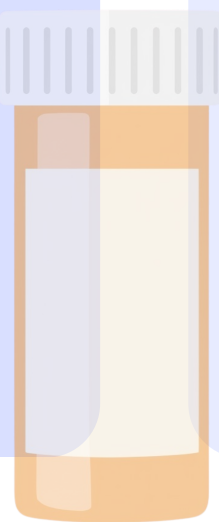


How to Save Money on Healthcare

1) Save on Medication

Ask about generic drugs

Generic medicines have the same active ingredient as brand-name medicines and often cost less.



Check low-cost pharmacy programs

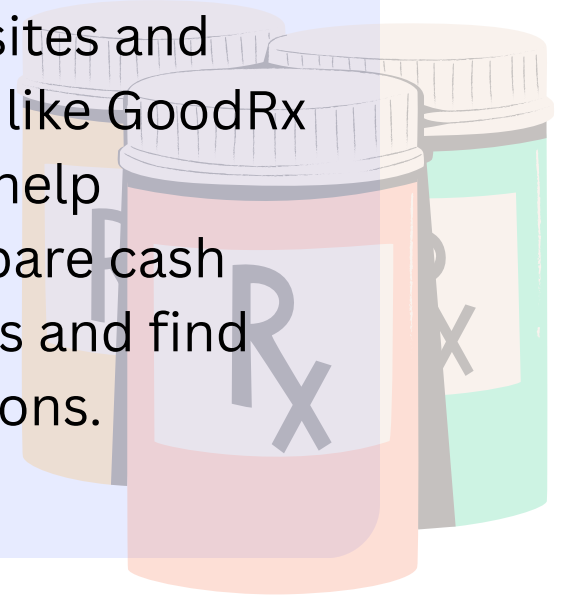
Some pharmacies offer low-cost generic medication lists, such as Walmart's \$4 prescription program.

Compare pharmacy prices

Prices can be different at different pharmacies. Check before filling your prescription.

Use prescription savings tools

Websites and apps like GoodRx may help compare cash prices and find coupons.



2) Use Preventative Care

- ☐ Schedule routine checkups
- ☐ Ask what screenings you need
- ☐ Keep up with vaccines
- ☐ Manage chronic conditions early
- ☐ Ask about community clinics or sliding-scale clinics

Preventive care can help find problems earlier and may help avoid more expensive care later.



3) Before You Pay

Before paying for care or medicine, ask:

- Is there a generic option?
- Is there a lower-cost pharmacy?
- Is there a coupon or discount program?
- Is this covered by my insurance?
- Is there a patient assistance program?
- Is there a community clinic or lower-cost option nearby?

Diabetes Supplies

Compare glucose meters before buying

Test strips are often the most expensive part over time.



Check the strip price first

Some meters are cheap, but their strips may cost more.



Ask your pharmacy about lower-cost options

Store-brand meters and strips may be cheaper.



Helpful Medication Resources:

- GoodRx
- Mark Cuban Cost Plus Drugs
- Walmart \$4 Prescriptions
- Generic drugs



Safety Reminder!

Do not skip important medicines or change your dose to save money without talking to a doctor or pharmacist. If cost is a problem, ask about safer, lower-cost options.



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For more information:
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Sources: FDA, GoodRx, Mark Cuban Cost Plus Drugs, Walmart Pharmacy