

Getting the most out of your medications



Starting A Medication

There are many types of medications available. It can take a few tries before you and your provider find the right type and right dose that is best for you. Once you start a medication, it can take some time to see its effects. Talk to your provider about how long you should stay on a newly prescribed medication to allow your body to adjust to the medication.

Managing Your Medications

1 Keep a record of the medications you are taking.

The names of prescription drugs are often hard to speak and remember; make sure to keep a list of your medications. This will come in handy if you see many providers because one provider may not be aware of medicine that another provider has prescribed.

2 Review your medication list with the provider at each visit.

Ask all of your providers to send your prescriptions to the same pharmacy so that your pharmacists, your providers and a MeridianComplete representative can help you coordinate and keep track of your care.

3 Make sure you understand when to take your medication and how much of your medication you should take each day.

Remember, medications can expire just like food! If you have expired medications, you can throw them away. Make sure you get rid of your medications safely by using a marker to cover your personal information on the container, putting the medication in a sealable bag, mixing it with something unwanted such as coffee grounds and then throwing the bag in the trash.



Stopping A Medication

Stopping your medication suddenly can make your condition worse.

If you start to feel better while on the medication, do not stop taking it - this means the medication is working. If you want to stop your medication or switch to a new one, talk to your provider about how to make changes safely. Finally, if you do not like the side effects of a medication, talk to your provider right away.



The Bottom Line

Always talk to your provider before starting, stopping or changing a medication. If you need help finding a Primary Care Provider (PCP), call MeridianComplete (Medicare-Medicaid Plan) at **1-855-580-1689** (TTY users should call **711**), **Monday – Sunday, 8 a.m. to 8 p.m.**



Sources: www.cdc.gov | www.healthline.com



Did You Know?

Some medications may be out-of-network, just like providers. You can check if the medication you were prescribed is covered by using the medication directory — called a formulary — or by calling MeridianRx. The formulary will show you a list of medications that require a prior authorization (PA) to be sent from your provider to MeridianRx. The formulary and the PA form can be found at www.mhplan.com. Call MeridianRx at **1-855-898-1480** (TTY users should call **711**), **Monday – Sunday, 8 a.m. to 8 p.m.** if you are unsure if a medication is covered. MeridianRx can even help you keep track of your refills.

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).

