

# 90-Day Prescriptions

WHO, WHY, & HOW

If you take medication on an ongoing basis, ask your doctor if a 90-day supply is right for you. It could be a smart move for your health and wallet.

## Who Needs 90?

Best for people who regularly take medication\* for conditions like:

- |                     |            |
|---------------------|------------|
| High blood pressure | Diabetes   |
| Hypertension        | Asthma     |
| High cholesterol    | Depression |

\*Make sure you know the drug strength and dosage frequency will remain steady for 90 days.



## Why 90?

### Good for You

- Easier to stick with your treatment plan.
- Just four refills a year instead of 12.
- A larger supply means you're less likely to miss a dose.

### Get More for Less



You may be able to pay one copay for a 90-day supply depending on your plan.



## How to Get 90? You Have Options.

### Mail Delivery

Get your medication delivered to home or work. Your doctor can submit a 90-day mail order prescription to your insurance carrier.



### Pharmacy Pickup

May be an option for those who prefer the convenience of an in-store pickup. You could also benefit from discounts offered by the drugstore.



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