

Breathe



Breathe properly and live better ❤️

Chronic Obstructive Pulmonary Disease Toolkit

Download for valuable resources to manage COPD!



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About the COPD Toolkit

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When left untreated, COPD can cause irreparable damage and injury to your lungs. COPD can cause breathing restrictions and/or limitations to your airflow (less air in and out of your airways). COPD is chronic and progressive; you live with it daily while it becomes worse over time.

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 COPD. Let us keep your breathing better and as well as keep you 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:

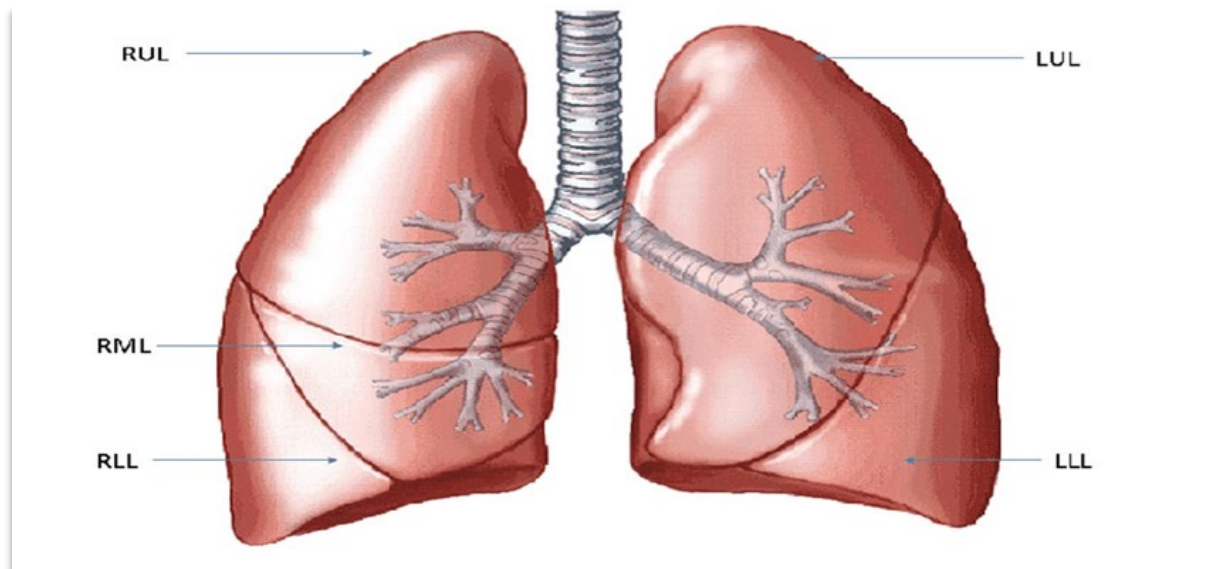
- Avoid unnecessary duplication of services and prevent medical errors.
- Provide high-quality, coordinated care for patients.
- Meet specific care standards that are set based on proven protocols and measures to enhance care quality.
- Reward providers who improve population health by meeting those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



For additional resources, please contact ACN's Concierge at **602.406.7226** or e-mail members@azcarenetwork.org.

The Lungs: What, Where, and How

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The lungs are a pair of organs in the chest behind the ribs; they rest on a muscle called the diaphragm. Lungs are spongy, pinkish-gray organs which can float. The right lung has three lobes: the right upper lobe (RUL), the right middle lobe (RML), and the right lower lobe (RLL). The left lung has two lobes: the left upper lobe (LUL), and the left lower lobe (LLL). The lung anatomy are asymmetrical but similar.

When you inhale (breathe in), air enters your lungs, and oxygen from that air moves to your blood. At the same time, carbon dioxide, a waste gas, moves from your blood to the lungs and is exhaled (breathed out). This process, called gas exchange, is essential to life.

The lungs are the centerpiece of your respiratory system. Your respiratory system also includes the trachea (windpipe), muscles of the chest wall and diaphragm, blood vessels, and other tissues. All these parts make breathing and gas exchange possible. Your brain controls your breathing rate (how fast or slow you breathe), by sensing your body's need to get oxygen.

Overview of COPD

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COPD is a treatable lung disease that can have substantial consequences over time. COPD may cause decreased air flow in and out of the lungs.

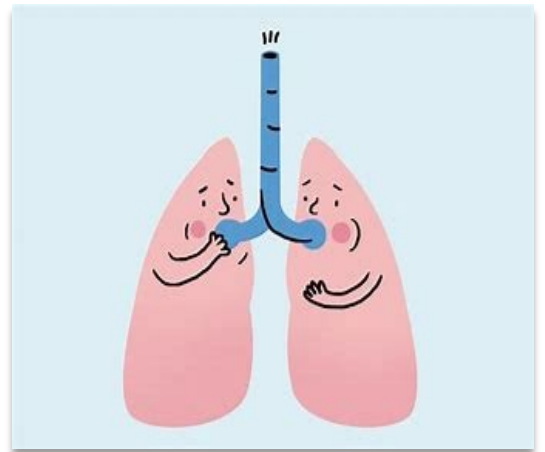
Untreated COPD usually leads to a gradual decrease in one's energy level along with an inability to perform daily routines.

COPD is a serious lung disease; it becomes hard to breathe when you have COPD. Symptoms of COPD develop slowly and it can be difficult to know you have it. COPD is also called chronic bronchitis or emphysema. A COPD diagnosis is based on signs and symptoms, personal and medical history, and test results. If you are unsure, see your provider.



Recommendations for people living with COPD:

- Visit your PCP regularly.
- Take the medications your provider recommends as prescribed.
- Get a flu and pneumococcal vaccine when recommended by your provider.
- Educate yourself about COPD before seeing your provider, so you are prepared to ask questions and make the most of your visit.
- Make a notebook of symptoms and questions ahead of time.
 - Document any symptoms, what you were doing, and how long they lasted for at least two weeks prior to any appointment.
- Take your notes to the appointment.
- Share with a close circle of family, friends, or caregivers who can help remind you of treatment regimens and identify symptoms. You can even ask someone from your support system to attend the appointment with you. Having an extra set of ears can be helpful in digesting and retaining the information given to you at your appointment.



COPD Risk Factors and Causes

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SMOKING

If you smoke, quitting is the best thing to be done to prevent increased lung damage. Ask your PCP about the new online options to quit smoking. Smoking is responsible for roughly 8 out of 10 COPD deaths. Visit <https://www.smokefree.gov;lung.org> or call 1-800-QUIT NOW for information.

POLLUTANTS

Many things may irritate lungs like dust and strong fumes. Attempt to avoid these things. When the air quality is poor, stay indoors. Avoid places which allow cigarette smoking. Long term exposure to secondhand smoke and other lung irritants as chemicals, dusts, fumes from work or the environment can increase COPD risk.

GENETIC CONDITIONS

Alpha-1 antitrypsin, or AAT, deficiency is a genetic or inherited condition that raises your risk for lung and other diseases. AAT is a protein made in your liver to help protect the lungs. If your body does not make enough AAT, your lungs are more easily damaged from smoking, pollution, or dust from the environment. This can lead to COPD.



<https://www.genticcopdtest.com>alpha-1>free-screening>

COPD Signs and Symptoms:

- Chronic cough, sometimes known as a “smoker’s cough.”
- Feeling unable or having trouble taking a deep breath.
- Shortness of breath while performing everyday activities.
- Wheezing or chest tightness.
- Excessive phlegm or sputum production coughed up.
- Fatigue or being tired



Stages of COPD

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Stage 1: Many people are not even aware of this stage and do not recognize any issues. Some patients may begin a chronic cough or notice an increase in mucus production.

Stage 2: Many patients take note of some symptoms in this stage: cough, increase in sputum production, increase in breathlessness (noted during activities such as walking)

Stage 3: Fatigue and breathlessness, which has increased from Stage 2, make daily tasks such as exercise, activities, and daily tasks hard to complete.

Stage 4: Activities of daily life (i.e.: brushing your teeth, taking a shower, getting dressed), can leave people totally out of breath and/or exhausted.

COPD Action Plan

The American Lung Association has compiled an [action and management plan](#) for patients with COPD. The action plan should be completed by a healthcare professional and reviewed after any COPD flare-up occurs. This plan notes the early signs and symptoms of worsening symptoms or a flare-up. It notes what action to take to manage an early flare up.

The color zones (green, yellow, red) reveal some symptoms of COPD; there may be other symptoms. The actions column will note the actions healthcare professionals recommend be taken per symptom.

Green Zone: I am doing well today.

Yellow Zone: I am having a bad day or a COPD flare-up.

Red Zone: I need urgent medical care.



Checklists

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How to Prepare Before a COPD Flare-Up or Emergency:

- Talk to your doctor to review the signs and symptoms of a COPD flare-up and which ones should prompt you to call your primary care provider vs. 911.
- Generate a contact list to prepare for COPD flare-ups or hospital trips.
- Connect with someone on your support system list when needed.
- Review your support system emergency contact numbers to ensure they are current.
- Ask your doctor for a “Physician Orders for Life-Sustaining Treatment” form and make sure to complete it. Keep copies of this information with your medication list.

Have these documents readily available:

- Power-of-Attorney (POA) form
- List of current medications
- Insurance details
- Your emergency plan

How to Prepare After a COPD Hospitalization:

- Review discharge plan with healthcare providers.
- Add any newly prescribed medications to your medication list.
- Write down any questions you have for your post-hospitalization visit with your provider.
- Prepare for oxygen usage if prescribed.
- Update the contact list noting new providers or services ordered upon hospital discharge.
- Become familiarized with home health companies and pulmonary rehabilitation centers close geographically.
- Review knowledge of how to use medical devices such as inhalers or nebulizer machines.



Medication Types

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Medications can help control COPD by deterring, averting symptoms, helping to breathe, making daily exercise easier. **There are two different types of COPD medications:**

Controller Medications

Controller medications are used daily to help control and prevent COPD symptoms. These medications prevent swelling and mucus build-up in airways which can make breathing easier.

Reliever Medications

Reliever medications are taken while a COPD flare-up is happening. Reliever medications are used to help patients breathe easier by relaxing the airway muscles which making it easier to exercise.

My Current Controller Medicine:

Medication Name: _____
What it looks like: _____
When to use it: _____
How much to use: _____

My Current Reliever Medicine:

Medication Name: _____
What it looks like: _____
When to use it: _____
How much to use: _____

Other Current Medications:

Medication Name: _____
What it looks like: _____
When to use it: _____
How much to use: _____

Other Current Medications:

Medication Name: _____
What it looks like: _____
When to use it: _____
How much to use: _____

Medications cont.

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Using a Metered Dose Inhaler (MDI):

An inhaler is a tool utilized to get medicine, by mist or spray, into a person's lungs by breathing in.

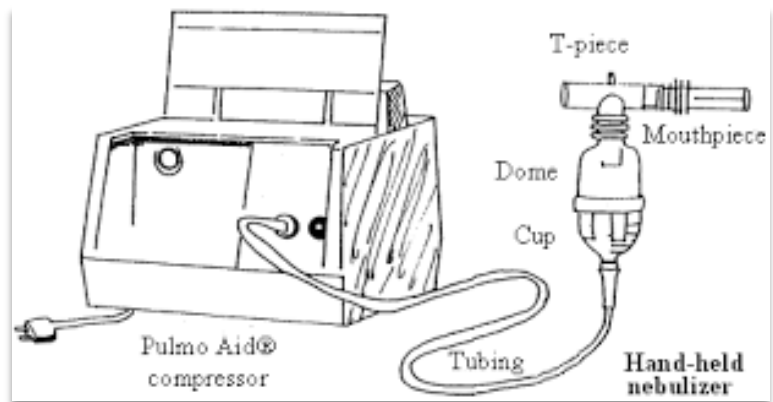
1. Remove the cap of the MDI, shake inhaler
2. Breathe out completely to fully empty your lungs.
3. Place mouthpiece of MDI in your mouth, closing your lips to form a seal
4. Take a deep breath through your mouth while pushing down on the MDI canister.
5. Hold your breath while counting to 10.
6. If your inhaler directions are for two doses, wait 1 minute between doses then repeat the above steps.



Using a Nebulizer:

A nebulizer is an electrical device which turns liquid medicine into a mist which is inhaled by mouthpiece or mask.

1. Place machine, tubing, medicine cup, mouthpiece, or mask together as shown by your provider.
2. Place prescribed amount of liquid medication into nebulizer cup.
3. Place mouthpiece in your mouth biting down with teeth together on mouthpiece followed by closing your lips to form a tight seal. If using a mask, make sure the seal around mask is tight.
4. Turn on nebulizer machine. Note the fine mist leaving the back of the tube attached to the mouthpiece.
5. Breathe normally for approximately 10 minutes or until the medicine cup is empty and no mist is noted.



Diet Recommendations

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What you put in your body matters. Select nutrition helps fight bodily infections, and helps you breathe better. Eating specific food products with the diagnosis of COPD can have an impact on your symptoms and breathing.

Fluids: not only keep you hydrated, but help pulmonary secretions clear while allowing mucus to stay thin making it easier to cough up.



- Milk adds vitamins, minerals, and protein to your diet.
- Fruit juice, caffeine-free tea or coffee, and filtered water should replace sugary drinks or soda.
- Drink six 8-oz. glasses of water every day.

Decrease salt, sugar, fried and processed food: All of these contribute to weight gain, fluid retention or swelling which can make COPD symptoms worse.

Over-eating or consuming spicy, fried foods, and/or carbonated drinks: may cause bloating or gas, making breathing hard.

High fiber food: Help your food to digest, while potentially lowering cholesterol and blood sugar.

Calcium (dairy) and vitamin d: Help bones stay strong.

Berries, leafy greens, fish, broccoli, citrus, bell peppers, and nuts: Assist in reducing swelling in the lungs as well as the entire body.

Managing COPD with Food:

Living with COPD requires attention to diet which can support overall well-being and good lung function. A diet rich in specific nutrients can aid in enhancing respiratory health and managing COPD symptoms.

Diet Recommendations cont.

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Tips for Eating When Living with COPD:

Make foods easier to chew:

- Cook vegetables until they are soft.
- Grind or mince any meat.
- Dip breads in liquid.
- Eat pasta, mashed potatoes, thick/creamed soups, and casseroles.
- Try fruit smoothies or milk shakes.

Decrease shortness of breath:

- Rest for 30 minutes before each meal
- Sit upright, lean forward with elbows on the table. Put feet flat on the floor. (These suggestions allow your lungs to expand.)
- If you are on oxygen, ask your doctor if your oxygen flow rate should be increased during meals.

Decrease fatigue:

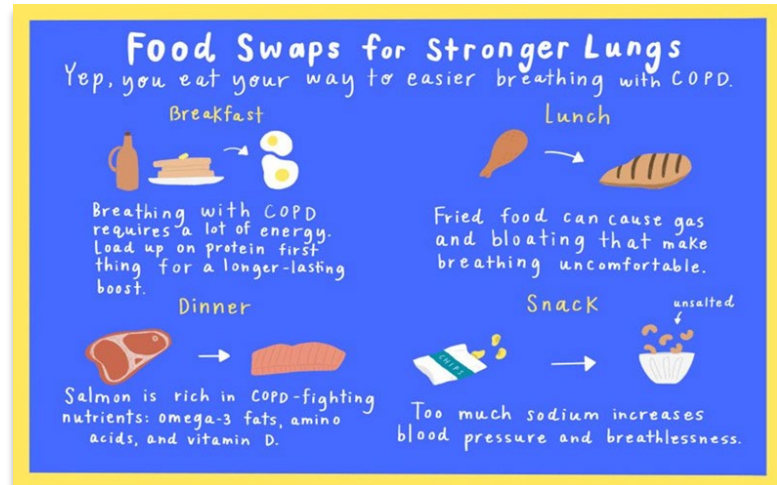
- Check out “Meals on Wheels” in your community. This service (or one like it) can provide you with a nutritious, low-cost meal that you do not have to prepare yourself.
- Eat six small meals each day instead of three big ones. Digestion requires energy. Energy requires oxygen. If you eat smaller meals, you use less oxygen.
- Eat your larger meals earlier in the day.
- Rest before eating, but do not lie down after meals.
- Use easy-to-make recipes.
- Ask family or friends to help with making meals.
- Avoid sweets, cookies, cakes, and pies – simple carbohydrates – these can cause you to hold in too much carbon dioxide. This can cause tiredness

Diet Recommendations cont.

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Foods that Can Have a positive impact on respiratory health:

- **Avocado:** Great source of monosaturated fats, can help reduce inflammation in the body, and provide potassium supporting fluid balance.
- **Beans and Legumes (black beans, lentils, chickpeas):** Rich in magnesium and potassium, which support lung function. Also a reliable source of plant-based protein and fiber.
- **Berries (blueberries, strawberries, raspberries) and Green tea:** Provide a lot of antioxidants, good source of fiber for weight management, and improve lung function while decreasing respiratory symptoms.
- **Carrots and Sweet Potatoes:** High in Vitamin A and potassium, which are beneficial to respiratory health and help maintain lung integrity. Carrots rich in beta-carotene, precursor to Vitamin A.
- **Citrus Fruits (grapefruits, lemons, oranges):** High in Vitamin C, which is an antioxidant that supports the immune system while decreasing respiratory symptoms.
- **Fatty Fish (salmon, mackerel, sardines):** Rich in omega-3 fatty acids and anti-inflammatory properties.
- **Ginger:** Anti-inflammatory properties can help alleviate respiratory symptoms.
- **Leafy Greens (spinach, kale, swiss chard) and Turmeric:** Greens are rich in antioxidants (Vitamin C & E), which protect lung tissue. They are also rich in magnesium, which supports muscle function. Turmeric has curcumin, a compound with antioxidant and anti-inflammatory properties.
- **Lean Proteins (lean beef, chicken, turkey):** Major source of protein needed for muscle mass and strength.
- **Nuts and Seeds (almonds, flaxseed, chia seed):** Contain the antioxidant Vitamin E, provide healthy fats and proteins that contribute to energy levels.
- **Whole Grains (quinoa, brown rice, whole wheat and oats):** Contain dietary fiber that aids in digestion, which maintains blood sugar while increasing energy levels.



Exercise Recommendations

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Many people with COPD believe it is impossible to stay active. When cleared by a healthcare professional, exercise has multiple wellness benefits. Ask your doctor to discuss specific exercise goals that will work for you, without leaving you breathless or gasping for air. Exercise itself cannot reverse COPD, but it can change the way you breathe, function, and feel.

Exercise can improve many aspects of your health, including:

- Energy
- Anxiety/ Depression / Mood
- Shortness of breath
- Overall cardiovascular health
- Sleep



If you are diagnosed with COPD, **these exercises should be avoided:**

- Hiking/walking up steep inclines
- Outdoor exercises when it is extremely hot, humid, or cold weather (mowing the lawn, raking leaves, or shoveling snow)
- Lifting/pushing heavy objects
- Isometric exercises such as sit-ups or push-ups

Aerobic exercises allow your lungs to be more efficient while moving, which will be better for people living with COPD. These exercises include:

- Walking
- Biking
- Swimming

Include a Stretching / Warm Up Component in Your Workout

A warmup / stretching block can prepare your body for exercise and prevent injuries. This will get your body ready to exercise safely and improve flexibility. Stretching five times a week can provide many health benefits.

When performing any stretches:

- Breathe in before you stretch
- Breathe out while you hold the stretch
- Hold each stretch for 10 to 30 seconds, if possible
- Repeat each stretch three to five times.

Exercise Recommendations cont.

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Tips for a Positive Exercise Experience While Living with COPD:

- Choose an endurance exercise to improve your general physical condition. Examples of endurance exercises include: Biking, walking on a treadmill, pedaling with your arms, or using a sit-down stepper or rowing machine.
- Your exercise routine should be slow and easy in the beginning. Your muscles are not used to working like this!
- Increase your exercise time and intensity (how hard you are working) gradually over time. Each day, do a little more, even if you add just one minute each time.
- Warm up before and cool down at the end of your exercise for at least 3 minutes.
- Do not start fast and do not stop suddenly when you are at a faster speed.
- When you have reached the point at which you are feeling better and breathing better, do not stop your exercise routine. Keep it up at least three days a week.

Benefits of Strength Training:

Stronger/strengthened muscles will help you be more active with less effort. Strength training uses free weights, resistance bands, or weight equipment to exercise and is recommended three times a week or every other day. There are muscle strengthening exercises for both the upper and lower body.

Strengthening your muscles will help you:

- Stand and sit more easily
- Balance better
- Get dressed, take a shower, and do housework more easily

Tips for Strength Training:

- Repeat each strength exercise no more than 10 times (10 repetitions). When that becomes easy, add a small amount of weight, just a pound or two. Do not add more repetitions.
- Exercise on a regular schedule. You will receive the most benefit from doing a moderate amount of activity on most, if not all, days of the week. But you will also still experience benefits if you only exercise three times per week.



Exercise Recommendations cont.

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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 a benefit you can take advantage of!

Tips to Have Fun and Stay Motivated:

- Group exercise classes such as yoga, cycling, or a local community walking group
- Exercise with a family member or friend
- Work with a personal trainer to achieve your 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 general, it is recommended for everyone to get at least 30 minutes of exercise, five days a week. This can be walking with a friend, swimming, riding a bike or even dancing/gardening. The goal is to get some sort of movement within your day as much as your body and health allows.

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

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



Community Resources cont.

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Home Delivered Meals

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



Community Resources cont.

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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>



Community Resources cont.

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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/

- **Needy Meds**

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



needy meds.org/

Medication Cost cont.

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- **Medication Assistance Tool**

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



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

Medication Cost cont.

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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.



Important Information

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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.

Liability

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