

## Pharmacy Benefits

As a member of Health First Health Plans, you have access to broad prescription drug coverage and specialty pharmacy benefits. Read about them here and let us help you make the most of your benefits. For more details about your prescription drug plan, including copayments, drug plan limitations and exceptions, visit [myHFHP.org](http://myHFHP.org) and select "Pharmacy."

### Pharmacy Network

Our extensive network of pharmacies spans nine counties in Central Florida. For the most current list of network pharmacies, please see our Provider Directory at [myHFHP.org](http://myHFHP.org), click on "Provider Directory" and select "Individual & Family Plans" or "Group Plans."

### Mail-Order Delivery

To save you money and time, you can choose to have a 90-day supply of your medications delivered directly to your home. There are two options to fill your prescriptions through the mail:

- 1) Health First Family Pharmacy at **321.434.7355** and select option 1 or visit [HF.org/familypharmacy](http://HF.org/familypharmacy), or
- 2) CVS Caremark® Mail Service Pharmacy at [Caremark.com](http://Caremark.com).

### 90-Day Prescriptions

For ease and convenience you can order a 90 day supply for your medications. For more information talk to your prescribing physician or call customer service at **1.855.443.4735** (TTY/TDD relay: 1.800.955.8771).

**TIP:** Before going to the pharmacy to have your prescription filled, discuss generics and more affordable alternatives to your current medications with your physician.

# Pharmacist Recommendations

Medications to help maintain the health of your heart and kidneys, as well as those that control diabetes and blood sugar levels, are extremely important to your wellness today and in the future. If you are currently taking medications for one of those conditions, speak with your doctor or pharmacist to ensure you are on the most effective and affordable option for you. The list below displays many of the most affordable and effective options:

## Blood Pressure Control and Kidney Protection

### Drug Name

- Benazepril
- Candesartan
- Captopril
- Enalapril
- Fosinopril
- Irbesartan
- Lisinopril
- Losartan
- Olmesartan
- Quinapril
- Ramipril
- Valsartan

## Cholesterol Control and Heart Health

### Drug Name

- Atorvastatin
- Ezetimibe
- Fluvastatin
- Lovastatin
- Pravastatin
- Rosuvastatin
- Simvastatin

## Diabetes and Blood Sugar Control

### Drug Name

- Glimepiride
- Glipizide
- Metformin
- Pioglitazone

# Save Money—Use Generic

Some facts about generic medications:

- They typically cost **80 to 85% less** than their brand-name equivalents.
- They always contain **the same active ingredient** and therapeutic effectiveness as their brand-name equivalents.
- The Food and Drug Administration (FDA) is responsible for ensuring each generic medication matches its brand-name equivalent.
- Approximately 50% of generic drugs are **made by the same company** that manufactures their brand-name equivalent.

### Generics and brands have the same...

Active Ingredient	Safety	Efficacy	Quality	Benefits
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### But may be different in...

Size	Shape	Color	Inactive Ingredient	Cost
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Call our licensed pharmacists at **321.434.4396** to learn about the generic versions of your current medications.