



## HYPERTENSION TOOLKIT

*Resources to Help You Manage High Blood Pressure*



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## About the Hypertension Toolkit

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Arizona Care Network created this toolkit because our doctors want to make it easier for you to take control of your hypertension. When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and other health threats.

Stay informed so you can keep your heart healthy. We have compiled valuable resources to give you the information you need to effectively manage your high blood pressure. Let's keep you active and healthy for years to come.

### What is ACN?

**Arizona Care Network is an Accountable Care Organization (ACO), which is a group of doctors and other healthcare providers who share a common vision to:**

- Provide high-quality, coordinated care for patients
- Meet specific care standards that are set based on proven protocols and measures to enhance care quality
- Reward providers who improve population health by meeting those standards
- Avoid unnecessary duplication of services and prevent medical errors



For additional resources, please contact ACN's Concierge Line at **602.406.7226** or e-mail **[members@azcarenetwork.org](mailto:members@azcarenetwork.org)**.

## Monitoring Blood Pressure at Home

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It is important to choose a home blood pressure monitor that is accurate and easy-to-use. Automatic devices should be certified by one of three respected organizations including the Association for the Advancement of Medical Instrumentation, British Hypertension Society, or European Society of Hypertension. Prices for a typical, high-quality device range between \$50 and \$150.

### List of Upper Arm Devices for Self-Measurement of Blood Pressure:



[dableducational.org/sphygmomanometers/devices\\_2\\_sbpm.html#ArmTable](https://dableducational.org/sphygmomanometers/devices_2_sbpm.html#ArmTable)

Learn about positioning your arm correctly, achieving accuracy, using a wrist cuff, and so much more!



Visit <https://targetbp.org/tools-downloads/?sort=topic&>

### Recommended Cuff Size

Arm Circumference		Recommended Cuff Size (width x length in cm)
cm	in	
22 – 26	8.7 – 10.2	12 x 22 (small adult)*
27 – 34	10.6 – 13.4	16 x 30 (adult)*
35 – 44	13.8 – 17.3	16 x 36 (large adult)*
45 – 52	17.7 – 20.5	16 x 42 (extra-large adult)

# Monitoring Blood Pressure at Home

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## How to Measure Your Blood Pressure at Home:

### 1 PREPARE

Avoid caffeine, cigarettes and other stimulants 30 minutes before you measure your blood pressure.

Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP **before** you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

### 2 POSITION

### 3 MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.

Source: targetbp.org

## Know Your Numbers to Keep Yourself Safe:

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	<b>LESS THAN 120</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>ELEVATED</b>	<b>120 – 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 OR HIGHER</b>	<b>or</b>	<b>90 OR HIGHER</b>
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

Source: American Heart Association

**Important note:** Every person has a specific blood pressure goal that depends on your health conditions. Talk to your doctor to find out what your blood pressure goal is.



# My Blood Pressure Log

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Name: \_\_\_\_\_

My Blood Pressure Goal: \_\_\_\_\_ mm Hg

**Follow These Instructions for Accurate Readings:**

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.
- You can also use AHA’s Check. Change. Control.® Tracker ([ccctracker.com/aha](http://ccctracker.com/aha)), a free online tool to help you track and monitor your blood pressure. Use campaign code 6 to sign up.
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*Source: American Heart Association*

DATE	AM	PM	DATE	AM	PM

## Weight Loss Tips

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If you are overweight, losing as little as 5 to 10 pounds may lower your blood pressure. Obesity is unhealthy because excess weight puts more strain on your heart and can raise blood pressure, cholesterol, and can even lead to diabetes.

### Why Should I Lose Weight?

Losing weight is one of the best ways to reduce your risk of heart problems and other diseases. Get tips to start losing weight in the flyer included below.



Visit <https://www.heart.org/-/media/files/health-topics/answers-by-heart/why-should-i-lose-weight.pdf>

### How Do I Manage My Weight?

Many people struggle with maintaining a healthy weight once they've gone through weight loss. The truth is, there is no magic weight-loss formula for everyone. Establish a plan that works for you and your body and stick to it.



Visit <https://www.heart.org/-/media/files/health-topics/answers-by-heart/how-can-i-manage-my-weight.pdf>

Always remember to give yourself grace. You are not a failure if you get off track occasionally. Instead of seeing it as a letdown, commit to getting yourself back on track as soon as possible.

# A Heart Healthy Diet

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The DASH (Dietary Approaches to Stop Hypertension) diet is designed to manage blood pressure by reducing salt in your diet and eating foods that are low in fat and cholesterol. The DASH eating plan shown below is based on 2,000 calories a day. The number of daily servings in a food group may vary from those listed, depending upon your caloric needs. Ask your doctor any questions you have about your diet.

FOOD GROUP	DAILY SERVINGS	SERVING SIZES
<b>Grains and grain products</b>	7-8	1 slice bread 1 cup ready-to-eat cereal* ½ cup cooked rice, pasta, or cereal
<b>Vegetables</b>	4-5	1 cup raw leafy vegetable ½ cup cooked vegetable 6 ounces vegetable juice
<b>Fruits</b>	4-5	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit 6 ounces fruit juice
<b>Lowfat or fat free dairy foods</b>	2-3	8 ounces milk 1 cup yogurt 1 ½ ounces cheese
<b>Lean meats, poultry, and fish</b>	2 or fewer	3 ounces cooked lean meat, skinless poultry, or fish
<b>Nuts, seeds, and dry beans</b>	4-5 per week	1/3 cup or 1 ½ ounces of nuts 1 tablespoon or ½ ounce seeds ½ cup cooked dry beans
<b>Fats and oils †</b>	2-3	1 tsp soft margarine 1 tbsp lowfat mayonnaise 2 tbsp light salad dressing 1 tsp vegetable oil
<b>Sweets</b>	5 per week	1 tbsp sugar 1 tbsp jelly or jam ½ ounce jelly beans 8 ounces lemonade

\*Serving sizes vary between 1/2 cup and 1 1/4 cups. Check the product's nutrition label. † Fat content changes serving counts for fats and oils: 1 tbsp of regular salad dressing equals 1 serving, 1 tbsp of lowfat salad dressing equals 1/2 serving, and 1 tbsp of fat free salad dressing equals 0 servings.

Source: U.S. Department of Health and Human Services



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### Get DASH Diet Recipes!



Visit [www.mayoclinic.org/healthy-lifestyle/recipes/dash-diet-recipes/rcs-20077146](http://www.mayoclinic.org/healthy-lifestyle/recipes/dash-diet-recipes/rcs-20077146)

### Why Potassium?

Potassium lessens the effect of sodium, making potassium-rich foods a great way to manage blood pressure. While you can always ask your doctor if potassium supplements are right for you, you can also add potassium into your diet by working the foods below into your diet. Modifying your diet is typically the preferred method of increasing your daily potassium intake.

### Potassium-rich foods include:

- Apricots and apricot juice
- Avocados
- Bananas – Roughly 420 mg in one medium banana!
- Cantaloupe and honeydew melon
- Fat-free or low-fat (1 percent) milk
- Fat-free yogurt
- Grapefruit and grapefruit juice (talk to your healthcare provider first if you're taking a cholesterol-lowering drug)
- Greens
- Halibut
- Lima beans
- Molasses
- Mushrooms
- Oranges and orange juice
- Peas
- Potatoes
- Prunes and prune juice
- Raisins and dates
- Spinach
- Sweet potatoes – ½ cup has 475 mg!
- Tomatoes, tomato juice and tomato sauce
- Tuna

**NOTE:** Always talk to your doctor before making extreme changes to your diet or adding daily supplements.

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### Why Should I Reduce My Salt Intake?

The American Heart Association recommends no more than 2,300 milligrams (mgs) a day and an ideal limit of no more than 1,500 mg per day for most adults, especially for those with high blood pressure.



Visit <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood->

### Seasoning Alternatives to Salt:

- **Allspice:** Lean meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies, lean meat
- **Almond extract:** Puddings, fruits
- **Basil:** Fish, lamb, lean ground meats, stews, salads, soups, sauces
- **Bay leaves:** Lean meats, stews, poultry, soups, tomatoes
- **Chives:** Salads, sauces, soups, lean meat dishes, vegetables
- **Cinnamon:** Fruits (especially apples), breads
- **Curry powder:** Lean meats (especially lamb), veal, chicken, fish, tomatoes,
- **Dill:** Fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, meat
- **Garlic (not garlic salt):** Lean meats, fish, soups, salads, vegetables
- **Ginger:** Chicken, fruits
- **Lemon juice:** Lean meats, fish, poultry, salads, vegetables
- **Nutmeg:** Fruits, potatoes, chicken, fish, lean meat loaf, toast, pudding
- **Onion powder (not onion salt):** Lean meats, stews, vegetables, salads
- **Paprika:** Lean meats, fish, soups, salads, sauces, vegetables
- **Parsley:** Lean meats, fish, soups, salads, sauces, vegetables
- **Rosemary:** Lean meat, sauces, stuffings, potatoes, peas, lima beans
- **Sage:** Lean meats, stews, biscuits, tomatoes, green beans, fish
- **Thyme:** Lean meats, sauces, soups, onions, peas, tomatoes, salads
- **Turmeric:** Lean meats, fish, sauces, rice

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### How to Read Nutrition Labels



Visit <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/making-the-most-of-the-nutrition-facts-label>

### Alcohol Consumption

The American Heart Association recommends your alcohol consumption should be no more than two drinks per day for men and no more than one drink per day for women. A drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits or 1 oz. of 100-proof spirits.

### Is Drinking Alcohol Part of a Healthy Lifestyle?



Visit [www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/alcohol-and-heart-health](http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/alcohol-and-heart-health) to find out!

### Smoking

Smoking and exposure to secondhand smoke both increase the risk for the buildup of fatty substances (plaque) inside your arteries - a process which high blood pressure is known to accelerate. Every time you smoke, you cause your blood pressure to temporarily increase.

### How to Quit Smoking



Visit <https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7/ls7-quit-smoking-infographic>

### How to Handle the Stress of Not Smoking



Visit <https://www.heart.org/-/media/files/health-topics/answers-by-heart/how-can-i-handle-the-stress-of-not-smoking.pdf>

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### How Can I Avoid Weight Gain When I Stop Smoking?



Visit <https://www.heart.org/-/media/files/health-topics/answers-by-heart/how-can-i-avoid-weight-gain-when-i-stop-smoking.pdf>

### Easily track what you eat to become more mindful of your diet

**MyFitnessPal:** Free app available for download on Apple and Android



A website version is available at [myfitnesspal.com/](https://myfitnesspal.com/)

### Fooducate:

- Personalized nutrition toolbox including food grades based on ingredients
- Teaches you how to eat healthy
- Free to download on Apple and Android



Visit [fooducate.com/](https://fooducate.com/) to create a free account today!

## Stress Management

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While the link between stress and high blood pressure is still being studied, stress is known to contribute to factors that can increase your blood pressure such as poor diet and excessive alcohol consumption.

Stress puts your body in “fight or flight” mode, which causes the heart to beat faster and constricts blood vessels. This internal response can temporarily increase your blood pressure.

### Learn More About Stress and Blood Pressure



Visit [www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/managing-stress-to-control-high-blood-pressure](http://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/managing-stress-to-control-high-blood-pressure)

### How Can I Manage Stress?



Visit <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/what-is-stress-management>

## Exercise

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### Learn why it's important to stay physically active



Visit <https://www.heart.org/-/media/files/health-topics/answers-by-heart/why-should-i-be-physically-active.pdf>

### Exercises for Better Health:



1. **Walking, swimming, cycling and dancing:** Cardio exercises increase your heart rate, help you maintain a healthy weight and decrease your risk of heart disease and Type 2 diabetes.



2. **Yoga or stretching class:** Helps you stay flexible, decreases your risk of injuries, boosts blood flow to your muscles, and eases tension. It is also a good way to relax.



3. **Weightlifting, resistance bands and body-weight exercise:** Keeps your bones strong (proven to prevent bone-thinning), prevents muscle loss, improves blood-sugar control, balance, sleep, and mental health.

### Find a Gym Close to Home

- **Budget gyms:** Planet Fitness, EOS Fitness, YMCA, or a community center
- **Other gyms:** LA Fitness, Anytime Fitness, Mountainside Fitness
- **Your Insurance Provider:** Some insurance plans offer gym memberships and discounts as part of your benefits. Contact your insurance provider to see if this is something you can take advantage of!

### Have Fun and Stay Motivated

- Group exercise classes such as yoga, Pilates, CrossFit, Zumba, and cycling
- Exercise with a family member or friend
- Personal trainers can help you achieve your weight loss and fitness goals
- If you are a senior, some senior centers offer fitness memberships and programs. Research the senior centers in your local area to learn more!

## In-Network Nutritionists

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Your primary care provider can refer you to an in-network nutritionist or you can use the Find-A-Doc tool on our website or visit the link below to find an in-network nutritionist today!



Visit [azcarenetwork.org/care-provider-search-map/?specialty%5B%5D=Nutrition&specialty%5B%5D=Registered+Dietitian&radius=7&search\\_type=provider&sort=distance](https://azcarenetwork.org/care-provider-search-map/?specialty%5B%5D=Nutrition&specialty%5B%5D=Registered+Dietitian&radius=7&search_type=provider&sort=distance)



## Community Resources

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Better healthcare starts with a better care model. ACN's Care Coordination team goes beyond care delivery and includes connections to community resources that can help support health and wellbeing.

### Food

<p><b>Angel Food Ministries</b> Low cost food co-op <a href="http://Angelfoodministries.com">Angelfoodministries.com</a></p>	<p><b>Chandler Christian Community Center</b> <a href="tel:480.963.1423">480.963.1423</a> 345 S. California St. Chandler, AZ 85225</p>
<p><b>Matthew's Crossing Food Bank</b> <a href="tel:480.857.2296">480.857.2296</a> 1368 N. Arizona Ave., Ste 112 Chandler, AZ 85225</p>	<p><b>Salvation Army</b> <a href="tel:602.267.4100">602.267.4100</a></p>
<p><b>Pas de Cristo</b> <a href="tel:480.464.2370">480.464.2370</a> Dinner daily @ 5:45 pm, food bank every 2nd Tuesday &amp; 4th Saturday from 11 am – 2 pm</p>	<p><b>St. Mary's Food Bank</b> Main Number: <a href="tel:602.352.3640">602.352.3640</a> Chandler: <a href="tel:480.814.7778">480.814.7778</a> Surprise, Phoenix (43<sup>rd</sup> Ave), Glendale: <a href="tel:602.242.3663">602.242.3663</a></p>
<p><b>Borderlands Food Bank</b> <a href="tel:800.551.6754">800.551.6754</a> \$10 for 60lbs of produce</p>	





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### Home Delivered Meals

Name	Address	Contact Information
<p><b>Gilbert Senior Center's Home Delivered Meals Program</b></p> <p><i>Daily meals provided M-F for senior citizens and disabled residents. \$5 per meal.</i></p>	<p>N/A</p>	<p><u><a href="tel:480.503.6058">480.503.6058</a></u></p>
<p><b>City of Phoenix Senior Services</b></p>	<p>200 Washington, 17th Floor Phoenix, AZ 85003</p>	<p><u><a href="tel:602.262.7379">602.262.7379</a></u></p>
<p><b>Elderly Nutrition Program-Home Delivered Meals Area Agency on Aging Region I, Inc.</b></p>	<p>1366 East Thomas Road, Suite 108 Phoenix, AZ 85014</p>	<p><u><a href="tel:602.264.2255">602.264.2255</a></u> <u><a href="http://aaaphx.org">aaaphx.org</a></u></p>
<p><b>Inter-Tribal Council of Arizona</b></p>	<p>2214 N. Central Avenue Suite 100 Phoenix, AZ 85004</p>	<p><u><a href="tel:602.258.4822">602.258.4822</a></u></p>
<p><b>City of Phoenix, Human Services Department</b></p>	<p>212 E. Alta Vista Phoenix, AZ 85042</p>	<p><u><a href="tel:602.495.5563">602.495.5563</a></u></p>
<p><b>City of Phoenix, Westside Senior Center</b></p>	<p>4343 W. Thomas Rd Phoenix, AZ 85031</p>	<p><u><a href="tel:602.534.1177">602.534.1177</a></u></p>



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### Social Services-CAP Offices

Community Action Agencies provide emergency assistance, utility and telephone assistance, rental/mortgage assistance, housing repair, rehabilitation and weatherization, food boxes and other food and nutritional programs, case management, advocacy and referral, head start, self-help housing and homeless services.

Location	Information
Phoenix	<u>602.415.3668</u> Phone appointments only on Mondays at 8 AM
Glendale	<u>623.930.2460</u> or <u>623.930.2854</u>
Peoria	<u>623.979.3911</u>
Mesa	<u>480.833.9200</u> Appointments only on Wednesday 2 – 2:30 PM
Chandler & Gilbert	<u>480.963.1423</u>
Avondale	<u>623.333.2700</u> Appointments from 8 AM – 5 PM
Tolleson	<u>623.936.2760</u>
Buckeye	<u>928.683.6502</u>
DES Family Assistance Administration & Information Line	<u>800.352.8401</u>
DES Public Information Office	<u>602.542.4296</u>
Division of Developmental Disabilities	<u>866.229.5553</u>
Adult Protective Services (APS)	<u>877.767.2385</u>
Suicide Crisis Hotline	<u>480.484.1500</u>
Magellan Health Services	<u>602.222.9444</u> Hotline or <u>800.631.1314</u>
Warmline	<u>602.347.1100</u>



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### Alternative Transportation

The city of Phoenix provides alternative transportation for people with disabilities and senior citizens through its taxicab subsidy programs. Taxicab programs allow more flexibility for senior and Americans with Disabilities Act (ADA) passengers, allowing them to plan trips based on their schedule.

For more information on city of Phoenix alternative transportation programs, call MV Transportation at [602.801.1160](tel:602.801.1160).

#### There are various programs available to passengers:

**ADA Cab:** ADA Cab provides taxi vouchers for people with disabilities to travel wherever they choose. Participants must be Phoenix residents and ADA-certified to participate. There is no age restriction on this program.

**Senior Cab:** The Senior Cab program provides taxi vouchers for Phoenix residents age 65 and older, to travel wherever they choose. Vouchers are sold in different amounts and provide about a 60 to 70% savings.

**Senior Center Shuttle:** This program takes the place of Reserve-a-Ride. It provides members of Phoenix's senior centers flexible transportation through the use of taxi service between their personal residence and their nearest senior center during operating hours. Passengers should sign up for the service at their senior center.

**Work Trip:** Work trip vouchers support travel to and from jobs for people with disabilities. The origin and destination is pre-printed on the voucher and travel times are set in advance.

**Dialysis Trip:** Dialysis trip vouchers support travel to and from medical centers for ongoing dialysis treatment.



## Medication Cost

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### 3 Money-Saving Tips:

- Use generic medications to save money since they are usually less expensive and equally as effective to brand name drugs
- Shop around for your medications. Sometimes paying cash at your local pharmacy is less than your medication's copay.
- Talk to your doctor to find out if a 90-day supply is better for you. It might help you save money.

### Patient Assistance Programs:

Most pharmaceutical companies offer financial assistance programs to people who have trouble affording their medications and supplies.

Each program has specific criteria that must be satisfied for you to be considered eligible for a financial assistance program.

### List of Patient Drug Assistance Program Directories:

- **Benefits Check Up**

BenefitsCheckUp is a service of the National Council on Aging that has information on benefits programs for seniors with limited income and resources. You can search for programs that help you pay for prescription drugs as well as healthcare, rent, utilities and other needs.



[benefitscheckup.org/](https://benefitscheckup.org/)

- **Needy Meds**

Resource for drug assistance programs to help you afford your medications and other healthcare costs



[needy meds.org/](https://needy meds.org/)

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- **Medication Assistance Tool**

A tool to research patient assistance programs that you may qualify for.



[medicineassistancetool.org](https://medicineassistancetool.org)

### Places to Shop Around to Ensure You Are Receiving the Best Value:

**Costco:** You can fill prescriptions at the pharmacy even without a Costco membership. Costco provides cash prices on most of their medications in their online search tool.



[costco.com/pharmacy/drug-directory-main](https://costco.com/pharmacy/drug-directory-main)

**Walmart:** Cash price for a 30-day supply is \$4 while a 90-day supply is \$10 for a select list of medications.\*



[walmart.com/cp/\\$4-prescriptions/1078664](https://walmart.com/cp/$4-prescriptions/1078664)

\*Prices listed are as of March 2020. Please contact the retailer to confirm.

**Walgreens:** You must enroll in a prescription savings program for medication discounts. The program is \$20 for an individual or \$35 for a family per year. A 30-day supply may range from \$5-\$15 and a 90-day supply may range from \$10-\$30.\*



[walgreens.com/images/adaptive/pdf/psc/PSCBrochure-English-20190213.pdf](https://walgreens.com/images/adaptive/pdf/psc/PSCBrochure-English-20190213.pdf)

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**Sam's Club:** If you are a Sam's Plus Member, extra discounts are available for select medications. Over 200 prescriptions are at \$4.\*



<https://www.samsclub.com/content/prescription-savings>

\*Please contact the retailer to confirm pricing of your medications.

### Online Prescription Savings Tools:

**GoodRx:** Provides discounts from most pharmacies. It is a free tool to search for your medication and receive coupons to show at the pharmacy.



[goodrx.com/](https://www.goodrx.com/)

**Blink Health:** Similar online tool to GoodRx that is free to use and provides discounts at most pharmacies.



[blinkhealth.com/](https://www.blinkhealth.com/)

**Call your local pharmacy:** Ask for the cash price at a pharmacy to help you save money. Comparable to a prescription savings program or online tool.



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### Medical Emergency

If you are experiencing a medical emergency, please call 911. The toolkit is an education tool and is not an appropriate resource to respond to life threatening or emergent health situations.

### Information Use

Information in this document is only intended as general summary information that is made available to the public. It is not intended to provide specific medical advice or to take the place of either the written law or regulations.

Informational resources are designed to help support your diabetes care. Individuals are urged to consult with qualified health care providers for diagnosis and treatment and for answers to personal questions.

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