

# High Option Pharmacy

EXPRESS SCRIPTS®

CHAMPIONS FOR BETTER™

APWU HEALTH PLAN

# Three Things You'll Learn

- Benefits: Express Scripts Pharmacy,
  90 day at Retail and Accredo Specialty Pharmacy
- Remote monitors for Qualified Members:
  Diabetes, High Blood Pressure and Weight Management
- Digital Mental Health Support

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# High Option Pharmacy

- *Long-term prescriptions are taken over a sustained period of time to treat chronic conditions*
- *Avoid paying a higher cost by getting a three-month (90-day) supply of your long-term medicine instead of a one-month (30-day) supply*
- *You have two ways to get your long-term prescriptions – convenient home delivery from Express Scripts Pharmacy® or a retail pharmacy in your network*

## DELIVERED TO YOU FROM EXPRESS SCRIPTS PHARMACY®

- Delivered to your door with FREE standard shipping
- Transfer prescriptions easily online, by phone or via Express Scripts® mobile app
- Auto-refills and refill reminders available
- Talk with a pharmacist by phone 24/7

## AT A WALGREENS OR CVS PHARMACY

- At convenient Walgreens or CVS locations near you
- Transfer your prescriptions easily in-store, by phone, or online
- Ask about auto-refills and refill reminders

To choose a three-month supply and avoid paying more, log in or register at express-scripts.com/90day
You can also call the Member Services number on the back of your member ID card.

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# Adherence To Diabetes Medications Is Important! Lower Your Blood Sugar

## APWU Health Plan provides low cost share for your diabetic medications and supplies

- $0 copay at the Express Scripts Pharmacy and Smart 90 (Walgreen and CVS) pharmacies for the following medications:
  - Formulary oral generic (Tier 1)
  - Formulary (Tier 2) blood glucose test strips and lancets
  - Standard Plan copay applies to all other covered diabetic medications and supplies
- Participating Insulins in the Patient Assurance Program:
  - $25 per 30 day supply and $75 for 90 day supply at Express Scripts pharmacy and Smart 90 retail pharmacies
  - Participating insulins include: Humalog, Humalog Mix, Humulin, Lantus and Levemir. All others take standard plan copay

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accredo®

# A SPECIALTY PHARMACY



- Specialized patient care for patients with chronic and complex health conditions
- Ongoing support from pharmacists and nurses with specialized training and expertise
- Individualized counseling and education

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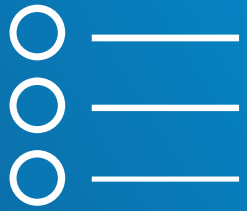
# DRUG LIST



- Physicians and pharmacists routinely review the medications on your drug list that are covered by your prescription plan
- Generic and brand-name drugs (preferred drugs)
  - Generics typically cost less than brand-name drugs
  - Preferred drugs are proven to work in the same way as their more expensive counterparts
  - You can still fill a prescription for a non-preferred drug, but you'll have a higher copayment
  - Certain medications are excluded – which means they are not covered at all
- Talk with your doctor about moving from non-preferred and excluded drugs to generic and preferred drugs

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# GENERIC PRESCRIPTIONS



- Before leaving your doctor's office, ask either your doctor or the nurse, "Is there a generic for that?"
- Review all of your medicines regularly with a doctor or pharmacist to see if new options are available
- Use the Express Scripts® mobile app or visit express-scripts.com to find a generic or price a medication

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# Diabetes remote monitoring with LifeScan

At no charge to qualified members: empower yourself and enable clinicians to make proactive, tailored interventions- watch for information in the mail

**Bluetooth-enabled blood glucose meter**
for easy testing








**Express Scripts Diabetes Pharmacists**
identify dangerous trends and reach out to patients via phone and email

**Personalized analytics**
inform patient health tracking and coaching




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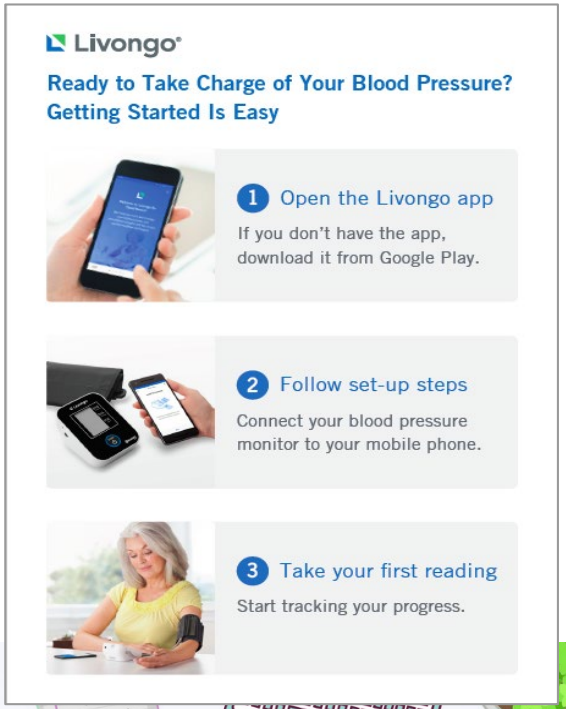
# HIGH BLOOD PRESSURE Remote Monitoring: Qualified Members Receive Information In the Mail – No Charge to APWUHP Members

## Easy start with welcome kit and app onboarding

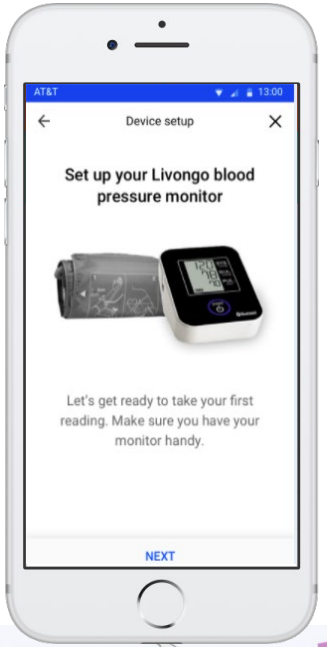
### Welcome kit




### Welcome card




### App onboarding

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# QUALIFIED MEMBERS – Watch For Information In The Mail, Provided By APWUHP At No Charge

## Helping members get healthier and stay healthier

An estimated 97 million adults in the U.S. are overweight or obese[1]–raising the risk of developing type 2 diabetes, coronary heart disease and hypertension. StepIn identifies patients who are on a path toward a chronic condition, and offers a remote monitoring program encouraging a healthier lifestyle.

StepIn℠
PREDICT PREPARE PREVENT

- CELLULAR-CONNECTED SCALE
- EVIDENCE-BASED CURRICULUM
- **PERSONALIZED COACHING**
- PERSONALIZED WEIGHT LOSS PROGRAM
- VIRTUAL PEER SUPPORT COMMUNITY

**Healthy lifestyle changes (diet and exercise) have reduced downstream impacts of obesity, such as type 2 diabetes, by 58%[2]**

1. National Institute of Health
2. National Institute of Diabetes and Digestive and Kidney Diseases

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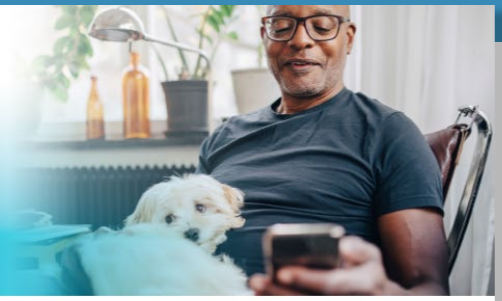
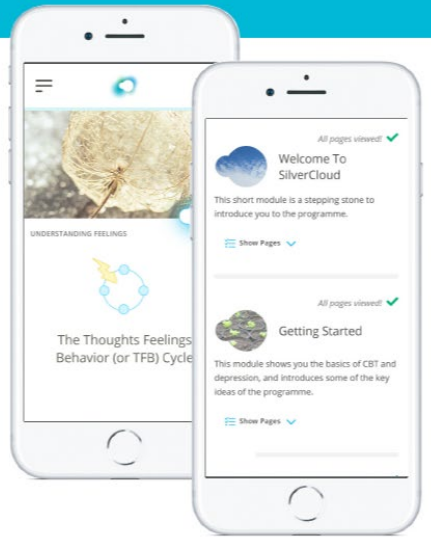
SilverCloud | EXPRESS SCRIPTS



# A BETTER WAY TO FEEL BETTER.

**Get digital mental health support.**




**SilverCloud offers personal mental health support and guidance on demand. Our goal is to help those with depression, anxiety, stress, sleep issues or resilience feel better. If you have an Express Scripts pharmacy benefit plan through your employer, you can use SilverCloud at no extra cost.**

- Access SilverCloud on your phone, tablet or computer
- Explore a wide range of lessons, tools and videos to help put what you learned into practice
- Receive coaching and support
- Use the journal to write down your thoughts and feelings
- Practice mindfulness with relaxation and breathing techniques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# WE'RE HERE TO HELP



**Express Scripts® mobile app**



**express-scripts.com**



**Member services number on the back of your ID card**

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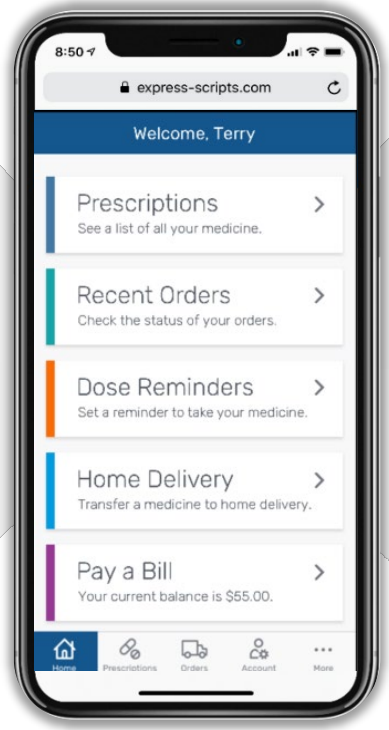
# The Express Scripts ® Mobile App

## Download it for free

Search for “Express Scripts” & use the same username and password to access the mobile app and express-scripts.com

## Pharmacy info

Price medications between pharmacies & locate a pharmacy near you




## Home delivery info

Renew & refill home delivery prescriptions, track the status and transfer prescriptions to home delivery

## Other helpful tools

View your past prescription activity, get reminder notifications

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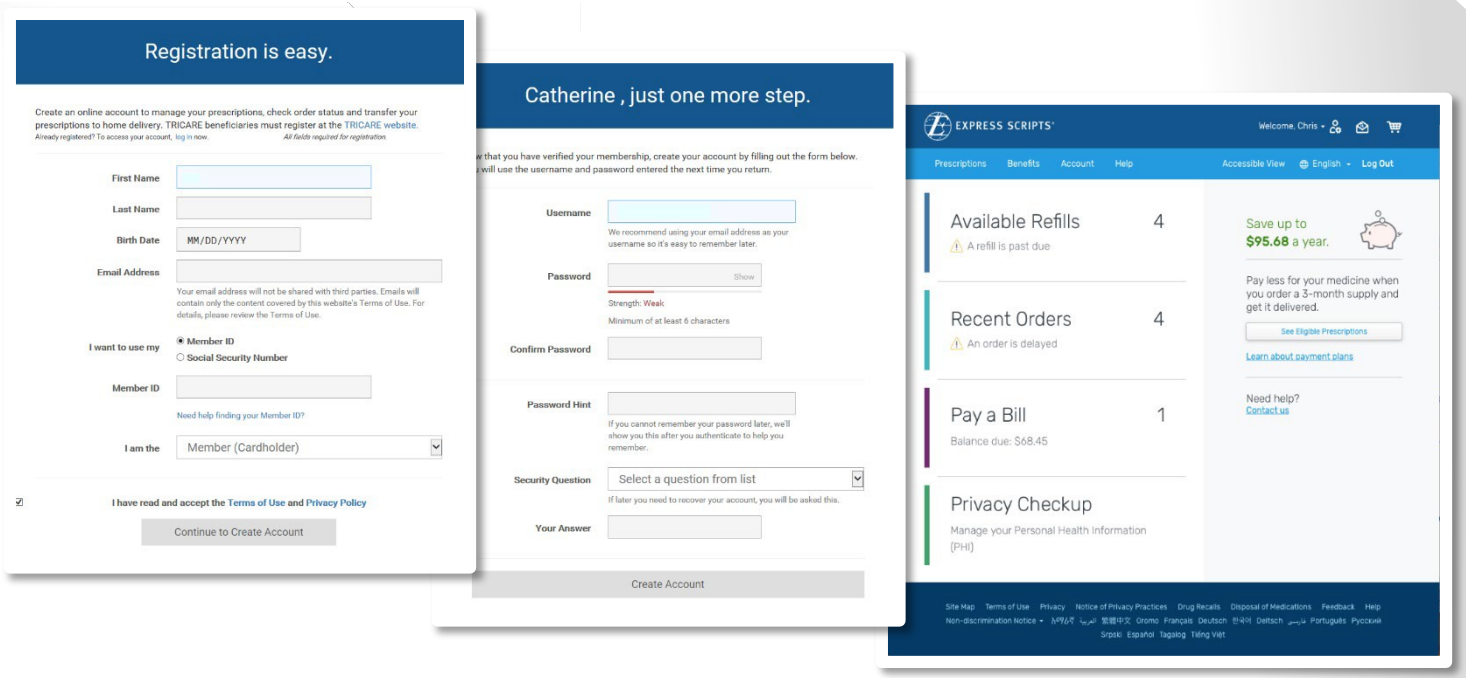
# EXPRESS-SCRIPTS.COM




Easy to register and access the one-stop shop, including order status with tracking, refill a prescription, enroll in automatic refills, pharmacy options and savings, transfer to home delivery, and more!

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# THANK YOU



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APWU HEALTH PLAN

# Questions for Closing Session

Email any questions to: **closingsessionquestions@apwuhp.com**.

You will receive an email following our Seminar with a link to fill out your class evaluations online.

# *THANK YOU!*

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