



# Resources for Affordable Medications

1. **Check your formulary:** When shopping for new insurance, look at the formulary, especially if any family is on a chronic medication. You may have to talk with an insurance company representative since formularies are not usually publicly displayed.

If you are starting a new chronic medication such as an asthma or ADHD medication, or going to a doctor visit where you know you will be getting refills, look at the formulary ahead of time to see what is preferred. You can usually log into your insurance company's website to see your plan's information.

2. **See if you qualify for Patient Assistance Programs:** These programs are run by drug companies and other organizations. You can learn more about these on Needy Meds ([needy meds.org](http://needy meds.org)), Partnership for Prescription Assistance ([pparx.com](http://pparx.com)), and RxAssist ([rxassist.org](http://rxassist.org)).

You can also do an online search with the medicine name and "patient assistance program."

3. **Shop around:** Look at GoodRx and WeRx to search local pharmacy cash prices. You must show the pharmacist the advertised price to qualify.

Also, you can call your insurance plan's preferred pharmacy, or it may be cheaper to use their mail order pharmacy or get a 90 day supply.

-Express scripts, CVS Caremark, Optum RX, mycigna, Amazon RX pass

4. **Get a Drug Discount Card or Coupon:** You often can't use insurance when you use a discount card, so you have to look at your deductible and see what will be cheapest in the long run. To find discount cards, look at the above-mentioned websites or search the drug company's website. In addition, sometimes your doctor's office may have discount cards/coupons for some medications.

#### Discounts and coupons

[northcarolina.drugcard.com](http://northcarolina.drugcard.com)

[copays.org](http://copays.org)

[figsofawake.org](http://figsofawake.org)

**NC MedAssist:** Free Pharmacy

[Medassist.org](http://Medassist.org)

5. **Talk with your Provider:** Ask your provider if there is a generic substitute for your medication that is less expensive. We cannot know your specific formulary so any knowledge you have of your insurance's formulary is valuable. If you get to the pharmacy and your medication is too expensive, please let our office know.

## Online Resources

**Community Care of NC** | [www.communitycarenc.org](http://www.communitycarenc.org)

Resource database provides information about services offered in Wake and Johnston County.

**Wake County Network of Care** | [wake.nc.networkofcare.org/mh](http://wake.nc.networkofcare.org/mh)

Information on local services and organizations in Wake County. **NC 2-1-1** |

[www.nc211.org](http://www.nc211.org)

Information and referral services by United Way of North Carolina.

**Aunt Bertha** | [www.auntbertha.com](http://www.auntbertha.com)

Information about local free or reduced cost services like medical care, food, job training and more.

**NC CARE 360** | <https://nccare360.org/resources/>

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