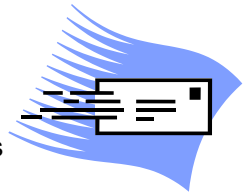




# ManateeChoice Health Plan

## Fast Facts



For more information, contact your Pharmacy Advocate, Dr. Chris Williams  
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**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.

### **IMPORTANT INFORMATION**

#### ***Glaucoma: How to save money on your medication***

##### **What is Glaucoma?**

Glaucoma is an eye disease that can damage the optic nerve due to a buildup of pressure. This can lead to a loss of vision. While peripheral vision is usually lost first, total blindness can result if the disease is not treated properly. Finding and treating this disease early is the key to preventing blindness.

##### **Medications to Treat Glaucoma**

Classes of drugs used to treat glaucoma include cholinesterase inhibitors, direct-acting cholinergic miotics, sympathomimetics, beta-blockers, carbonic anhydrase Inhibitors, and prostaglandin agonists. These drugs work to reduce the pressure in the eye by either decreasing the fluid produced or increasing the outflow of this fluid, as described below.

- ~**Prostaglandin Agonists**-increase the outflow of fluid in the eye
- ~**Beta-Blockers** and **Carbonic Anhydrase Inhibitors**- decrease the amount of fluid produced
- ~**Sympathomimetics**- decrease the fluid production and increase the fluid outflow
- ~**Direct-acting miotics**- cause contraction of eye muscles allowing for increased fluid outflow

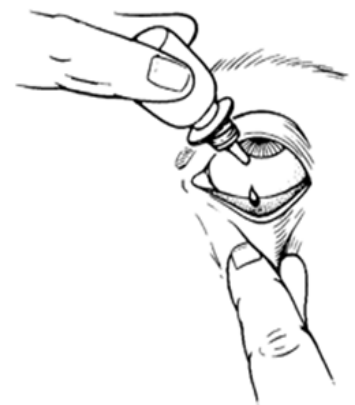
The following are some examples of each type of medication:

Prostaglandin Agonists	Beta-Blockers	Carbonic Anhydrase Inhibitors	Sympathomimetics	Direct-acting miotics
<ul style="list-style-type: none"> <li>•Lumigan</li> <li>•Xalatan</li> <li>•Travatan</li> </ul>	<ul style="list-style-type: none"> <li>•*Betagan</li> <li>•*Timolol</li> </ul>	<ul style="list-style-type: none"> <li>•Azopt</li> <li>•*Trusopt</li> <li>•*Methazolamide</li> <li>•*Acetazolamide</li> <li>•*Cosopt</li> </ul>	<ul style="list-style-type: none"> <li>•*Alphagan</li> <li>•*Iopidine</li> <li>•Propine</li> </ul>	<ul style="list-style-type: none"> <li>•Carbachol</li> <li>•*Pilocarpine</li> </ul>

\*= Generic Available (Generic Alphagan may only be available in certain strengths)

##### **Steps for Putting in Eye Drops:**

1. Start by tilting your head back and pulling down on the soft spot just below the lower lid to form a pocket.
2. Let the drops fall into this pocket.
3. Slowly let go of your lower lid and close your eyes. Try not to shut your eyes tightly or squint, as this can push the drops out of your eye.
4. Gently press on the inside corner of your closed eye for approximately two minutes. This keeps the drops from getting into your system and allows them to stay in your eye, where they are needed.
5. Blot around your eyes to remove any excess eye drops.



## Ways to Save

If you are currently taking a brand glaucoma medication, you may be able to save money by switching to a generic prescription medication.

- Generic 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 this generic prescription medication is right for you, you can save \$28 or more each month, totaling as much as **\$336 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 Travatan, Brand Lumigan, or *Brand Alphagan-P	20% of the drug cost (Approximately \$28)	25% of the drug cost (Approximately \$35)
Cost of Brand Xalatan	40% of the drug cost (Approximately \$60)	50% of the drug cost (Approximately \$76)
Cost of Generic Cosopt or Trusopt	\$0 No cost to member	15% of the drug cost (Approximately \$12)
If you use Travatan, Lumigan, or Alphagan-P instead of generic Cosopt or Trusopt it will cost you an extra...	\$336 (\$28 x 12 months) <u>-\$0 (\$0 x 12 months)</u> <b>=\$336 per year</b>	\$420 (\$35 x 12 months) <u>-\$144 (\$12 x 12 months)</u> <b>=\$276 per year</b>
If you use Xalatan instead of generic Cosopt or Trusopt, it will cost you an extra...	\$720 (\$60 x 12 months) <u>-\$0 (\$0 x 12 months)</u> <b>=\$720 per year</b>	\$912 (\$76 x 12 months) <u>-\$144 (\$12 x 12 months)</u> <b>=\$768 per year</b>

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 your 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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