



# CENTRAL STATES JOINT BOARD

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## Maintenance Drugs

### ***Maintenance Medications***

***- regular treatment and control of chronic health conditions***

Has your doctor prescribed you a maintenance medication? If so, you're not alone. Millions of Americans take maintenance medications. They help control or reduce the symptoms of a chronic disease or health condition.

### **What is a chronic condition?**

A chronic disease or health condition is a health issue that lasts a long time. Examples include:

- Diabetes
- High blood pressure

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- Arthritis
- Fibromyalgia
- Acid reflux and other stomach conditions
- High cholesterol
- Gout
- Thyroid conditions
- Depression
- Multiple sclerosis
- Asthma
- Allergies
- ...and many more

### **What is a maintenance medication?**

Maintenance medications are prescription drugs taken on a regular basis – often each day. They treat a wide range of chronic diseases and health conditions. The popular cholesterol-lowering medication Lipitor is an example of a maintenance medication. While many maintenance medications are dispensed as tablets, they can also be in the form of inhalers, patches and injections.

The US Food and Drug Administration (FDA) approves all brand-name and generic prescription medications for safety and effectiveness, including the maintenance medications covered by your pharmacy benefit plan. Many maintenance medications are available in generic form, which means they will likely cost less, yet work the same way in the body as more expensive brand-name medications.

### **Follow your doctor's orders**

Only about half of people who use maintenance medications take them as prescribed. Not taking them correctly or at the right time can reduce a medication's ability to treat or manage your condition. If you have questions about how to take your medication, ask your doctor or pharmacist.

Maintenance medications can be very effective, but only if you remember to take them. If your doctor gave you directions to take your maintenance medication each day, a good way to remember is to make it part of your daily routine. Try to take your medication at the same time of day and in the same place, such as at the kitchen table or in the bathroom. Here are other tips to help you remember:

- Place notes in obvious places like on your bathroom mirror or refrigerator
- If you travel, plan ahead. Keep your medications near by in a carry-on bag
- Use a pillbox or pill organizer. Then set up your medications in the pillbox a week in advance. These inexpensive containers are available at most pharmacies.
- Renew your prescription before you need it so you always have your maintenance medication on hand.

### **Saving money with the Mail Service Pharmacy**

Our benefit plan allows you to get up to a 90-day supply of maintenance medications through Prescription Solutions® Mail Service Pharmacy. Mail service is safe. It's also convenient because your medications are delivered right to your mail box. The Mail Service Pharmacy can also save you money and it's easy to get started! Sign up today by phone or online:

- **Call Prescription Solutions at 1.800.562.6223 TTY 711.** They're available 24 hours a day, 7 days a week to help you set up home delivery of your prescription maintenance medications.
- **Go online at [PrescriptionSolutions.com](http://PrescriptionSolutions.com)** and follow the simple setup instructions.

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#### **CONTACT US**

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