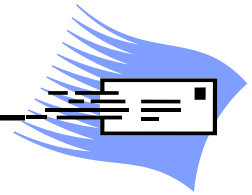




ManateeChoice Health Plan

Fast Facts

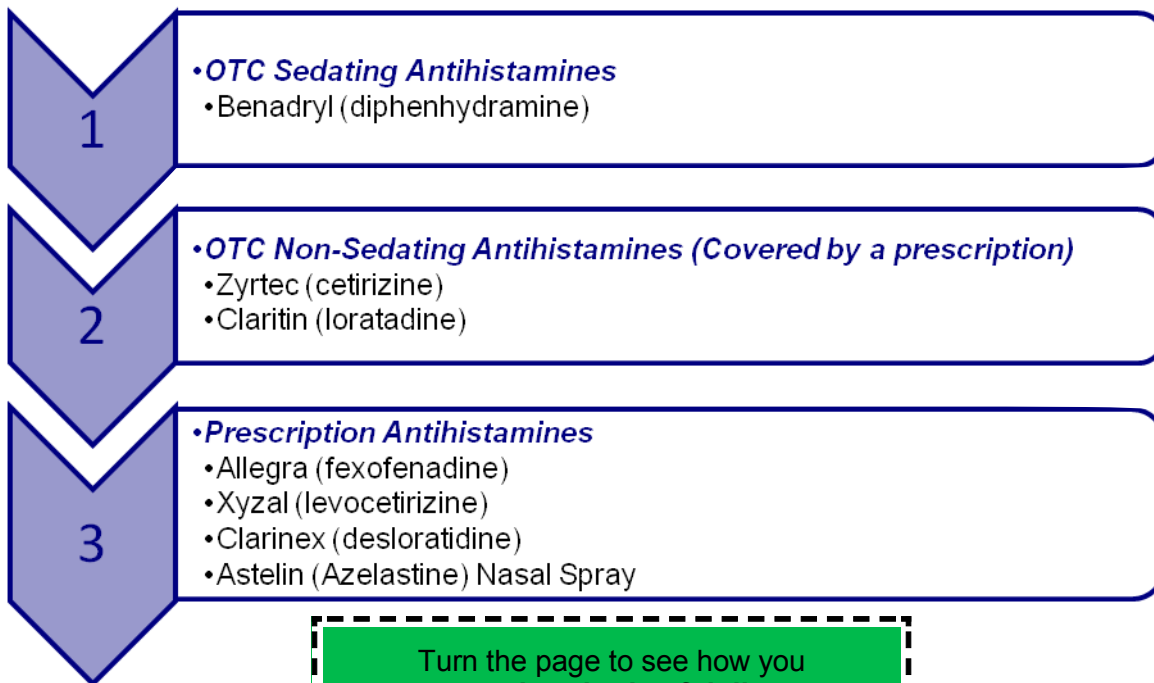


FAST FACTS is published by the Manatee Health Network (MHN) to provide Members with the opportunity to better understand medical conditions, various treatment options, and the impact of these options on member costs. **FAST FACTS** should be used in addition to the advice of your physicians, pharmacists, & other healthcare professionals.

Allergies: How to treat them and save money at the same time

Types of Allergy Treatment

There are many medications available to treat allergy symptoms such as sneezing, runny nose and itchy or watery eyes. The most common type of medication used to relieve allergy symptoms is antihistamines. These medications are most effective if taken before exposure to the allergen. Some of these medications are available over-the-counter (OTC) and some require a prescription from your doctor. How do you know which one to choose? Manatee wants to help you pick the best antihistamine for you. The following list shows available options for allergy treatment.



Turn the page to see how you can **save hundreds of dollars** on antihistamines!

Try these tips to help prevent and fight allergy symptoms:

- Use saline nasal spray to clear congestion and moisten nasal passages
- Run air conditioner to help keep out pollens
- HEPA filters can filter allergens out of the air in the home
- Place cheesecloth (available at hardware stores) over air conditioning vents
- Shower or bathe before bedtime to wash allergens off your hair and skin
- Wash all bedding in hot water (hotter than 130°F) every 7 to 10 days.
- Lower the humidity in your home using a dehumidifier

Ways to Save

If you are currently using a brand prescription medication for allergy symptom relief, such as Xyzal or Clarinex, you may be able to save money by switching to a generic prescription or OTC medication.

- The generic version of the antihistamine Allegra (fexofenadine) is AVAILABLE along with OTC medications Claritin and Zyrtec.
- These medications are **\$0 copay** for Manatee members at MHN Preferred Network Pharmacies! Members also save on brand name prescription drugs when they fill them at MHN Preferred Network Pharmacies. The MHN Preferred Network includes all Sweetbay Pharmacies throughout Florida, as well as Foster Drugs and Pelots Pharmacy.
- If you and your doctor decide that one of these generic prescription medications is right for you, you can save \$35 or more each month, totaling **\$420 or more per year in savings!**
- Check out the following chart to see your potential savings:

	MHN Preferred Pharmacy (Costs per Month)	Non-Preferred Pharmacy (Costs per Month)
Cost of Zyrtec, Claritin, and generic Allegra (Rx)	\$0 No cost to member	\$5
Cost of Brand Astelin	\$10 or 20% whichever is greater	\$15 or 25% whichever is greater
Cost of Non-Preferred Brand Xyzal or Clarinex	40% of the drug cost (Approximately \$35)	50% of the drug cost (Approximately \$43)
If you use Astelin instead of generic Allegra, or OTC Zyrtec or Claritin, it will cost you an extra...	\$420 (\$35 x 12 months) -\$0 (\$0 x 12 months) =\$420 per year	\$516 (\$43 x 12 months) -\$60 (\$5 x 12 months) =\$456 per year
If you use Xyzal or Clarinex instead of Zyrtec, Claritin, or generic Allegra, it will cost you an extra...	\$420 (\$35 x 12 months) -\$0 (\$0 x 12 months) =\$420 per year	\$516 (\$43 x 12 months) -\$60 (\$5 x 12 months) =\$456 per year

Only your doctor can decide which medication is right for you. If you and your doctor decide to try a different medication, your doctor just needs to write (or call-in) a prescription for one of these products.

Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions-only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult you physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

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