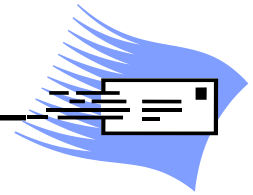




ManateeChoice Health Plan

Fast Facts

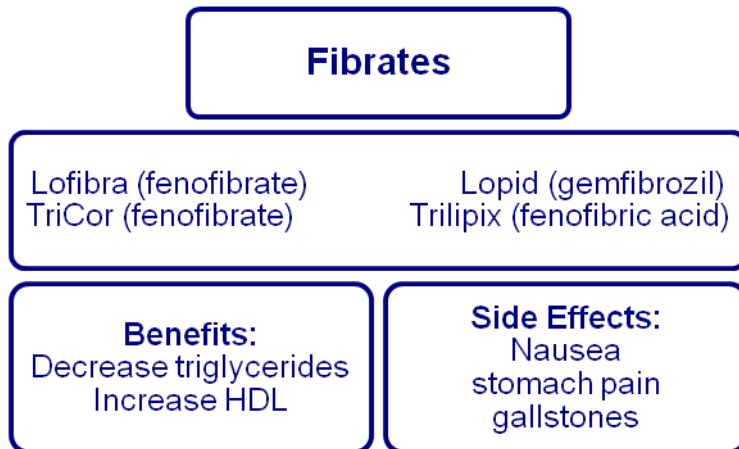


FAST FACTS is published by the Manatee Health Network (MHN) to provide Members with the opportunity to better understand medical conditions, various treatment options, and the impact of these options on member costs. **FAST FACTS** should be used in addition to the advice of your physicians, pharmacists,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

Fibrates: Save money while controlling your cholesterol

What are Fibrates?

There are many different prescription medications available to manage high cholesterol. Fibrates are one class of medications that can help lower a specific type of cholesterol called “triglycerides” and can help raise “good cholesterol,” which is known as “HDL.” Fibrates may also help prevent heart attacks especially in patients with elevated blood triglycerides and low HDL cholesterol levels. However, most fibrates are not effective in lowering bad cholesterol known as “LDL,” so doctors may prescribe a fibrate medication and another type of cholesterol medication called a statin. The following chart shows available fibrate medications and the benefits and side effects of taking these:



Are you currently taking Lipofen, Atara, Fenoglide, Tricor, Trilipix or Triglide?

Talk to your doctor about switching to the generic medication Fenofibrate. You and your doctor have several options because Fenofibrate is available in five strengths: 54mg, 67mg, 134mg, 160mg, and 200mg.

Manatee members pay \$0 copay for generic Fenofibrate at MHN preferred pharmacies!

HOW CAN YOU LOWER YOUR CHOLESTEROL?

You can make diet and lifestyle changes to help lower your levels, such as:

- Stay at a healthy weight
- Limit fats and sugars in your diet
- Be more active
- Quit smoking
- Limit alcohol

Ideal Cholesterol Levels:	
Total cholesterol	200 or lower
LDL (aka “bad”) cholesterol	100 or lower
HDL (aka “good”) cholesterol	40 or higher
Triglycerides	150 or lower

Ways to Save

If you are currently taking a brand fibrate to lower your triglyceride levels, such as Tricor or Trilipix, you may be able to save money by switching to a generic prescription medication.

- Generic medications are **\$0 copay** for Manatee members at preferred network pharmacies.
- If you and your doctor decide that one of these generic prescription medications is right for you, you can save \$25 or more each month, totaling as much as **\$600 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 Brand Tricor or Brand Antara	20% of the drug cost (Approximately \$25)	25% of the drug cost (Approximately \$29)
Cost of Brand Trilipix Brand Triglide Brand Fibricor	40% of the drug cost (Approximately \$44)	50% of the drug cost (Approximately \$55)
Cost of Generic Fenofibrate or Generic Gemfibrozil	\$0 No cost to member	\$5
If you use Tricor or Antara instead of a generic fibrate, it will cost you an extra...	\$276 (\$23 x 12 months) -\$0 (\$0 x 12 months) =\$276 per year	\$324 (\$27 x 12 months) -\$60 (\$5 x 12 months) =\$264 per year
If you use Trilipix, Triglide or Fibri- cor instead of a generic fibrate, it will cost you an extra...	\$528 (\$44 x 12 months) -\$0 (\$0 x 12 months) =\$528 per year	\$660 (\$55 x 12 months) -\$60 (\$0 x 12 months) =\$600 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.

Prescription Benefit Manager:
Prescription Solutions, Inc.
For: Manatee Health Network
Bradenton, Florida

Prepared by:
Pharmacy Healthcare Solutions, Inc.
P.O. Box 101632
Pittsburgh, PA 15237

Editor: Melissa Sherer Krause, Pharm.D.
Contributor: Christopher K. Williams, Pharm. D.
Pharmacy Advocate
Ashley Gibbons

Published April 2010