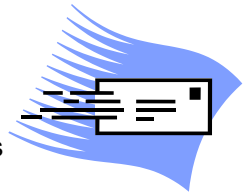




ManateeChoice Health Plan

Fast Facts



For more information, contact your Pharmacy Advocate, Dr. Chris Williams
941.748.4501 Ext. 6406 CWilliams@ManateeYourChoice.com

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

Oral Diabetes Medications

There are over 20 millions American in the United States living with diabetes. Roughly one third of these people have yet to be diagnosed. Type 2 diabetes is a condition that effects the way your body is able to metabolize glucose. In type 2 diabetes, the body cannot make enough insulin or is resistant to the effects of insulin that is produced. Untreated, the disease can lead to life threatening complications. Type 1 diabetes is characterized by the body's inability to produce enough insulin in the pancreas. Type 1 diabetes usually occurs earlier in life, but it can appear at any age.

There are 5 classes of oral diabetes medications. All classes work to lower glucose levels either alone or along with insulin injections. The classes are as follows:

- **Sulfonylureas and Meglitinides**- stimulate the pancreas to make more insulin
- **Biguanides**- shut off the liver's excess glucose production
- **Thiazolidinediones**- increase the body's sensitivity to insulin
- **Alpha-Glucosidase Inhibitors**- slow the absorption of carbohydrates in the intestines

Sulfonylureas	Meglitinides	Biguanides	Thiazolidinediones	Alpha-Glucosidase Inhibitors
<ul style="list-style-type: none"> •*Micronase •*Glucotrol •*Amaryl 	<ul style="list-style-type: none"> •Prandin •*Starilix 	<ul style="list-style-type: none"> •*Glucophage 	<ul style="list-style-type: none"> •Avandia •Actos 	<ul style="list-style-type: none"> •*Precose •Glyset

* = Generic Available

For many people, diet or diet and exercise alone are enough to control Type 2 diabetes. Weight loss is often key in managing diabetes. Dropping just 5% to 10% of your weight can help lower blood sugar levels if you are overweight.

According to the American Diabetes Association, losing 10 to 15 pounds can have far reaching effects including those found in the chart to the right. While diet and exercise will almost always lower glucose levels, sometimes, even proper diet and exercise aren't enough, and an oral diabetic agent may be prescribed. However, if no changes are made, at some point, oral diabetic medications may stop working, and insulin injections may be necessary.



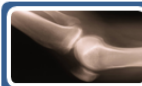
Lower Blood Sugar



Improve Cholesterol Levels



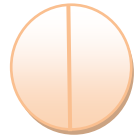
Reduce Blood Pressure



Lighten stress on hips, knees, and ankles

Ways to Save

- 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 one of these generic prescription medications is right for you, you can save \$28 or more each month, totaling **\$336 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 Brand Januvia, Actos, or Avandia	20% of the drug cost (Approximately \$40)	25% of the drug cost (Approximately \$50)
Cost of Brand Prandin	40% of the drug cost (Approximately \$28)	50% of the drug cost (Approximately \$35)
Cost of Generic Amaryl, Glucophage, Glucotrol, Starlix, or Micronase	\$0 No cost to member	\$5
If you use Januvia, Actos, or Avandia instead of generic Amaryl, Glucophage, Starlix, Glucotrol, or Micronase, it will cost you an extra...	\$480 (\$40 x 12 months) -\$0 (\$0 x 12 months) =\$480 per year	\$600 (\$50 x 12 months) -\$60 (\$5 x 12 months) =\$540 per year
If you use Prandin instead of generic Amaryl, Glucophage, Glucotrol, Micronase, or Starlix, it will cost you an extra...	\$336 (\$28 x 12 months) -\$0 (\$0 x 12 months) =\$336 per year	\$420 (\$35 x 12 months) -\$60 (\$5 x 12 months) =\$360 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
Ann Johnson

Published June 2010