

March 18, 2009

RE: Good News About Your Prescription Drug Coverage!

Dear Plan Member,

Your health insurance committee members are supporting a way to save YOU money on some of your prescriptions. In addition, you will simultaneously create savings in our County's Self-Insured Health Fund which will help us hold down insurance premium increases. You save all around!

What do you need to do?

- Check the list of drugs on the next page and/or ask your doctor or pharmacist if any of your medications can be prescribed as a double dose and then split in half.
- Ask your doctor to write your prescription for double the intended dose and for the regular number of tablets. Your doctor needs to write 'sig' take as directed' on the prescription.
- Split your pills in half and take the half-pill as often as you did your full-pill. Your dosage will not change but you will have less to swallow.

How much will you save?

- Because your prescription will last you twice as long, you may be able to cut your prescription drug co-pays in half!
- The savings to our Self-Insured Health Fund could save you hundreds of dollars in premiums down the road.

Where do the savings come from?

- A larger dose pill is often the same cost as a smaller dose, so splitting the larger pill will provide two doses, for the price of one.
- Because St. Louis County's health plan is self-insured, all of our health expenses are paid from a designated account that is funded with our premiums. Therefore, if we have fewer expenses we have less need for premium dollars.

Tips on pill splitting

- Using a tablet splitter is highly recommended. These low-cost devices can be purchased at the pharmacy and are designed to accurately split tablets to prevent mistakes and to avoid crushing the tablet.
- Do not attempt to split a capsule. Tablets are the only form of medication that can be safely split.

The following drugs are excellent candidates for pill-splitting. Others may be, too – ask your doctor or pharmacist!	
Aricept	Lipitor
Benazepril HCL	Lisinpril
Benazepril HCL/Hydrochlorothiazide	Lovastatin
Citalopram Hydrobromide	Metoprolol Tartrate
Clonazepam	Paroxetine HCL
Cozaar	Pravastatin Sodium
Diovan	Provigil
Doxazosin Mesylate	Risperidone
Furosemide	Seroquel
Glipizide	Sertraline HCL
Keppra	Simvastatin
Lamotrigine	Viagra
Leflunomide	Vytorin
Levetireacetam	

Questions? Please contact:

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Sincerely,

Your Health Insurance Committee:

Bob Mortimo, Civil Service Supervisory
 Committee Co-chair

Don Dicklich, County Auditor
 Committee Co-chair

Sam Haddad, Teamsters
 Rene Selleck, Merit System Supervisory
 Jay Anderson, Merit System Basic
 Jim Skoog, Civil Service Basic
 Marilyn Krueger, Retirees
 Leah Shadle, Confidential Unit
 Debra Wolf, Health Care Supervisory
 Dave Lovaas, Deputy Sheriffs
 Dan High, 911/Corrections

Al Mitchell, County Administrator
 Melanie Ford, County Attorney
 Martha Watson, Employee Relations Director
 Jim Gottschald, Employee Relations Manager