

OPIOID TOOLKIT

Resources to Help You Manage Pain Medication



Arizona Care
Network 





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About the Opioid Toolkit

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Arizona Care Network created this toolkit because our doctors want to make it easier for you to manage your pain and response to opioid medications if they are part of your treatment plan.

Stay informed so you can keep your mind and body healthy. We have compiled valuable resources to give you the information you need to effectively manage opioid medications if they are prescribed to you.

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 at **602.406.7226** or e-mail **members@azcarenetwork.org**.

Overview of Opioids

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Opioids are medications that may form one part of your pain treatment. As with any medication, it is important to understand the risks and benefits. Opioids can reduce moderate-to-severe pain, but will not likely relieve all of your pain. Pain management will help decrease your pain while increasing your ability to do daily tasks.

Common side effects of opioids are nausea, constipation, and sleepiness. Using opioids for a long time may increase the risks of addiction and overdose. Following up with your doctor on your level of pain is crucial to managing your pain properly and safely. It is also important to know the names of your medications, how much, and how often to take each prescription.

Opioid Therapy and Different Types of Pain:



<https://www.cdc.gov/overdose-prevention/manage-treat-pain/index.html>

Risks and How to Reduce Them:



<https://www.cdc.gov/overdose-prevention/manage-treat-pain/reduce-risks.html>

Patients' Frequently Asked Questions



<https://www.cdc.gov/overdose-prevention/manage-treat-pain/patients-faqs.html>



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Using Opioids for Chronic Pain

For chronic pain (pain that lasts 3 months or more), opioids may be part of your treatment plan. It is important to follow up with your doctor within the first few days of starting a new prescription to discuss if your level of pain is improving and if it matches your treatment goal.

You may also be referred to a pain management specialist as part of your comprehensive treatment plan. Opioids are typically just one part of treating chronic pain, as there are several other non-opioid medications and solutions.

Being knowledgeable about your medications, treatment plan, and following up with your provider on your pain levels can reduce the risk of addiction and overdose while still allowing you to manage your pain properly.

Learn More About Chronic Pain Management:



https://www.cdc.gov/overdose-prevention/manage-treat-pain/index.html#cdc_generic_section_7-chronic-pain-management

Non-Opioid Pain Treatments

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Opioids may or may not be part of your treatment plan. There are several medications that are not opioids often used to treat different types of pain, including:

- **Pain relieving/ numbing medications:** Applied to your skin. Typically used for neuropathic pain, a type of pain caused by nerve damage. This pain is usually described as burning, tingling, sharp, or stabbing pain.
- **Depression medications:** Helps with the areas of the brain that process pain.
 - **NOTE:** Being prescribed a medicine for depression *does not* mean you have depression.
- **Nonsteroidal anti-inflammatory drugs (NSAIDs) and acetaminophen:** Can be prescribed if you have dull, throbbing pain to reduce inflammation and pain. Available over-the-counter and by prescription. Common over-the-counter NSAIDs include aspirin, ibuprofen (Advil, Motrin), and Naproxen (Aleve, Naprosyn). Acetaminophen or the brand name, Tylenol, is also used to reduce pain and fever.



Potential Negative Side Effects: NSAIDs can cause stomach issues and should be used with caution. Acetaminophen, Tylenol, can cause liver problems when more than 4,000 mg is taken in one day. People with liver problems should take even less acetaminophen.

It is important to discuss your current pain management treatments and over-the-counter medications with your provider before starting any new treatment for chronic pain.

Ways You Can Manage Pain at Home:

- Use a heating pad or cold pack
- Practice relaxation with breathing exercises
- Stay active

Chronic pain management often involves the help of a team with you at the center. There is usually not one solution that will relieve chronic pain, so you will likely need a combination of treatment. Your team may include your primary care doctor, a pain management specialist, a physical therapist, and a counselor or social worker.

Non-Prescription Solutions Your Doctor May Recommend to Manage Your Pain:

- Physical therapy to learn exercises and stretches
- Relaxation therapy
- Massage therapy

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- Acupuncture
- Working with a counselor to change physical, behavioral, and emotional triggers of pain and stress
- Devices that affect nerve signals
- Spinal manipulation by a chiropractor may help in some conditions

You should always speak to your doctor before starting a new pain management solution to make sure it is right for you. This will also ensure you and your doctor are keeping your treatment plan updated.

Find an In-Network Pain Management Specialist:



[azcarenetwork.org/care-provider-search-map/?specialty%5B%5D=Pain+Medicine&specialty%5B%5D=Pain+Medicine+\(Anesthesiology\)&specialty%5B%5D=Pain+Medicine+\(Physical+Medicine+%26+Rehabilitation\)&radius=20&search_type=provider&sort=distance](https://azcarenetwork.org/care-provider-search-map/?specialty%5B%5D=Pain+Medicine&specialty%5B%5D=Pain+Medicine+(Anesthesiology)&specialty%5B%5D=Pain+Medicine+(Physical+Medicine+%26+Rehabilitation)&radius=20&search_type=provider&sort=distance)

Find an In-Network Physical Therapy Clinic:



azcarenetwork.org/facility-search-map/?type%5B%5D=Physical+Therapy+Clinic&radius=7&search_type=facility&sort=distance

Find an In-Network Chiropractor:



azcarenetwork.org/care-provider-search-map/?specialty%5B%5D=Chiropractor&radius=7&search_type=provider&sort=distance

Find an In-Network Acupuncture Specialist:



azcarenetwork.org/care-provider-search-map/?specialty%5B%5D=Acupuncture&radius=7&search_type=provider&sort=distance

Exercise

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It may be difficult to motivate yourself to be active when you are in pain, but exercise can decrease pain and improve your ability to function. Exercise allows you to keep your muscles strong and body flexible, and it can even put you in a better mood. Studies show losing weight may also help decrease chronic pain as well.

At-Home Yoga Exercises



Source: Arizona Department of Health Services

At-Home Tai Chi Exercises



Source: University of Arizona

Note: Always consult with your doctor before starting a new exercise program.

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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!



Anti-Inflammatory Diet

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A healthy lifestyle that incorporates foods that decrease inflammation may help reduce your pain.

Anti-Inflammatory Eating 101

- More vegetables
- More antioxidants – can be found in colorful fruits and vegetables, beans, and whole grains
- More omega-3s – found in fish, nuts, and seeds
- Fewer red meats
- Less processed foods such as sugary drinks and fried food

Anti-Inflammatory Foods

- Broccoli
- Cauliflower
- Cabbage
- Brussels sprouts
- Berries
- Green and black tea
- Citrus fruits
- Legumes
- Nuts and seeds
- Dark chocolate
- Whole wheat bread
- Brown rice
- Quinoa
- Whole fruits instead of juices
- Olive oil
- Fish (salmon, tuna, etc.)
- Tofu
- Beans
- Peas
- Lean proteins (chicken, etc.)
- Low-fat dairy (yogurt, etc.)
- Spices (ginger, turmeric, etc.)

NOTE: Remember to always follow up with your doctor about changes to your diet, as some foods may affect your medications. This will also keep your treatment plan updated.

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Find an In-Network Nutritionist to Help You Make Changes to Your Diet



<https://azcarenetwork.org/care-provider-search-map/?specialty%5B%5D=Registered%20Dietitian&radius=75&search-type=provider&sort=distance>

Healthy Recipe Ideas



azhealthzone.org/recipes

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Mindfulness allows someone to be aware of where they are and what they are doing without being overwhelmed by what is going on around them. Mind-body techniques such as meditation can help reduce stress, anxiety, and pain.

Meditation Exercises for Chronic Pain



Source: Arizona Department of Health Services

Mindful Breathing Exercises



mayo.edu/research/labs/mindful-breathing/videos

Improve Your Sleep

Improving sleep can help with chronic pain and your emotional well-being. The CDC recommends at least 7 hours per night for people over the age of 18. Use the following tips to change your sleep habits:

- Keep a regular sleep routine by getting up and going to bed at the same time
- Turn off electronic devices at least 30 minutes before bedtime
- Avoid eating a large meal before bedtime
- Avoid drinking caffeinated drinks and alcohol before bedtime
- Make your bedroom quiet and relaxing
- If you don't fall asleep after 20 minutes, get out of bed, work on a task, and return to bed when you start feeling drowsy



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Join a Support Group

Studies show loneliness may worsen chronic pain. Connect with others who are living well with chronic pain. You can find a support group in your area using the links below.



<https://www.acpanow.com/support-groups.html#/>

Chronic Pain Self-Management Classes

Free and low-cost classes are available through the Arizona Department of Health Services that can teach you strategies and tools for managing chronic pain and give you an opportunity to socialize with people who have had similar experiences. The counties listed below offer chronic pain self-management classes.

- Maricopa County (Contact Tami Freed: 602-372-7272)
- Pima County (Contact Hector Juarez: 520-724-7939)
- Pinal County (Contact Reyna Villegas: 520-539-0848)
- Yavapai County (Contact Rachel Mills/Carol Lewis: 928-442-5372)
- Yuma County (Contact Annette Perez: 928-317-4571)

NOTE: Information is current as of June 2021. Visit the Arizona Department of Health Services website for the most current contact information.



<https://www.azdhs.gov/prevention/chronic-disease/chronic-pain-management/chronic-pain/index.php>



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When prescription opioids are not used correctly, the risk of addiction increases. You should always follow your treatment plan carefully and take only the amount of medication your doctor prescribes. Physical dependence can occur when taking opioids for longer than necessary.

Withdrawal Symptoms

- Nausea or vomiting
- Feeling sad or depressed
- Muscle aches
- Dilated pupils, goose bumps, or sweating

Opioid Use Disorder

The term used when an individual is diagnosed with an opioid addiction. Individuals may have difficulty cutting down on drugs, have a strong desire to use more drugs, and their social life and relationships are usually impacted as a result. Opioid use disorder is treated with medication-assisted treatment, counseling, and support groups.

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline is a free, confidential, treatment referral and information service, available in English and Spanish, 24/7, 365 days a year.



Call [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

Additional Resources from SAMHSA

Get more information on medication, counseling, and contact information.



[samhsa.gov/medication-assisted-treatment/treatment](https://www.samhsa.gov/medication-assisted-treatment/treatment)

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Schedule an Appointment with Your Doctor

You can always schedule an appointment with your primary care doctor to discuss concerns of addiction and assistance with referrals. Need to establish care with a primary care provider? Use our Find-A-Doc tool to find a doctor near you.



azcarenetwork.org/care-provider-search-map/?specialty%5B%5D=Primary+Care+Provider&radius=7&search_type=provider&sort=distance

Questions to Ask Your Doctor About the Risk of Addiction



<https://www.cdc.gov/overdose-prevention/manage-treat-pain/manage-pain-with-doctor.html>

Opioid Overdose

Anyone can experience an opioid overdose, but those diagnosed with opioid use disorder are especially at risk. The following factors increase the risk of overdose:

- Combining opioids with alcohol and certain medications such as benzodiazepines (Xanax, Ativan, Valium, Klonopin)
- Taking more opioids than prescribed
- Taking high daily dosages of prescription opioids

Signs of Opioid Overdose

- Extreme sleepiness
- Slow breathing or no breathing at all
- Very slow heart beat
- Pale skin
- Small pupils

What to Do

- Call 911
- Give naloxone

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- Perform CPR
- Follow 911 dispatcher instructions until EMT arrives

Naloxone

An approved medication that is administered to reverse an opioid overdose. Naloxone may be prescribed by a doctor if there is an increased risk of opioid overdose. If you are given naloxone, you should always keep it accessible in case a caregiver or family member needs to assist with giving a dose. Learning how to administer naloxone can prevent an overdose and save lives. Naloxone is available as a nasal spray or auto-injector for easy administration in an emergency.

In Arizona, naloxone is available to buy at a pharmacy without a prescription from your provider. You can buy the medication with cash or potentially bill your insurance company. You do not need to answer personal questions and the entire goal of increasing access to naloxone is to prevent opioid-related deaths from overdose.

Step-by-Step Guide on How to Use Naloxone:



<https://www.azdhs.gov/opioid/documents/naloxone-brochure-public.pdf>

In case of overdose:		1 CALL 911 - Give naloxone <small>If no reaction in 3 minutes, give second naloxone dose if available</small>	2 Rescue breathing or chest compressions <small>Follow 911 dispatcher instructions</small>	3 After naloxone <small>Stay with person for at least 3 hours or until help arrives</small>
Injection				
VIAL				
1—Flip off the cap to reveal latex seal.		2—Turn vial upside down. Pull plunger to draw up liquid.		
3—Inject into muscle. Press plunger all the way down to trigger safety. (retraction)				
AMPULE				
1—Tap ampule to send all liquid to the bottom.		2—Pull plunger to draw up liquid.		
3—Inject into muscle. Press plunger all the way down to trigger safety. (retraction)				
Nasal spray				
1—Remove naloxone nasal spray from the box.		2—Peel back the tab with the circle to open the naloxone nasal spray.		
3—Hold the naloxone nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.		4—DO NOT PRIME OR TEST THE SPRAY DEVICE. Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person's nose.		
5—Press the plunger firmly to give the dose. Remove the spray device from the nostril.		6—If no reaction in 2-3 minutes or if person stops breathing again, give the second dose of naloxone in the OTHER nostril using a NEW spray device.		
Auto-injector				
1—Pull the auto-injector from the outer case.		2—Pull firmly to remove the red safety guard (do not touch the black base).		
3—Place the black end against the middle of the outer thigh, through clothing if necessary, then press firmly and hold in place for 5 seconds.		4—If no reaction in 2-3 minutes or if the person stops breathing again, give the second dose of naloxone using NEW auto-injector.		

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Recovering from Addiction

Support groups are available in Arizona to people recovering from an opioid addiction.



arizona-na.org/

Storing Opioids at Home and Disposing of Unwanted Opioids

Opioids should be stored safely at home and unwanted/expired opioids should be disposed properly to avoid accidental overdose, especially with children.



Drug Disposal Options
Do you have medicine you want to get rid of?

Do you have a drug take-back option readily available?
Check the **DEA website**, as well as your local drugstore and police station for possible options.

NO

Is it on the FDA flush list?

NO
Follow the **FDA instructions for disposing of medicine in the household trash.**

YES
Immediately flush your medicine in the toilet.
Scratch out all personal info on the bottle and recycle/throw it away.

YES
Take your medicine to a drug take-back location.
Do this promptly for **FDA flush list** drugs!

FDA U.S. FOOD & DRUG ADMINISTRATION
www.fda.gov

Source: U.S. Food and Drug Administration

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Find a Drug Take Back Location in Arizona



acpa.net/arizona_drug_disposal_locations.aspx

Information from the Drug Enforcement Administration on Drug Disposal



fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-drug-take-back-locations

Drug Flush List

If a drug take back location is unavailable near you, check if the medication is on the FDA's flush list. You should only flush your medicine in the toilet when take back options are not available. Most opioids are on the drug flush list.



<https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-fdas-flush-list-certain-medicines>

Throwing Medication in the Trash

If your medication is not on the drug flush list, you do not have a drug take back location available to you, and there are no specific disposal instructions in the medication package insert, then follow the steps on the image to the right to dispose medication in the household trash.

Source: U.S. Food and Drug Administration

Follow these simple steps to dispose of medicines in the household trash

MIX
Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as dirt, cat litter, or used coffee grounds;

PLACE
Place the mixture in a container such as a sealed plastic bag;

THROW
Throw the container in your household trash;

SCRATCH OUT
Scratch out all personal information on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.



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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. [Download the full community resource guide.](#)

Food

Adequate nourishment is crucial to maintaining your health. If you are struggling to access nutritious food, you may benefit from contacting one of the organizations listed below.

Organization	Location / Contact Info
AZCEND	345 S. California St. Chandler, AZ 85225 480.963.1423
Matthew’s Crossing Food Bank	1368 N. Arizona Ave., Ste 112 Chandler, AZ 85225 480.857.2296
Salvation Army	Multiple locations across the Valley 602.267.4100
Paz de Cristo	424 W. Broadway Rd. Mesa, AZ 85210 480.464.2370
St. Mary’s Food Bank	Multiple locations across the Valley Chandler: 480.814.7778 Surprise, Phoenix (43rd Ave), Glendale: 602.242.3663
Borderlands Produce Rescue Program	270 W Produce Row, Nogales, AZ 85621 520.287.2627



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Home Delivered Meals

There are several meal delivery organizations across the Valley that provide hot meals to older adults and adults with disabilities who are homebound. If you or someone you love needs food delivery services, the local organizations below can help.

Organization	Location / Contact Info
<u>Gilbert Senior Center's Home Delivered Meals Program</u>	130 N. Oak Street Gilbert, AZ 85233 <u>480.503.6061</u>
<u>City of Phoenix Senior Services</u>	200 Washington, 17th Floor Phoenix, AZ 85003 <u>602.262.7379</u>
<u>Elderly Nutrition Program-Home Delivered Meals Area Agency on Aging Region I, Inc.</u>	1366 East Thomas Road, Suite 108 Phoenix, AZ 85014 <u>602.264.4357</u>
<u>Inter-Tribal Council of Arizona</u>	2214 N. Central Avenue Suite 100 Phoenix, AZ 85004 <u>602.258.4822</u>



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Social Services – Community Action Agencies

Community Action Agencies provide utility and mortgage assistance, eviction or foreclosure prevention assistance, rental deposits, emergency shelter, food boxes/ other food and nutritional programs, and much more. CAA’s were originally created through the Economic Opportunity Act of 1964 and now provide services to more than 150,000 people annually. Find the agency closest to you to access resources near you.

Location	Information
Phoenix	<u>602.534.2433</u>
Glendale	<u>623.930.2854</u>
Peoria	<u>623.979.3911</u>
Mesa	<u>480.833.9200</u>
Chandler	<u>480.963.1423</u> x118
Gilbert	<u>480.892.5331</u>
Avondale	<u>623.333.2707</u>
Tolleson	<u>623.936.2760</u>
Buckeye	<u>623.386.2588</u>
DES Family Assistance Administration & Information Line	<u>855.432.7587</u>
Division of Developmental Disabilities	<u>855.432.7587</u>
Adult Protective Services (APS)	<u>877.767.2385</u>
Suicide Crisis Hotline	<u>800.631.1314</u>
Southwest Network	<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: Provides members of [Phoenix's senior centers flexible transportation](#) 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 Vouchers: Support travel to and from jobs for people with disabilities. The pick-up location and destination are pre-printed on the voucher and pick up times are set in advance.

Dialysis Trip Vouchers: Support travel to and from medical centers for ongoing dialysis treatment.



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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 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:

- **American Association of Clinical Endocrinologists Prescription Savings Directory**

Provides direct links to drug assistance programs related to diabetes medications



prescriptionhelp.aace.com/

- **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/



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- **Needy Meds**

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



needy meds.org/

- **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)

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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/psc/prescription-savings-club](https://www.walgreens.com/psc/prescription-savings-club)

Sam's Club: If you are a Sam's Plus Member, extra discounts are available for select medications. Over 200 prescriptions are at \$4 and over 400 prescriptions are at \$10.*



<https://www.samsclub.com/pharmacy/rxsavings>

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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