

New Medco Women's Health Center specializes in the unique medication needs of women

You can help make sure your medications meet your unique needs as a woman *and* find out whether you could save on your medications—with just one phone call to a Specialist Pharmacist at the new Medco Pharmacy Women's Health Resource Center.

These Specialist Pharmacists have specialized training in the medications used for contraception, osteoporosis, symptoms of menopause, and more. They also know your plan, so they can talk with you or your doctor about medication options that may be more affordable yet just as effective. And this enhanced level of care is available to you at no additional cost.

Your counseling conversation will be private.

You can talk to a Specialist Pharmacist by phone, *in private*. This means that you can ask sensitive and personal questions about your medications and how you react to them—without the concern of bystanders listening to your conversation.

You also don't need to be concerned that you are taking a Specialist Pharmacist away from other duties. During your conversation, the pharmacist is fully available to help you understand your medications and how they are working to help meet your unique needs.

How can a Specialist Pharmacist help?

Together you can review your medications to help safeguard your health. Specialist Pharmacists are available 24 hours a day, 7 days a week for questions such as:

- **Are there any interactions with my medications and the nonprescription drugs and vitamins I take?**

Example: You take a prescription acid reflux medication and your doctor recommends a nonprescription calcium supplement. You call a Specialist Pharmacist and he or she helps you choose a calcium product whose effectiveness won't be reduced by the acid reflux medication.

You also talk through your preferences—tablets or liquid, with meals or between meals—so that the dosing schedule fits your schedule.

- **How do my medications work and is the way I take them the best way?**

Example: You take an osteoporosis medication and you are prescribed another medication. You call a Specialist Pharmacist and he or she tells you how each medication works. You also learn that the two medications need to be taken at different times or the osteoporosis medication may not be effective.

- **Is there any way I could save on my medications?**

Example: You take a contraceptive that you purchase once a month. After answering any questions about health benefits and risks, the Specialist Pharmacist tells you that your plan allows you to get one 90-day supply of your current medication through the mail from the Medco Pharmacy for less than three one-month supplies at your retail pharmacy. And standard shipping is free.

You also learn that there are other contraception options that you may want to talk to your doctor about, since they could save you even more money.

Medco screens all your medications on file from all your doctors to look for any potentially unsafe drug interactions and other possible problems. If there is a potential problem, a Medco Specialist Pharmacist can contact you or your doctor so your medication can be adjusted if needed.

For family members who use other long-term medications...

The Medco Pharmacy has Specialist Pharmacists with expertise in the medications used to treat many other ongoing conditions, including high cholesterol, asthma, or depression.

Visit medco.com® for information from the U.S. FDA and more.

Visit the Women's Health Center at medco.com to find information from the U.S. Food and Drug Administration (FDA) and other valuable resources on the medications used to treat women's health conditions.

Topics include contraception, heart disease, osteoporosis, and menopause, as well as using medications during pregnancy. You can learn about warning signs, side effects, lifestyle changes, and reducing health risks.

Use the Medco Pharmacy mail service for your long-term medications.

You can get up to a 90-day supply of your medication for just one mail-order co-payment—which could save you money. The Medco Pharmacy has a state-of-the-art dispensing process with multiple quality checks to help ensure safety and accuracy. Your medication will be conveniently delivered right to you, and there's never a charge for standard shipping. Just ask the pharmacist how to get started.

Specialist Pharmacists are just a phone call or an e-mail away.

To talk to a Specialist Pharmacist about managing your medication, potential savings, and getting your medications through the mail, call the toll-free Member Services number on your prescription drug ID card and ask to speak to a Specialist Pharmacist at the Women's Health Resource Center.

You also have the option of e-mailing questions about your medications using the [*Ask the pharmacist*](#) link on the Women's Health Center page once you log in to medco.com®.

Let a Specialist Pharmacist help ensure that your medications are working well together and working well for you.

Medco Health Solutions, Inc. manages your prescription drug benefit.

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