

Telephone Directory

Customer Service

(941) 748-4501
ext 6415 and ext 6417

(941) 741-2960

Employee Health Benefits

(941) 748-4501 ext 6403

Member Advocacy

(941) 748-4501 ext 6407,
ext 6409, and ext 6411

Lifestyle Assistance and
Modification Program (LAMP)

(941)741-2995

Diabetes/Nutrition Program

(941) 748-4501 ext 6410

Communications Coordinator

(941)748-4501 ext 3967

Fitness/Exercise Programs

(941)748-4501 ext 3979

Pharmacy Advocate

(941) 748-4501 ext 6406

Prescription Solutions

(800) 797-9791

Precertification

(941) 741-2963

Visit us online at:

www.ManateeYourChoice.com

Follow Up to Your Wellness Exam

Did Your Doctor Prescribe a New Drug?...Here's What to Ask At the Pharmacy

✚ What is this medication taken for?

You should know why you are taking each of your medications so you know how your doctor will see if they are working. For example, your doctor might order a follow-up blood test if you were prescribed a cholesterol medication to make sure it is helping your cholesterol.

✚ What can I expect when I take this medication?

Medications have different purposes and different time frames until they work. Knowing what to expect is important so that you can tell your doctor if you think a medication is not doing its job such as relieving pain or healing a rash. Also, you should know if a medication may cause any serious side effects so that you can tell your doctor if you experience them.

✚ How am I supposed to take this medication?

Make sure you understand the directions on the prescription label so that you are taking your medication properly. Also, make sure you understand any additional instructions the pharmacist gives you such as taking the medication with or without food or at a particular time of day.

✚ Are there interactions with other medications I take or foods I eat?

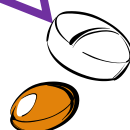
Some prescription drugs interact with other prescription drugs, over-the-counter medicines (such as aspirin), herbal supplements, or foods. It is important to know whether your new prescription will be safe to take while on your other medications and if you eat certain foods.

✚ Are generics available?

Since Manatee members can get generic medications for free at MHN Preferred Network Pharmacies, asking this question may help save you money. Remember to ask this question every couple of months so you don't miss a new generic coming out onto the market.

New Generics!

Manatee members pay \$0 copay for all generic medications at MHN Preferred Network Pharmacies! Several brand medications are now available as generics or will be soon, including:



Brand Name	Generic Name	Used For
Amrix ER	Cyclobenzaprine SR 15 & 30 mg	Muscle relaxer
Antabuse	Disulfiram 250 mg	Alcohol Aversion
Aricept	Donepezil	Alzheimer's
Aromasin	Exemestane	Breast cancer
Cardizem LA Tablet	Matzim LA Tablet (Watson) (Also known as Diltiazem)	High Blood Pressure
Concerta	Methylphenidate	ADHD
Elestat	Epinastine Ophthalmic Solution	Allergy eye drop
Femara	Letrozole	Breast Cancer
Sular ER	Nisoldipine	High Blood Pressure
Xalatan	Latanoprost Ophthalmic Solution	Glaucoma
Xyzal	Levocetirizine	Allergies
New Generics Coming Soon!		
Avodart	Dutasteride	BPH
Levaquin	Levofloxacin	Antibiotic
Nasacort AQ	Triamcinolone acetonide	Allergy nasal spray
Patanol	Olopatadine	Allergy eye drops

Got the Results of your Wellness Exam?...What's Next?

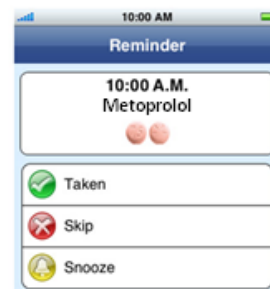
While it is important to spend the time getting a wellness exam, it's extra important to act on what you and your doctor have learned from it. Getting the results of your exam can be overwhelming, and many people find it difficult to understand the feedback that is given. The chart below explains some of these numbers.

Test Done	What Do the Numbers Mean	Follow Up
Blood Pressure (BP)	A normal BP is less than 120/80 Pre high BP is 120-139/80-89 High BP is considered >140/90	You may not experience symptoms with high BP, but damage can occur if it is not treated. Follow your doctor's plan, which may include diet, exercise, and/or medication.
Fasting Blood Glucose	A level >100 is called pre-diabetes >126 may indicate diabetes Additional tests are usually needed to confirm if a person has diabetes	Diet and exercise are key to lowering your blood sugar. If this is not enough, a medication may be prescribed. Those who still have high blood sugar may need to take insulin and monitor their glucose levels daily.
Body Mass Index (BMI)	BMI of <18.5 is underweight 18.5-24.9 is normal 25-29.9 is overweight >30 is obese <i>You can calculate your own BMI at http://www.nhlbisupport.com/bmi/</i>	Medications to help with weight loss are limited and may cause unwanted side effects. If you're found to be overweight or obese, diet or exercise may be recommended to help you achieve your ideal body weight. Losing weight can also help reduce your chances of developing other diseases such as high BP or diabetes.
Visual Acuity	The "E chart" (known as Snellen) tests ability to see things far away. 20/20 is considered normal 20/40 is below normal 20/200 is considered legally blind A small index card (Jaeger Card) may be used to test ability to see things that are close to you.	If your visual acuity is found to be poor, your doctor may refer you to an optometrist. You most likely will need to get glasses or contacts to correct your vision. Not being able to read the text on the Jaeger card properly could indicate the need for glasses while reading. Those who have vision problems in both areas may need bifocals.

Cars and Medication: What can these two possibly have in common?

What if I told you that the car you drive right now would be the last car you will ever own. You can never get a new one, and it must last you for the rest of your life. Do you think you would take better care of it? We change our oil and filters frequently to make our cars run better and last longer right? Shouldn't we do this with our bodies as well? We should all take our medication regularly to improve our health for the long run. Currently only one in three patients takes all of their medication, one in three takes some of their medication, and one in three never gets their prescriptions filled at the pharmacy. Even worse, about 50% of all the prescriptions filled are not taken correctly. What keeps you from taking your medications as your doctor prescribed them?

- **"I don't like the side effects."** - Talk to your doctor about switching to a different drug.
- **"I can't afford this drug."** - Ask your pharmacist if there is a generic alternative.
- **"Do I really need this?"** – Based on your wellness exam, your doctor feels that there are benefits of prevention and treatment for your condition.
- **"I feel better."** - Your doctor should decide when is the best time to stop a medication.
- **"I keep forgetting to take my medication."** - Use a pill box or alarm as reminder, or download an "App" to your cell phone to keep track of your medication.



Manatee County Government's Center for Health & Lifestyle Management * www.ManateeYourChoice.com

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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