



Prescription Drug Checklist

According to [Georgetown University's Health Policy Institute](#), more than 131 million people (66 percent of all U.S. adults) use prescription drugs. If you are one of those 131 million people, it makes sense to learn how to properly take, store, travel with, and pay for your prescription meds.

Use this checklist to ensure you are making the most of your prescription medications and handling them safely and appropriately.

When visiting the doctor:

- Make a list of any medications you are currently taking to provide to your physician.
- Make note of any side effects you've experienced in the past from specific medications.

Questions to ask your doctor:

- What's the difference between brand name versus generic brands for the medication being prescribed?
- What are the various formats that the drug may come in (ie. liquid, capsule, etc)?
- How do I take the medication?
- What will the prescription medication do to alleviate my symptoms?
- What is the exact dosage?
- How often should I take the medication?
- Should the drug be taken with food or on an empty stomach?
- How long will I need to take the medication?
- Are there any side effects associated with the medication?
- Is this drug potentially addictive?
- Particularly in the case of expensive medications, do you have any medication samples I could use before purchasing an entire month's supply?

Using and storing your medication:

- Keep drugs in their original packaging so you can refer to the label directions.
- Follow directions on the packaging on how to use the medication correctly.
- Store the product in a cool, dry, dark place and keep it out of reach of children and pets.
- Take all medication exactly as directed by your doctor.
- Carefully dispose of any unused and unneeded medication, and do not dump it down the drain or flush it down the toilet.

Traveling with your prescription medication:

- Get a refill that will last you the entire duration of your travels.
- Retain a copy of your prescription in case a refill is needed abroad.
- Pack your medications on a carry-on and not in checked luggage when flying.
- Keep your doctor's or pharmacist's number with you in case communication is needed when traveling.
- Keep the medicine in its original container in case you are checked at security checkpoints.
- Store your medication in a small cooler if it must be refrigerated, or else request a different format that does not need refrigeration.

Paying for your prescription medication:

- To keep your drug costs down, comparison shop at various pharmacies to see if you can find one that is easier on your wallet. Ask the pharmacist for any available discounts.
- Ask your doctor to indicate on the prescription that it is okay for the pharmacy to substitute a generic drug for a brand-name drug.
- Research prescription drug assistance programs in your area to see if you qualify for reduced rates on prescription medication.
- Choose a health sharing program that offers a range of prescription benefits to ensure you are able to get the medications you need at the most affordable cost.

If you're looking for healthcare that offers a range of affordable prescription benefits, a UHSM health sharing program could be a great fit.

Call us today at 1-800-900-8476

to discuss your family's needs and see if you qualify for membership.

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