

## Fit and Healthy: ProAct Wellness Programs - New for 2009

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As your pharmacy benefits manager, we at ProAct care about the health of our members. Our goal is to help you better control your disease states through educational programs, mailings, and in-services.

Throughout 2009, we will also be including a newsletter at the center of these programs to help make our members more informed on common disease states and available treatment options. Each issue will give a broad overview of the topic and some tips for managing your health. While we have a tentative schedule of programs for discussion, if there is a specific topic you would like discussed, please contact us and we will do our best to address this in an upcoming issue.

In addition to being addressed in our newsletter, we also offer live, on-site educational presentations focused on several disease states including, but not limited to:

- Acid Reflux
  - Diabetes
  - Heart Health
  - High blood pressure
  - High cholesterol
  - Nutrition
  - Smoking cessation
  - Weight Management
- Additional clinical programs are available and can also be designed at the clients request.

These programs include informational brochures, medication guides, and continuous support from our clinical pharmacy department.

We will focus on the basic cause of the above listed disease states and the options for those living day to day with the symptoms. We will discuss the current prescription medications available for treatment, helping you to better understand what medications are available, are appropriate, and are cost effective. In addition to prescription drug therapy, other therapies such as over the counter treatment, herbal remedies, and non-pharmacologic therapy such as diet, exercise and lifestyle modifications will be addressed.

In addition to the clinical programs available, on-site presentations can be held to help you better understand your prescription plan. In today's economic environment with rising food, energy and medical costs it's important to make informed decisions about your healthcare. Through a focus on formulary adherence, generic substitution, and mail order utilization, we will help make you a smarter consumer. We will teach you how to make small changes that can have a big impact on your monthly prescription costs.



We believe that a healthy workplace starts with healthy employees, and through our various clinical programs, we are committed to being part of that change.

For more information on our Wellness Programs that are included as part of your prescription benefit, contact our clinical pharmacy department at:

[ClinicalPharmacist@ProActRx.com](mailto:ClinicalPharmacist@ProActRx.com)

All live programs must be initiated through your benefits office. Contact them today to set up a presentation and to find out how ProAct can help you live a healthier life.

### New Product Update!

#### Recent Generics:

- Dorzolamide—Trusopt
- Dorzolamide/Timolol—Cosopt
- Sumatriptan—Imitrex
- Levetiracetam—Keppra
- Calciton—Miacalcin

#### Recent New Drug Approvals:

- Keppra XR (once daily formulation of Keppra for Seizures)

#### Upcoming Generics:

- Depakote ER (1/09)



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For more information  
 visit our website  
 at: [www.proactrx.com](http://www.proactrx.com)

## Contact Us!

While it is important to keep open lines of communication with your physician and local pharmacist regarding your prescriptions, we understand that the amount of information received can sometimes be overwhelming.

We would like to remind you that our clinical department is here to help! We want to see our members taking the right medication at the right cost. While not all medications have a true generic, there are often therapeutic alternatives available that could provide the same benefit, while costing you less.

Please feel free to contact our clinical department at any time for questions regarding your prescriptions, or for cost saving alternatives.

## Visit Our Website:

[www.ProActRx.com](http://www.ProActRx.com)

Through the member services link, you are able to login to the ProAct website to find more information about your pharmacy benefits.

Whether you are interested in information on our Mail Order Pharmacy, would like to find out your copay, or download a copy of your formulary, almost everything you need to know about your pharmacy benefit is available with just a click of your mouse.

### Website Features Include:

- Recent Member Newsletters
- Mail Order Information
- Formulary list
- Copay Calculator
- Pharmacy Finder
- Claims History
- News Alerts
- Annual Drug expenditures (for taxes)
- Eligibility information

- Health and Wellness Information on Various diseases such as:
  - Asthma
  - CHF
  - COPD
  - High Blood Pressure
  - High Cholesterol



Setting up an account online is quick, it's easy, and it's free!

1. Visit: [www.proactrx.com](http://www.proactrx.com)
2. Click on the "Members Services" Link
3. Click on the "Members Login" Link
4. Login using information found on our prescription card
5. Register to set up a personalized Login

Logon today to see what you are missing, and start making the most out of your prescription benefits.

**In the Next Issue:**  
 Understanding  
 Hypertension  
 (High Blood Pressure)