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Health *bulletin*



Getting Started is Easy

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1. Visit teladoc.com
2. Click "Set up account"
3. Provide your name, contact information, and date of birth
4. If you do not see a username on your welcome kit (or you do not have access to it), choose "No, I do not have a username"
5. Select "My employer or insurance provider offers me access to Teladoc"
6. Enter "KAIROS" in the company name field
7. Enter your BCBSAZ member ID
8. Complete the registration steps

You can also complete your registration over the phone by calling 1-800-TELADOC

SEPTEMBER IS
NATIONAL
CHILDHOOD
OBESITY
AWARENESS
MONTH

Make small changes, like keeping fresh fruit within reach or going on a family walk after dinner.



How can you get the most from your prescription benefit?

The following tips can help reduce the amount of money you pay for prescriptions:

- **Generic medications** are a less expensive option than brand name drugs. Before you fill a prescription, ask your doctor if you can substitute a generic drug for a brand medication.
- **Pill splitting** can help save money without sacrificing drug effectiveness or safety. Some tablets are available at double the dose and at the same or nearly the same cost as lower doses. By splitting the larger doses, you can essentially get two doses for the price of one. There are limitations, however, on the types of pills you can split. Time-release medications and medications in capsule form, for example, cannot be split. Ask your doctor and pharmacist if your medication is available in larger doses, and if it can be split to help save money.
- **Buy medications through the mail.** Ask your doctor for a 90-day prescription for any maintenance medication (for treatment of blood pressure, arthritis, or diabetes, for example), and take advantage of the mail order program. This will save you money, and also allow you to enjoy the convenience of home delivery. *Note:* You will need a new prescription to begin receiving your medications via mail order.
- **Ask your doctor for samples.** Doctors may receive free samples from pharmaceutical sales representatives. So, when you start taking a new medication, don't be afraid to ask if samples are available. Samples allow you to try the medication and see if it works for you—before you fill an on-going prescription.
- **Shop around for your medications.** As with everything else you buy, medication prices may vary depending upon where they are purchased. Call around to different pharmacies, or go online to check prices. And don't forget warehouse stores, which can sometimes offer better prices than traditional retail pharmacies.