



**For employees and retirees insured through one of the following health plans:  
Tufts Health Plan EPO or POS, Harvard Pilgrim EPO (HMO) or PPO, or Medicare Complement Plan.**

### What is the *myMedicationAdvisor*® Program?

The *myMedicationAdvisor* Program is a web-based program that provides educational information and guidance about safe and appropriate use of medication, and also provides methods to reduce the cost of prescription maintenance medications (medications you use regularly) for both consumers and employers. It is provided to you free of charge by your employer, as part of your benefits package through the Minuteman Nashoba Health Group. It is important for you to know that all medical information entered in *myMedicationAdvisor* is private and will not be shared with your employer under any circumstances.

The *myMedicationAdvisor* Program uses both a secure internet site and telephone support to provide an integrated program to educate, motivate, and reward you and family members who are covered by your health plan in using your medications safely and wisely, and purchasing your prescription medications cost-effectively. You do **not** need to use a computer to participate in the *myMedicationAdvisor* Program.

### How might I benefit from using the *myMedicationAdvisor* Program?

- ✓ By knowing more about medications, you can be a more confident and effective health care consumer.
- ✓ Safer, better informed use of medications can improve your family's health and prevent some health problems.
- ✓ You can save money on some of your prescriptions for cost-effective prescription buying.

### What does it have, and what does it do?

The *myMedicationAdvisor* web site has information about medication use and safety, including *Safe Practices*, a *Dictionary* of medication and insurance terms, a *Drug Look-Up* feature for detailed information about specific medications, and an *In the News* section for current updates.

### WHY SHOULD YOU BE CONCERNED ABOUT MEDICATION SAFETY?

- ❖ Nearly 50% of prescription medications are not used as directed.
- ❖ 1 out of every 4 people taking medications has an adverse drug event, ranging from minor reactions to injuries that can result in hospitalization.
- ❖ 51% could be prevented or remedied through better communication between the patient and the physician or pharmacist.

### WHY SHOULD YOU BE CONCERNED ABOUT MEDICATION COSTS?

- ❖ Pharmacy cost is the most rapidly rising component of health care costs, with annual increases of 9-23%.
- ❖ These costs are passed on to consumers as higher health insurance premiums.
- ❖ Employers may also be forced to further shift these costs to consumers by requiring higher co-pays for medications.
- ❖ When out-of-pocket costs for medications increase, this can have unintended effects such as people deciding not to obtain some or all of their prescriptions, which can threaten their health and well being.

