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Managing Your Medications

Taking medications correctly can keep you healthy. When used to treat a chronic condition like diabetes or high blood pressure, it can prevent long-lasting complications, disease progression or a bad outcome like a heart attack or stroke. Despite the importance, many people struggle with sticking to a medication schedule, and it can become even more difficult when multiple prescriptions are involved.

If you're having trouble managing your medications or don't know why you're taking them, here are some helpful tips:



FYI:
**YOU CAN USE
YOUR OTC FUNDS
TO PURCHASE A
PILL ORGANIZER.**



➔ **USE A PILL ORGANIZER**

If you're having trouble organizing or remembering to take your medications as prescribed, try using a weekly pill organizer. There are various options to choose from, ranging from a simple option that has one compartment per day to an automatic pill dispenser that can hold up to 28 days' worth of pills and dispense them automatically up to four times a day.

➔ **MAINTAIN A SCHEDULE**

Another option is to maintain a schedule and to place your medications where you will see them and not forget to take them. You could even try setting an alarm on your phone or tablet to help remind you that it's time to take your pills.

➔ **REFILL YOUR MEDICATIONS BEFORE YOU RUN OUT**

There is nothing more frustrating than trying to refill a medication and you're told by the pharmacy you are out of refills. Sometimes your doctor may want to see you before he or she writes a new prescription, so it's important to be aware of how many refills are available and the steps you need to take to get them renewed. Talk to your doctor or pharmacist well in advance of your last fill.

➔ **GET A REMINDER YOU'RE DUE FOR A REFILL**

Most pharmacies can notify you by text or phone call when it is time to refill your medication. Ask your pharmacist about this option or put a reminder on your phone or calendar so you pick up your medication before you run out.

➔ **SYNCHRONIZE YOUR FILLS**

If you're taking more than one medication regularly, make sure you ask the pharmacist to synchronize your fills so you can get them all at the same time. Your copay (if you have one) will be adjusted to reflect the amount of medication you receive the first time and will resume to the full copay when you fill a full month's supply the next time.

➔ **MAKE FEWER TRIPS TO GET YOUR MEDICATIONS REFILLED**

Ask your doctor to write 100-day supply prescriptions for maintenance medications. You can fill extended day supplies with your network retail pharmacy or one of our mail order pharmacies. You may even be able to save money! Refer to Chapter 6 of your 2025 Evidence of Coverage for more information, or call us at 855-457-1349 (TTY users dial 711).



→ ASK QUESTIONS

- Don't be afraid to ask questions when your doctor wants you to take a medication. Understanding why it is being prescribed and taking it as directed is important so that it will do its job safely and effectively.
- If your doctor changes the dose of a medication, ask for a new prescription so the pill bottle matches the instructions you were given. You may forget orders were changed or a caregiver who helps you may not know, causing you to take the wrong amount, take it too often, or not often enough.
- Ask what to do if you experience side effects like muscle aches or nausea. Your doctor can suggest an alternative medication or provide advice on how to manage your symptoms. If you discontinue your prescribed medication without consulting your doctor, your condition may deteriorate, resulting in complications and extended treatment.



HELPFUL WAYS TO REMEMBER YOUR MEDICATIONS



Use a Pill Organizer



Maintain a Schedule



Refill Before You Run Out



Synchronize Fills



Get Extended-Day Fills



Ask Questions




→ Save thousands on hearing care.

You have access to exclusive pricing on high-quality prescription hearing aids through TruHearing®. Don't miss another moment. It's easy to get started.

Your 2025 hearing benefit covers up to two Premium, Advanced, Standard or Basic hearing aids per year with low copayments.

| | Premium | Advanced | Standard | Basic |
|-----------------------|--|---|--|---|
| Natural sound level | | | | |
| Listening environment | For the most challenging listening environments like restaurants and large groups of people. | For those with an active lifestyle who spend some time in challenging environments. | For those who spend most of their time in less challenging environments. | Best for quiet or mild environments, like 1-on-1 conversations. |

Exam: \$0 copay
Exam must be performed by a TruHearing network provider.

 Start by calling **TruHearing**.
855-739-4344 | TTY: 711
Hours: 9 a.m. to 9 p.m. Central Time, Monday-Friday

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→ GET STARTED WITH 5 simple steps.



CALL
TRUHEARING



SCHEDULE
AN EXAM



GO TO
YOUR EXAM



ORDER
HEARING AIDS



FITTING AND
FOLLOW-UP

→ Getting started with Amazon Pharmacy home-delivery is easy

Did you know you can get up to a 100-day supply of most maintenance medications? An additional benefit is copay savings. Tier 1 & Tier 2 drugs have a \$0 copay for extended day supplies, and there is a copay savings for Tier 3 & Tier 4 drugs, as compared to retail and other mail pharmacies.

1 GETTING STARTED IS EASY AND YOU CAN SAVE TIME AND MONEY

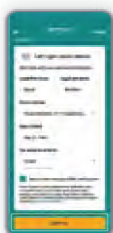
Grab your insurance card and visit the URL below and then click **"Get Started."**

→ amazon.com/nebraskabluecare

2 SIGN-UP JUST TAKES A FEW STEPS

If you are already an Amazon customer, follow the simple sign-up process. If you're not yet an Amazon customer you'll need to sign up, validate yourself and then follow the instructions.

- Follow the easy sign-up process.
- Provide consent for pulling medication history in from your plan – if you choose to.
- View the Medicine Cabinet information that was imported.
- You'll receive a welcome message which outlines next steps... it's that easy!

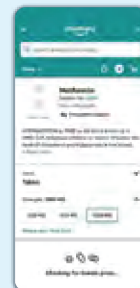


Easy sign-up



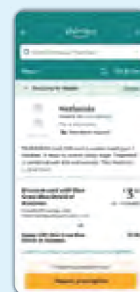
Provide consent for pulling in your medication history from your plan, which saves you time.

3 START SHOPPING FOR YOUR MEDICATIONS



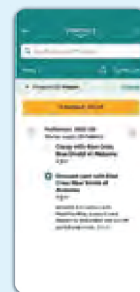
1

Amazon Pharmacy displays your insurance copay price.



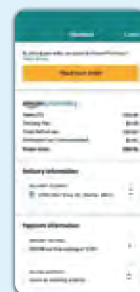
2

The lowest available price is presented to you.



3

Then proceed to the simple check out.



4

You'll get a delivery date promise, so you'll know when your medication will arrive. And get updates along the way.

*100-day fill is only for certain medications. Restrictions may apply.

*Amazon Pharmacy does not dispense Schedule II controlled substances.

**If your medication has an unfulfilled requirement, the cost may not count towards your out-of-pocket maximum. Refer to the coverage terms of your specific plan.

Amazon Pharmacy is an independent company that provides pharmacy home delivery services for Blue Cross and Blue Shield of Nebraska, an independent licensee of the Blue Cross Blue Shield Association.



Opioid Risks and Alternative Treatments

The misuse of prescription opioids is a significant public health issue in the United States. Approximately 8.9 million people aged 12 or older misused opioids in 2023.¹ Opioid abuse claims more lives than motor vehicle crashes annually. Opioids are not the first choice for chronic pain outside of active cancer treatment, palliative care and end-of-life care. Evidence suggests that nonopioid treatments, including nonopioid medications and nonpharmacological therapies can provide relief to those suffering from chronic pain, and are safer.² Patients with pain should receive treatment that provides the greatest benefit.

RISKS

Prescription opioids can be used to treat moderate to severe pain and are often prescribed following surgery or injury, or for health conditions such as cancer. However, prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. Additionally, prescription opioids have several side effects, even when taken as directed:³

- Tolerance - meaning you might need to take more of a medication for the same pain relief
- Physical dependence - meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy and strength
- Itching and sweating

ALTERNATIVE TREATMENTS

There may be other ways to manage your pain. Your doctor may recommend treatment options covered by your BCBSNE Medicare Advantage plan. Depending on the type of pain you are experiencing, covered options include:

- Acetaminophen (Tylenol®) or ibuprofen (Advil®)
- Cognitive behavioral therapy – a psychological, goal-directed approach in which patients learn how to modify physical, behavioral and emotional triggers of pain and stress
- Exercise therapy, including physical therapy
- Medications for depression or for seizures
- Interventional therapies (injections)
- Exercise and weight loss
- Other therapies such as acupuncture and massage

→ PLEASE TALK WITH YOUR HEALTH CARE PROVIDER ABOUT THE BEST PAIN MANAGEMENT TREATMENT FOR YOU.

1 Center for Behavioral Health Statistics and Quality. (2022). 2023 National Survey on Drug Use and Health (NSDUH): Methodological summary and definitions. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>

2 <https://www.cdc.gov/overdose-prevention/hcp/clinical-care/nonopioid-therapies-for-pain-management.html>

3 Dowell D, Haegerich TM, Chou R. CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2016. <https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>



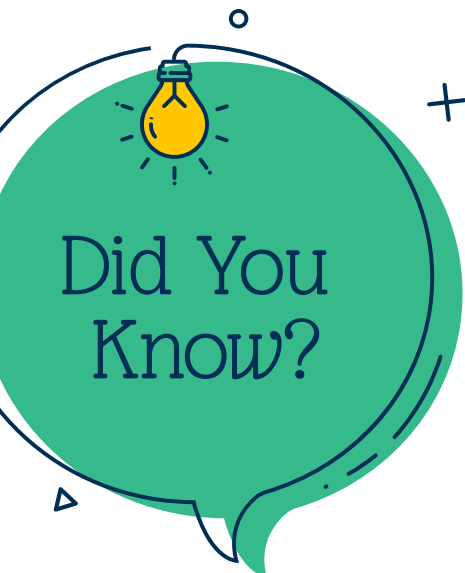
May is **Mental Health Awareness** Month.

Cognitive games play a vital role in ensuring to keep your brain stimulated.



INSTRUCTIONS:

Use numbers 1-4, without repeating in each square (there are 4 "squares" completing the grid, each with 4 smaller units). Check your answers by making sure there are no duplicate in each row and column. For extra difficulty, try timing yourself and do the puzzle again, trying to beat your time.



| | | | |
|---|---|---|---|
| | 2 | 3 | |
| 1 | | | 4 |
| 3 | | | 2 |
| | 4 | 1 | |

Though playing brain games may not statistically improve your cognition (i.e. memory, thinking), it encourages cognitive stimulation. Visual scanning, numerical processing, manual dexterity, problem solving and attention are all going on with one game!



→ Important RESOURCES

→ Member Services

Update your contact information
and ask questions about your plan

888-488-9850 (TTY users call 711)

Oct. 1 – March 31: Seven days a week
from 8 a.m. to 9 p.m. Central Time

April 1 – Sept. 30: Monday – Friday from
8 a.m. to 9 p.m. Central Time

→ Part D Customer Care

Call for questions related to prescription
drug coverage or to set up home delivery
for your prescriptions

855-457-1349

24 hours per day / 7 days per week

→ 24/7 Nurse Line

844-908-4535

→ FlexCard Questions

To ask questions about benefits related to
the over-the-counter (OTC) pharmacy card

844-451-1003 (TTY 711),
available Monday - Friday,
8 a.m. to 8 p.m. CT



Blue Cross and Blue Shield of Nebraska is an independent licensee
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→ Member Portal

myNebraskaBlue.com

