each time you need a refill. After you get your first fill through mail service, when your prescription runs low all you have to do is log on to www.caremark.com or call a Customer Care representative toll-free at the number on your prescription benefit ID card to have the next refill sent to you by mail. It's that easy!

John C. Doc, M.D.
Certified American Board of a Specialty
1234 Expressway, Your City, ST
Phone (123)456-7890 Fax (123)456-7890

Name _____ Age _____
Address _____ Date 05/01/08

Rx

Drug x 20 mg #90

Sig: i qd

Refill 3 times

May substitute

May NOT substitute

Physician Signature *John C. Doc* M.D.
John C. Doc, M.D.

Tips for Saving Time and Money

1. Ask your doctor about generic medicines. Research shows that you can **save an average of 30 percent to 80 percent** when you fill your prescription with a generic instead of a brand-name medicine.
2. If your prescription benefit program has a Preferred Drug List, print a copy of the list from www.caremark.com and take it with you to your doctor's office. Using medicines on this list may save you and your prescription plan money.
3. When you receive a prescription, be sure to check that it is readable. Also, it should include your full name, the prescribing doctor's contact information, the date the prescription was written and any other prescription details.

My Personal Drug Profile

Primary Doctor's Name: _____

Primary Doctor's Phone: _____

Drug Allergies: _____

Medical Conditions: _____

Vitamins/Minerals/Other: _____