

Medication Adherence Tips

Encouraging patients to take their medicine can be challenging. Studies have found that prescribing a 90-day supply of maintenance medications increases compliance to therapy and members' ability to achieve healthier outcomes and reach the 80 percent adherence rate.



Frequently prescribed medications used to treat diabetes, cholesterol, and hypertension are inexpensive Tier 1 generics with a \$0 co-pay.

Consider using OptumRx mail order to prescribe a three-month supply of Tier 1 generic medications for a \$0 co-pay.

\$0 Co-pay Generic Maintenance Medications Reference List

<u>Diabetes</u>	<u>Cholesterol</u>	<u>High Blood Pressure</u>		
		<u>ACE's</u>	<u>ARB's</u>	<u>Combination</u>
Acarbose	Amlodipine-Atorvastatin	Benazepril	Candesartan	Amlodipine Besylate-Benazepril
Glipizide	Atorvastatin	Captopril	Eprosartan	Amlodipine Besylate-Olmesartan Medoxomil
Glipizide-Metformin	Ezetimibe-Simvastatin	Enalapril	Irbesartan	Amlodipine Besylate-Valsartan
Glyburide	Fluvastatin	Fosinopril	Losartan	Amlodipine Valsartan-HCTZ
Glyburide-Metformin	Lovastatin	Lisinopril	Olmesartan	Benazepril-HCTZ
Metformin	Pravastatin	Moexipril	Telmisartan	Candesartan-Cilexetil-HCTZ
Metformin ER	Rosuvastatin	Perindopril	Valsartan	Captopril-HCTZ
Nateglinide	Simvastatin	Quinapril		Enalapril-HCTZ
Pioglitazone		Ramipril		Fosinopril-HCTZ
Pioglitazone-Metformin		Trandolapril		Irbesartan-HCTZ
Repaglinide				Lisinopril-HCTZ
Tolbutamide				Losartan-HCTZ
				Olmesartan Medoxomil-HCTZ
				Olmesartan-Amlodipine-HCTZ
				Quinapril-HCTZ
				Telmisartan-Amlodipine
				Telmisartan-HCTZ
				Trandolapril-Verapamil
				Valsartan-HCTZ

**Please remind patients to show their Ultimate Health Plans ID card every time they fill their medications, even if an additional grocery store or drugstore discount program is used.

Submit mail-order prescriptions to OptumRx by calling 1-800-791-7658 (TTY 711), by fax to 1-800-491-7997, or by e-prescribing.

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