



Stay in tune with your health and wellness

Fall 2016 | Newsletter

www.uawtrust.org



## RESOURCE

DOWNLOAD THE EXPRESS SCRIPTS MOBILE APP AND SKIP A TRIP TO THE PHARMACY



Keep track of prescriptions with access to personal medication information, claims, mail-order delivery status, refills and renewals.

You can also use the locator to find participating retail locations near you.

The free app is available to download for Apple and Android devices.

Learn more about the app by scrolling to the bottom of our homepage at [www.uawtrust.org](http://www.uawtrust.org).

Dear UAW Trust Member,

For many people, taking medication to treat disease and improve health is part of a daily routine. While medicines can make you feel better and help you get well, taking an active role in your health is the best way to get great care, manage conditions, prevent disease and reduce costs. To support you on this path, **effective August 1, 2016, the cost of key preventive immunizations decreased from \$40 to \$12.** Additionally, in this newsletter you will learn more about the convenience and savings that come with taking generic medications and having them delivered straight to your door through mail-order.

**\$ Savings: Benefit Update!**

### Get Preventive Immunizations Now For \$12

Each year, thousands of lives are lost due to complications from flu and pneumonia, and in just a few weeks the peak season of these illnesses will be here. Getting immunizations for these preventable illnesses is easy. Additionally, there are other immunizations you should talk to your doctor about such as shingles and Tdap (whooping cough, tetanus, and diphtheria). Your physician can help you understand what you need based on your age and chronic conditions, and when you need them.

**Flu, pneumonia, shingles and Tdap shots now under the Express Scripts prescription drug plan at the tier 1 generic retail copay: \$12 for 2016, \$14 for 2017.**

*Regulations on prescriptions for vaccinations vary by state. Contact Express Scripts for more information.*

**What does this mean?** Effective August 1, 2016, you may get immunizations at any Express Scripts participating pharmacy and pay the tier 1 generic retail copay for each immunization. For 2016, this copay is \$12 and for 2017 it will be \$14. Simply show your Express Scripts card, along with your prescription (if required), and the pharmacy will provide your flu, pneumonia, shingles or Tdap immunization.



**Remember!** The pharmacy must participate in the Express Scripts network – contact Express Scripts Member Services at 866-662-0274, or go online to [www.Express-Scripts.com](http://www.Express-Scripts.com) to confirm.

# Learn More

For more resources to help you understand your prescriptions and benefits, visit these sites:

- Prescription Drugs, U.S. Food and Drug Administration: [www.FDA.gov/drugs](http://www.FDA.gov/drugs)
- Express Scripts: [www.Express-Scripts.com](http://www.Express-Scripts.com)

## TRUST APPEAL PROCESS

### IF A DRUG CLAIM IS DENIED, YOU CAN FILE AN APPEAL

**Non-Medicare Members:** Urgent, Level 1 and Level 2 appeals are reviewed by Express Scripts. You and your doctor will receive a letter with the final decision. If denied, information on filing an appeal through the Trust will be included in the letter.

**Medicare Members:** Urgent and Level 1 appeals are reviewed by Express Scripts. You and your doctor will receive a letter with the final decision. If denied, information on filing an appeal through CMS will be included in the letter.

## Prescription Medication: Be Wise and Save \$\$

### CONVENIENCE AND SAVINGS THROUGH MAIL-ORDER

If you don't use mail-order for maintenance medications\*, you may be overpaying. On average, you'll save a third on prescription copays when you get your medications mailed directly to you.

Mail-order has many benefits, including:

- Free delivery
- Eliminating pharmacy trips
- Multiple quality checks to ensure safety and accuracy
- Express Scripts pharmacists by phone 24/7
- Option of automatic refills
- 90-day supply for only two times the one-month retail copay (or less, depending on the actual cost of the drug)



\*Maintenance medications are drugs taken for periods longer than 90 days, such as high blood pressure medication. Non-Medicare members are required to get all maintenance medications through mail order in order to receive coverage.

**88% of prescriptions filled in the U.S. are generic**

### GENERIC MEDICATIONS

**Want to know another easy way to save money?** When you receive a prescription ask your doctor if a generic version is available and if it would be the right option for you.

Generic medications are a chemically equivalent, lower-cost version of a brand name drug, and must meet the same strict standards required by the U.S. Food and Drug Administration (FDA). By law, they must contain the same active ingredients and work the same way in the human body as the brand-name counterpart.



**Generics treat the same conditions as brand medications but cost less.**

*According to the FDA, "generic drugs are required to have the same active ingredient, strength, dosage form, and route of administration as the brand name product."*

**We want to support you on your path through a healthy retirement.**

For more information on this topic and access to other resources, visit [www.uawtrust.org](http://www.uawtrust.org).