

# Teamsters Joint Council No. 83 of Virginia Health & Welfare and Pension Funds



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## **Unleash the full value of a pharmacy network designed for 90-day maintenance fills**

Teamsters Joint Council 83 of Virginia and Express Scripts are making it easier to save time and money by switching from a 30-day supply of your daily medication to a 90-day supply. Get your medications delivered right to your door with home delivery from Express Scripts® Pharmacy or at a participating retail pharmacy, CVS. You'll make fewer trips to the pharmacy, make fewer payments and be less likely to miss a dose, since you won't be refilling as often.

You might even see additional savings from paying for one 90-day supply rather than paying for three 30-day supplies. If the cost of a medication at a retail pharmacy is lower than your plan's retail copayment or coinsurance, you will not pay more than the retail pharmacy's cash price, regardless of the number of times you purchase the prescription. In some cases, this price may be less than either your standard retail or mail copayment or coinsurance.

If your doctor prescribes you a daily medication or if you're already taking one, ask for a 90-day prescription—or visit [express-scripts.com/3month](https://www.express-scripts.com/3month) today.

## **Safeguard Diabetes Care Value and Pulmonary Care Value Programs**

For certain medications, you will be required to fill a 90-day supply from Express Scripts® Pharmacy or at a participating retail pharmacy, CVS. This requirement will provide better care for diabetes and pulmonary patients while helping manage costs. Providing 90-day supplies promotes adherence, closes gaps in care and mitigates unnecessary medical expenses.

In addition to your 90-day supply of diabetes and maintenance pulmonary medications, you might receive an offer to participate in:

- Digital Diabetes Prevention and Obesity Solution provides members with tools that encourage healthy lifestyles and help avoid diagnoses.
- Digital Care for type 1 and type 2 diabetes securely sends results to clinicians who analyze the data and provide meaningful coaching interventions to guide patients toward a healthier lifestyle with better control of glucose levels.
- Digital pulmonary care to engage your patients and help establish healthy habits, such as medication tracking.