



Congestive Heart Failure Toolkit

Download for valuable resources to manage CHF!



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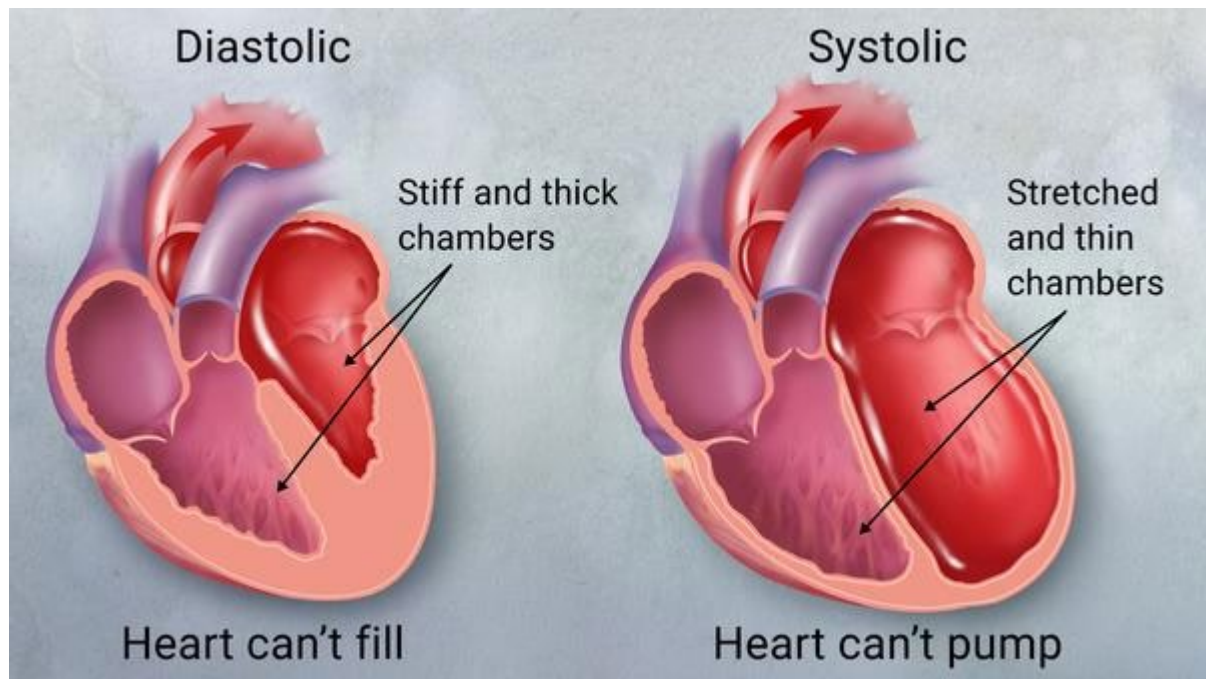
About the Congestive Heart Failure Toolkit

Congestive heart failure is a long-term condition that happens when your heart can't pump blood well enough to give your body a normal supply. Blood and fluids collect in your lungs and legs over time. Medications and other treatments help manage symptoms like swelling. Congestive heart failure is life-limiting for many.

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.





Risk of Congestive Heart Failure

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Heart failure is common in both men and women, although men often develop heart failure at a younger age than women. Many things can raise your risk of heart failure. Some things you can control, such as your lifestyle habits, but many others are out of your control, including your age, race, or ethnicity. Your risk of heart failure goes up if you have more than one of the following.

- **Aging** can weaken and stiffen your heart. People 65 years or older have a higher risk of heart failure.
- **Family history of heart failure** makes your risk of heart failure higher. Genetics may also play a role.
- **Unhealthy lifestyle habits**, such as an unhealthy diet, an inactive lifestyle, smoking, using cocaine or other illegal drugs, heavy alcohol use, and lack of physical activity, increase your risk of heart failure.
- **Heart or blood vessel conditions, serious lung disease, or infections such as HIV or SARS-CoV-2** raise your risk. Having high blood pressure, coronary artery disease, or a heart attack.
- **Black and African American people** are more likely to have heart failure than people of other races, often have more serious cases of heart failure and experience heart failure at a younger age.

Overview of Congestive Heart Failure

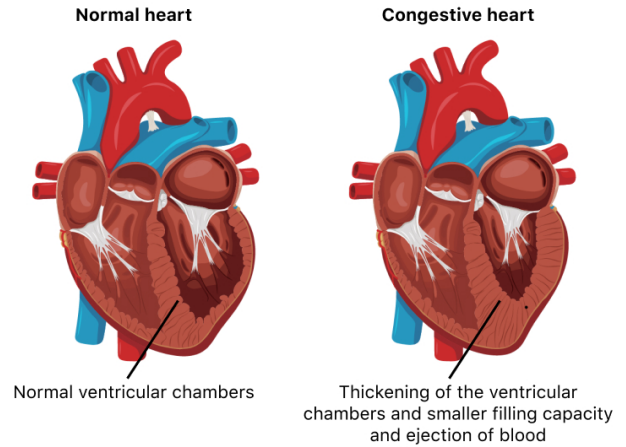
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Congestive heart failure, or heart failure, is a long-term condition in which your heart can't pump blood well enough to meet your body's needs. Your heart is still working. But because it can't handle the amount of blood it should, blood builds up in other parts of your body. Most of the time, it collects in your lungs, legs, and feet.

There are three types of heart failure:

1. Left-sided heart failure.
2. Right-sided heart failure
3. High-output heart failure (rare)

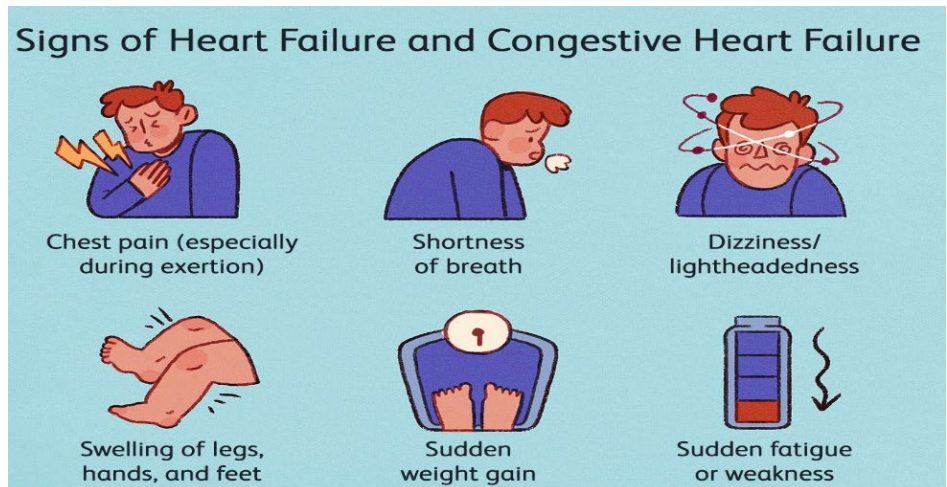
Normal vs. Congestive Heart



Sometimes, you may have mild symptoms of congestive heart failure or none. This doesn't mean you don't have heart failure anymore. Symptoms of heart failure can range from mild to severe and may come and go.

Congestive heart failure symptoms include:

- Shortness of breath.
- Waking up short of breath at night.
- Chest pain.
- Heart palpitations.
- Fatigue when you're active.
- Swelling in your ankles, legs, and abdomen.
- Weight gain.
- Need to urinate while resting at night.
- A dry, hacking cough.
- A full (bloated) or hard stomach.
- Loss of appetite or upset stomach (nausea)



How to Evaluate for CHF

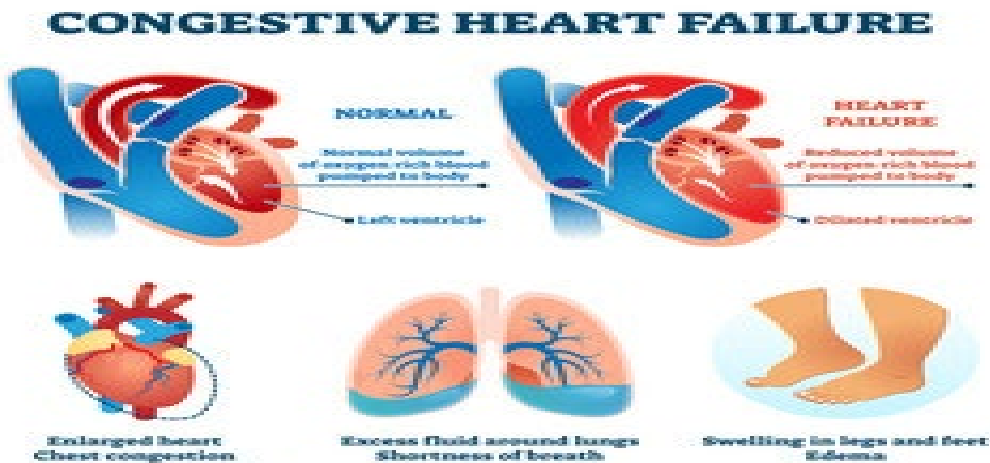
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You'll have a physical exam. Your provider will look for signs of congestive heart failure and diseases that may have made your heart muscle weak or stiff. Your healthcare provider will ask you about your symptoms and medical history. They may ask you about:

- Other health conditions you have.
- A family history of heart disease or sudden death.
- Your use of tobacco products.
- How much alcohol do you drink.
- Any history of chemotherapy and/or radiation.
- The medications you take.

Common tests to identify congestive heart failure, its stage and its cause include:

- Blood tests.
- Cardiac catheterization.
- Chest X-ray.
- Echocardiogram.
- Heart MRI (magnetic resonance imaging).
- Cardiac computed tomography (CT).
- Electrocardiogram (EKG or ECG).
- Multigated Acquisition Scan (MUGA scan).
- Stress test.
- Genetic testing.



Congestive Heart Failure Staging

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Heart failure can progress, so researchers have identified four stages of the disease A, B, C and D. Health care professionals also classify heart failure when it has progressed to stages C and D. This classification measures a patient's overall heart function and severity of symptoms.

In stage A of heart failure

The patient usually does not have any symptoms and does not have heart failure. However, patients in stage A may have heart failure risk factors that make them susceptible to developing heart failure later, reports Emory Healthcare.

In stage B of heart failure

There are still no symptoms present but heart disease is present. There are also some structural changes that have taken place within the heart itself.

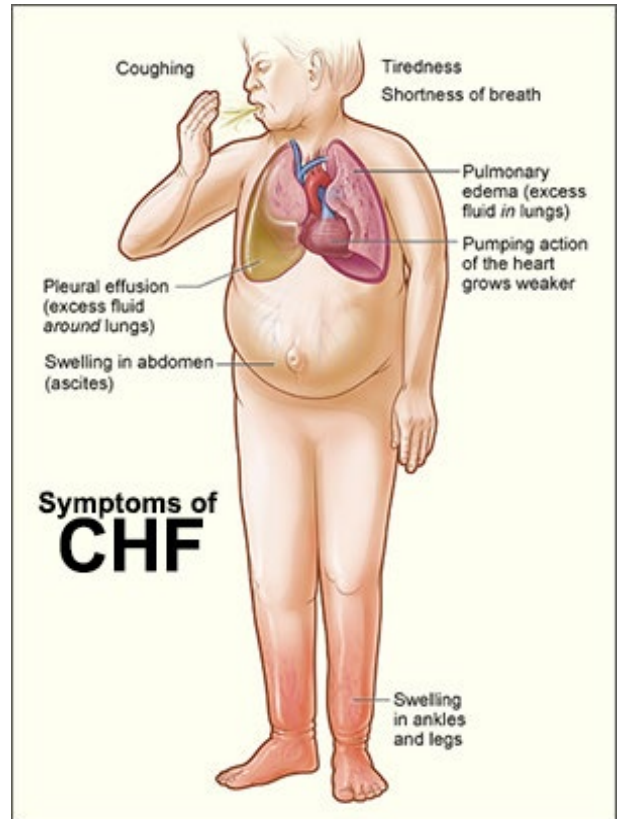
In stage C of heart failure

The patient has heart disease and is experiencing the symptoms, including coughing, wheezing, shortness of breath, body fluid found in body tissue, nausea, increased heart rate and persistent feelings of being tired, according to the American Heart Association.

In stage D of heart failure

The patient not only has heart disease but now has heart failure. In this stage, medical treatment becomes aggressive, and the patient's condition is considered deteriorated.

By classifying patients in stage C and stage D heart failure, health care professionals better understand how to treat people in these more advanced stages. Health care professionals typically classify patients' heart failure according to the severity of their symptoms.



Diet Recommendations

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Low Sodium Diet

The main source of sodium is table salt. **The average American eats five or more teaspoons of salt each day. This is about 20 times as much as the body needs.** In fact, your body needs only 1/4 teaspoon of salt every day. Sodium is found naturally in foods, but a lot of it is added during processing and preparation. Many foods that do not taste salty may still be high in sodium. Large amounts of sodium can be hidden in canned, processed and convenience foods. And sodium can be found in many foods that are served at fast food restaurants.

Sodium controls fluid balance in our bodies and maintains blood volume and blood pressure. Eating too much sodium may raise blood pressure and cause fluid retention, which could lead to swelling of the legs and feet or other health issues.

When limiting sodium in your diet, a common target is to eat less than 2,000 milligrams of sodium per day.

General Guidelines for Cutting Down on Salt

1. **Eliminate salty foods** from your diet and reduce the amount of salt used in cooking. Sea salt is no better than regular salt.
2. **Choose low sodium foods.** Many salt-free or reduced salt products are available. When reading food labels, low sodium is defined as 140 mg of sodium per serving.
3. **Salt substitutes** are sometimes made from potassium, so read the label. If you are on a low potassium diet, then check with your doctor before using those salt substitutes.
4. Be creative and season your foods with spices, herbs, lemon, garlic, ginger, vinegar, and pepper. **Remove the saltshaker from the table.**
5. **Read ingredient labels** to identify foods high in sodium. Items with 400 mg or more of sodium are high in sodium. High sodium food additives include salt, brine, or other items that say sodium, such as monosodium glutamate.
6. **Eat more home-cooked meals.** Foods cooked from scratch are naturally lower in sodium than most instant and boxed mixes.
7. **Don't use softened water** for cooking and drinking since it contains added salt.
8. **Avoid medications which contain sodium** such as Alka Seltzer and Bromo Seltzer.

For more information, food composition books are available which tell how much sodium is in food. Online sources such as www.calorieking.com also list the amounts.

Diet Recommendations cont.

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Meats, Poultry, Fish, Legumes, Eggs, and Nuts

High-Sodium Foods:

- Smoked, cured, salted, or canned meat, fish or poultry including bacon, cold cuts, ham, frankfurters, sausage, sardines, caviar and anchovies.
- Frozen breaded meats and dinners, such as burritos and pizza
- Canned entrees, such as ravioli, spam, and chili
- Salted nuts
- Beans canned with salt added.

Low-Sodium Alternatives:

- Any fresh or frozen beef, lamb, pork, poultry and fish
- Eggs and egg substitutes
- Low-sodium peanut butter
- Dry peas and beans (not canned)
- Low-sodium canned fish
- Drained, water or oil packed canned fish or poultry

Dairy Products

High-Sodium Foods:

- Buttermilk
- Regular and processed cheese, cheese spreads and sauces
- Cottage cheese

Low-Sodium Alternatives:

- Milk, yogurt, ice cream and ice milk
- Low-sodium cheeses, cream cheese, ricotta cheese and mozzarella

Breads, Grains, and Cereals

High-Sodium Foods:

- Bread and rolls with salted tops.
- Quick breads, self-rising flour, biscuit, pancake, and waffle mixes
- Pizza, croutons, and salted crackers
- Prepackaged, processed mixes for potatoes, rice, pasta and stuffing.

Diet Recommendations cont.

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Low-Sodium Alternatives:

- Breads, bagels and rolls without salted tops.
- Muffins and most ready-to-eat cereals.
- All rice and pasta, but do not add salt when cooking.
- Low-sodium corn and flour tortillas and noodles
- Low-sodium crackers and breadsticks
- Unsalted popcorn, chips, and pretzels

Vegetables and Fruits

High-Sodium Foods:

- Regular canned vegetables and vegetable juices
- Olives, pickles, sauerkraut, and other pickled vegetables
- Vegetables made with ham, bacon or salted pork.
- Packaged mixes, such as scalloped or au gratin potatoes, frozen hash browns and Tater Tots
- Commercially prepared pasta and tomato sauces and salsa

Low-Sodium Alternatives:

- Fresh and frozen vegetables without sauces
- Low-sodium canned vegetables, sauces, and juices
- Fresh potatoes, frozen French fries, and instant mashed potatoes
- Low-salt tomato or V-8 juice.
- Most fresh, frozen, and canned fruit
- Dried fruits

Soups

High-Sodium Foods:

- Regular canned and dehydrated soup, broth and bouillon
- Cup of noodles and seasoned ramen mixes

Low-Sodium Alternatives:

- Low sodium canned and dehydrated soups, broth, and bouillon.
- Homemade soups without added salt.

Fats, Desserts, and Sweets



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High-Sodium Foods:

- Soy sauce, seasoning salt, other sauces and marinades
- Bottled salad dressings, regular salad dressing with bacon bits
- Salted butter or margarine
- Instant pudding and cake
- Large portions of ketchup, mustard

Low-Sodium Alternatives:

- Vinegar, unsalted butter, or margarine
- Vegetable oils and low sodium sauces and salad dressings
- Mayonnaise
- All desserts made without salt.

The heart does not have to work as hard when you make some changes in your diet. If you eat too much salt or drink too much fluid, your body's water content may increase and make your heart work harder. This can worsen your CHF. The following diet will help decrease some of your symptoms.

Reduce the Salt in Your Diet

Enjoying what you eat is important. Even if you crave salt you can learn to like foods that are lower in salt. Your taste buds will change soon, and you will not miss the salt. Removing salt can bring out flavors that may have been hidden by the salt.

Reduce the salt content in your diet by trying the following suggestions:

1. Choose plenty of fresh fruits and vegetables.
2. Choose foods that are low in salt, such as fresh meats, poultry, fish, dry and fresh legumes, eggs, milk, and yogurt. Plain rice, pasta and oatmeal are good low-sodium choices.
3. Season with herbs, spices, herbed vinegar, and fruit juices. Avoid herb or spice mixtures that contain salt or sodium. Use lemon juice or fresh ground pepper to accent natural flavors. Try orange or pineapple juice as a base for meat marinades. See "Salt-Free Herb Blends," below, for other ideas.
4. Check the nutrition facts on food labels for sodium content per serving. Try to pick packaged foods with a sodium content less than 350 milligrams for each serving. It is also useful to check the list of ingredients. If salt or sodium is listed in the first five ingredients, it is too high in sodium.



Diet Recommendations cont.

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When Checking Labels:

Use the nutrition information included on packaged foods. Be sure to notice the number of servings per container. Here are tips for using this information.

Nutrient List The list covers nutrients most important to your health.

% Daily Value This number shows how foods meet recommended nutrient intake levels for a 2,000-calorie reference diet. Try to eat no more than 100 percent of total fat, cholesterol, and sodium.

Daily Values Footnote Some food labels list daily values for 2,000 and 2,500 calorie daily diets.

Calories Per Gram Footnote Some labels give the approximate number of calories in a gram of fat, carbohydrate, and protein.

Sodium Content Always check the sodium content. Look for foods with a sodium content less than 350 milligrams for each serving.

When Cooking or Preparing Food:

Shake the habit. Remove the saltshaker from the kitchen counter and table. A 1/8 teaspoon "salt shake" adds more than 250 milligrams of sodium to your dish.

Be creative. Instead of adding salt, spark up the flavor with herbs and spices, garlic, onions, and citrus juices. See the recipes for salt-free herb blends, below.

Be a low-salt cook. In most recipes, you can cut back on salt by 50 percent or even eliminate it altogether. You can bake, broil, grill, roast, poach, steam or microwave foods without salt. Skip the urge to add salt to cooking water for pasta, rice, cereal, and vegetables. It is an easy way to cut back on sodium.

Be careful with condiments. High-sodium condiments include various flavored salts, lemon pepper, garlic salt, onion salt, meat tenderizers, flavor enhancers, bouillon cubes, catsup, mustard, steak sauce and soy sauce.

Stay away from hidden salt. Canned and processed foods, such as gravies, instant cereal, packaged noodles and potato mixes, olives, pickles, soups, and vegetables are high in salt. Choose the frozen item instead; or better yet, choose fresh foods when you can. Cheese, cured meats (such as bacon, bologna, hot dogs, and sausages), fast foods and frozen foods also may contain a lot of sodium.



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When Eating Out:

A low-sodium diet does not need to spoil the pleasure of a restaurant meal. However, you will have to be careful when ordering. Here are some tips for meals away from home:

Move the saltshaker to another table. Ask for a lemon wedge or bring your own herb blend to enhance the food's flavor.

Recognize menu terms that may indicate a high sodium content: pickled, au jus, soy sauce or in broth.

Select raw vegetables or fresh fruit rather than salty snacks.

Go easy on condiments such as mustard, catsup, pickles, and tartar sauce. Choose lettuce, onions, and tomatoes. Remember that bacon and cheese are high in sodium.

Request that the cook prepare foods without adding salt or MSG. Or ask for sauces and salad dressings on the side since they are often high in sodium. For a salad, use a twist of lemon, a splash of vinegar or a light drizzle of dressing.

Salt-Free Herb Blends

Instead of seasoning your food with salt, enhance the flavor of food with these salt-free herb and spice combinations. To make 1/2 cup, combine the ingredients in a jar. Cover tightly and shake. Keep in a cool, dry place. Then rub or sprinkle them on food for flavor.

Chinese 5-Spice

For chicken, fish, or pork:

- 1/4 cup ground ginger
- 2 tablespoons of each: ground cinnamon, ground cloves
- 1 tablespoon of each: ground allspice, anise seeds

Mixed Herb Blend

For salads, pasta salads, steamed vegetables, vegetable soup or fish:

- 1/4 cup dried parsley flakes
- 2 tablespoons dried tarragon
- 1 tablespoon of each: dried oregano, dill weed, celery flakes.

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Italian Blend

For tomato-based soups, pasta dishes, chicken, pizza, focaccia, and herbed bread:

- 2 tablespoons of each: dried basil, dried marjoram, thyme, crushed dried rosemary, crushed red pepper.
- 1 tablespoon of each: garlic powder, dried oregano

Easy Dip Blend

For mixing with cottage cheese, yogurt, or low-fat sour cream:

- 1/2 cup dried dill weed.
- 1 tablespoon of each: dried chives, garlic powder, dried lemon peel and dried chervil

UCSF Health medical specialists have reviewed this information. It is for educational purposes only and is not intended to replace the advice of your doctor or other health care provider. We encourage you to discuss any questions or concerns you may have with your provider.



Exercise Recommendations

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When it comes to choosing a type of exercise, experts recommend that patients do physical activities they enjoy the most, though sticking to low-impact activities, like walking, bicycling, or swimming, is best.

Sometimes, heart failure patients, especially older adults, might feel dizzy or lightheaded with physical activity. If you experience these symptoms, it may be best to try doing chair exercises as tolerated.

Importantly, you should never exercise during times when your heart failure is not under control. If you notice any heart failure symptoms, including excessive shortness of breath, chest discomfort, palpitations that do not go away, or increasing fatigue, stop exercising and notify your doctor right away.

These are seven tips for exercising safely while living with heart failure:

1. Avoid exercises that require or encourage holding your breath, such as push-ups, sit-ups, planks, and isometric exercises.
2. Wait at least one hour after eating to exercise.
3. Avoid actions that need quick bursts of energy.
4. Exercise when you have the most energy. For most people with heart failure, that is in the morning.
5. Think about exercising with a friend or family member. It's easier to stay with it when you have a partner, and it can be an enjoyable social time.
6. Don't exercise if you are sick or have a fever.
7. Avoid exercising outdoors in extreme weather or high humidity.

Regular exercise has many benefits for patients with heart failure. A regular activity program will help:

- Reduce heart disease risk factors and the chance of having future heart problems.
- Strengthen the heart and cardiovascular system.
- Improve circulation and helps the body use oxygen better.
- Help increase energy levels so you can do more activities without becoming tired or short of breath.
- Improve muscle tone and strength.
- Improve balance and joint flexibility.

Your doctor will let you know when it is the right time to begin an exercise program. You may need to avoid certain activities or have other restrictions based on your health. It may take many months to develop the optimal exercise program.

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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.

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 a benefit you can take advantage of!

Tips to Have Fun and Stay Motivated

- Group exercise classes such as yoga, Pilates, CrossFit, Zumba, and cycling
- 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!

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>	

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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><u>480.503.6058</u></p>
<p>City of Phoenix Senior Services</p>	<p>200 Washington, 17th Floor Phoenix, AZ 85003</p>	<p><u>602.262.7379</u></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><u>602.264.2255</u> <u>aaaphx.org</u></p>
<p>Inter-Tribal Council of Arizona</p>	<p>2214 N. Central Avenue Suite 100 Phoenix, AZ 85004</p>	<p><u>602.258.4822</u></p>
<p>City of Phoenix, Human Services Department</p>	<p>212 E. Alta Vista Phoenix, AZ 85042</p>	<p><u>602.495.5563</u></p>
<p>City of Phoenix, Westside Senior Center</p>	<p>4343 W. Thomas Rd Phoenix, AZ 85031</p>	<p><u>602.534.1177</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/

- **Needy Meds**

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



needymeds.org/

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- **Medication Assistance Tool**

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



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

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

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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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