



ASK A PHARMACIST

Questions to ask about the safe and effective use of your prescriptions.

Be safe. Be smart.

- › Ask questions.
- › Keep a medicine list.
- › Follow directions as prescribed by your doctor
- › Get help from the Cigna CoachRx program

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

TAKING YOUR MEDICATIONS IS IMPORTANT TO YOUR HEALTH.



General questions about your medications

- › What is the name of the medicine?*
- › What is the medicine for?*
- › Is there a generic form? Can I take the generic?
- › How long should I take this medication?
- › How often and when should it be taken? Should I avoid any food, drink or activities?
- › When does it expire?*



Filling your prescription

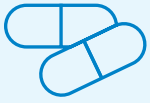
- › Is there another medication I can take if my insurance doesn't cover this one, or it's too expensive?
- › If a maintenance medication needs to be taken immediately:
 - Can my doctor write a prescription for 30 days to be filled at the pharmacy and also for 90 days to be mailed in?
 - Can my doctor give some samples to see if it works or if side effects are a problem?



Side effects

- › What are the side effects or warnings?
- › Are there any drug interactions with other medications that I'm currently taking?
- › What are the signs of an allergic reaction?
- › If I start to experience side effects, what should I do?





Dosage

- ▶ **Important reminders:** Consult your pharmacist for proper disposal of unused medications. Always finish the entire course of treatment for antibiotics.
- ▶ Can I crush the tablet and mix it with food or with a beverage?
- ▶ Is it okay to split my tablets?
- ▶ What symptoms suggest the dosage should be changed or the medication stopped?
- ▶ When it's time to go off the medication, does the dosage need to be "tapered"?
- ▶ What happens if I take the wrong dose or if I forget to take my medication?



Additional questions

- ▶ Where can I get more information about this medication?
- ▶ How can I remember to take my medication?
- ▶ Is it safe to become pregnant or breastfeed while taking this medication?
- ▶ Can I take nonprescription drugs (ex. aspirin, vitamins) with my prescription?
- ▶ Is my medication sensitive to light, heat, moisture, or cold? How should I store it? How long can I keep it?
- ▶ Are there other options that can be tried instead of the medication, such as diet, exercise, etc.?
- ▶ **Important reminders:** Consult your pharmacist for proper disposal of unused medications. Always finish the entire course of treatment for antibiotics.



Why is it important to talk to your pharmacist?

Your pharmacist is one of the professionals you can trust to help you stay healthy. He or she can offer tips about when and how to take your medication and alert you to possible side effects or potential interactions among your prescriptions.

The Cigna CoachRx program is here to help.

It's not always easy to remember to take your medication, but it's important to stay on schedule and take your medication as prescribed. The Cigna Coach Rx program can help you stay on track with guidance and tools.



Free pill boxes
to help you stay
organized



Information on your
medication and why
it's important to
your health



Medication coaching
available by phone

Call **800.835.8981** to learn more about
the Cigna CoachRx program.

To view this brochure online:

› Visit [Cigna.com/AskaPharmacist](https://www.cigna.com/AskaPharmacist)



*Food and Drug Administration, "Use Medicines Wisely," <https://www.fda.gov/forconsumers/byaudience/forwomen/ucm118574.htm>. Last Updated 2/16/2018.

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