

The New Year is a good time to make sure your **PRESCRIPTIONS** are in order. Put a Medication Management Plan in place!

2023

Here are some good tips for January and all- year round:

New Year, New Routines

+ Take your Medication as Prescribed

Take your medicine as prescribed – with input from your health care provider. Take your medicine regularly and according to your health care provider’s instructions. Set alarms on your phone, put up sticky notes, use an app –whatever works for YOU to remind yourself to take your medicine on-time.

+ Store Your Medicines Properly and Check the Expiration Date

Proper storage is one way to help make sure your medicines remain safe and effective. Medicines that are not stored properly may not work as well or may cause harm, even if they are not expired.

+ Drug-Drug Interactions and Potential Side Effects

Remember your pharmacist is a medication expert who is always willing and able to answer any questions you have about medication adverse effects and any potential drug interactions with medications that you might be taking.

+ Keep a Medication List

Write down what you’re taking and keep the list with you. Make sure your medication list is up-to-date, and includes any changes made by your health care provider. Keep it on your smart phone for easy access. Make sure your Seizure Action Plan includes your current Anti Seizure Medications as well as your Rescue Medications. Bring your list with you to all of your doctors’ appointments.

+ Medication Synchronization

Ask your pharmacist if they have a Medication Synchronization Program <https://ncpa.org/medication-synchronization>
A Medication Synchronization Program allows you to pick up all of your prescription refills at the pharmacy on a single trip to the pharmacy each month. It help you to work closely with the pharmacist and to follow all of the directions that come with your medicine. In addition, a once a month pick-up time also gives you a convenient time to schedule other patient care services at the pharmacy and might give you a chance to talk with your pharmacy on a regular basis.



Epilepsy Alliance America recommends that individuals with uncontrolled epilepsy, whenever possible, seek the services of a pediatric or adult epileptologist to help manage their epilepsy.

Did you know that thousands of prescriptions are filled each year and ABANDONED at the pharmacy because of high co-pays?

The websites below offer discounts or free medications to eligible patients. You can also check with the pharmaceutical company that makes your medication to see if they offer patient assistance programs. When using these websites, you can search for your brand or generic medication. Based on your medication, the site will list the patient assistance programs that you may help you.

- [Good Rx](#)
- [Medicine Assistance Tool from PhRMA](#)
- [Needy Meds](#)
- [RX Assist](#)
- [RX Hope](#)
- [Veteran's Affairs Veteran's Benefits](#)



What is a Patient Assistance Program?

A patient assistance program is a special service offered by all major drug companies.

If you can't afford your medications, drug manufacturers may offer benefits like:



Prescription
medicine free of
charge or at low cost



Medicine sent to your
home, your doctor's
office, or your
pharmacy



Refills for up to a year
before reapplying

Remember: Drug prices can vary by pharmacy. It pays to shop around!

This publication is made possible with support from Neurelis, the makers of Valtoco, a seizure rescue nasal spray.

Do you use Valtoco?

The VALTOCO copay assistance program may be a useful program at the beginning of the benefit year for patients and families due to deductible requirements from their insurance plan. Patients may pay as little as \$20* for each VALTOCO® prescription filled. Click on the following link to access the copay assistance program <https://portal.trialcard.com/neurelis/valtoco/> Patients and care partners can get additional assistance on VALTOCO services by calling myNEURELIS at 1-866-myNEURELIS (1-866-696-3873)

*Program is not valid for prescriptions reimbursed under Medicare, Medicaid or any other federal or state program, or where prohibited by law. Offer valid only for prescriptions filled in the United State and Puerto Rico. Neurelis, Inc. reserves the right to discontinue this offer at any time. It is a violation of federal law to buy, sell, or counterfeit this certificate.