

# My Medication List

My name: \_\_\_\_\_ My birth date: \_\_\_\_\_

## My emergency contact

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## Names and phone numbers of my health care providers

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## Name and phone number of my pharmacy

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## My allergies (medicines, foods, and others, such as bee stings or latex)

I am allergic to \_\_\_\_\_ . My reaction is \_\_\_\_\_ .

I am allergic to \_\_\_\_\_ . My reaction is \_\_\_\_\_ .

I am allergic to \_\_\_\_\_ . My reaction is \_\_\_\_\_ .

(If you need more space to write your allergies, use the back of this page.)

## My health problems

\_\_\_\_\_

## My medicines

Include **ALL** your medicines, even over-the-counter (OTC), vitamins, and supplements. When you start taking a new medicine, write the date you start. If you stop taking a medicine, cross it off and write the date you stop. Keep this form with you. Bring it to office visits, the pharmacy, or if you get admitted to the hospital.

Name of medicine (start or stop date)	Reason I take it	Dose	When I take it	What it looks like
Example: Aspirin (started 10-16-12)	For my heart	81 mg (1 pill)	Once a day	White, round

## My Medication List

## Guide for Helping Patients Afford Their Medications

modified December 2025

Improving adherence has the potential to save billions of healthcare dollars. However, the inability to afford medications is a known adherence barrier. This chart includes cost-saving tips and a list of programs and resources to consider for patients. Note: list may not be all-inclusive.

<b>Cost-Saving Tips</b>	
Try to streamline patients' medications	<p>Look for:</p> <ul style="list-style-type: none"> <li>• duplicates or overlapping medications or supplements that can be eliminated.</li> <li>• Brand-name products that can be switched to generics or therapeutic alternatives.</li> <li>• medications that are being used to treat preventable side effects of other meds.</li> </ul>
Consider tablet splitting	<b>Recommend tablet splitting</b> when appropriate, for meds that are priced similarly between strengths.
Review quantities	<b>Suggest purchasing larger quantities of medication</b> at one time. A 90-day supply may cost less and reduce co-pays compared to a 30-day supply.
Consider a limited role for drug samples and co-pay coupons	<p><b>Drug samples and co-pay coupons</b> can save money upfront, but can cost patients more in the long run.</p> <ul style="list-style-type: none"> <li>• Patients get stabilized on these meds, which are often more expensive.</li> <li>• Co-pay coupons:           <ul style="list-style-type: none"> <li>◦ True drug co-pays may not be realized until the coupon expires, or the max amount covered by the coupon is reached.</li> <li>◦ Usually can't be used by patients with government-funded drug coverage (e.g., Medicare, Medicaid, TRICARE).</li> </ul> </li> <li>• Save samples and coupons for meds that don't have more affordable alternatives, or for short-term meds such as antibiotics.</li> </ul>
Consider a limited role for discount or savings cards	<p><b>Discount or savings cards</b> are typically used as an <b>alternative to insurance</b>, although requirements for eligibility can vary.</p> <ul style="list-style-type: none"> <li>• Money spent on Rxs using these might not be applied to the patient's deductible.</li> <li>• Rxs not run through insurance may skew quality measures.</li> <li>• Encourage patients to ask if their pharmacy has its own discount program.</li> </ul>
Look for assistance programs	<p><b>Assistance programs</b> (e.g., state programs, drug company programs) vary and may have income requirements.</p> <ul style="list-style-type: none"> <li>• Some organizations, like the Leukemia and Lymphoma Society, help patients pay for treatments for specific diseases.</li> <li>• Note that money paid by assistance programs might not count toward the patient's deductible.</li> <li>• Help patients understand the fine print with any of these programs. For example, there may be expiration dates, limits on amounts, or exclusions (e.g., patients with government-funded insurance).</li> <li>• Some insurers deny coverage, then require the patient to use a charitable patient assistance program to pay for the med, thus shifting cost from the insurer to the charitable organization. This is called an alternate funding program. Patients enrolled in an alternate funding program may not be eligible for drug company programs.</li> </ul>

Web-based Resources for Savings on Medications	
Information Source	Comments
<b>Amazon Prime Rx</b> <a href="http://www.amazon.com/primerx">www.amazon.com/primerx</a>	Site allows drug price comparisons between pharmacies, including Amazon's pharmacy. Medications can be filled at a local pharmacy using their Rx savings card or mailed directly to the patient from Amazon. Access to this is included in an Amazon Prime membership.
<b>American Diabetes Association</b> <a href="http://www.diabetes.org">www.diabetes.org</a>	Site provides a list of several discount programs and diabetes-specific patient assistance programs at: <a href="https://diabetes.org/tools-resources/affordable-insulin">https://diabetes.org/tools-resources/affordable-insulin</a> .
<b>Asthma and Allergy Foundation of America</b> <a href="http://www.aafa.org">www.aafa.org</a>	Site provides a list of several discount programs and respiratory-specific patient assistance programs at: <a href="https://www.aafa.org/patient-assistance-medicine-drug-programs">https://www.aafa.org/patient-assistance-medicine-drug-programs</a> .
<b>Blink Health</b> <a href="http://www.blinkhealth.com">www.blinkhealth.com</a> 844-265-6444	Negotiates with the pharmaceutical industry to allow for lower medication prices. Patients search for their medication on the site. Written or electronic prescriptions are provided to a participating pharmacy (e.g., Costco, Walmart, Publix). Patients pay online through the blink health site, and either pick up their medication at the pharmacy or have it delivered to their home.
<b>Benefits Checkup</b> <a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>	Site provides a zip code-specific report of programs available to help reduce costs of healthcare and medication. Also includes online application for Medicare Low Income Subsidy known as Extra Help. Service provided by the National Council on Aging.
<b>FamilyWize</b> <a href="http://www.singlecare.com/familywize#fw">www.singlecare.com/familywize#fw</a> 844-234-3057	FamilyWize has teamed up with SingleCare (see below).
<b>GoodRx</b> <a href="http://www.goodrx.com">www.goodrx.com</a> 855-268-2822	Site allows drug price comparisons between pharmacies for a specific drug. Coupons can be texted, emailed, printed, or sent to a phone to use at participating pharmacies. Has a free app for iPhone or Android for comparing prices and getting coupons. Also includes a free discount card that can be ordered via mail and other helpful tools such as a pill identifier and savings opportunities on pet meds.
<b>HIV Medicine Association</b> <a href="http://www.hivma.org">www.hivma.org</a>	Site provides a list of several discount programs and HIV-specific patient assistance programs at: <a href="https://www.hivma.org/hivaids-resources/patient-assistance-programs/">https://www.hivma.org/hivaids-resources/patient-assistance-programs/</a> .
<b>Inside Rx</b> <a href="http://www.insiderx.com">www.insiderx.com</a>	Site allows drug price comparisons between pharmacies for a specific drug. Has a savings card that can be downloaded, printed, texted, or e-mailed for use at participating pharmacies. Has a free app for iPhone or Android that has this functionality. Pet meds savings card also available.

Web-based Resources for Savings on Medications, continued	
Information Source	Comments
<b>Medicare</b> Medicare.gov 800-MEDICAR	Has a searchable database for state programs that help Medicare patients pay for prescription drug plan premiums and other costs: <a href="https://www.medicare.gov/plan-compare/#/pharmaceutical-assistance-program/states/?year=2026&amp;lang=en">https://www.medicare.gov/plan-compare/#/pharmaceutical-assistance-program/states/?year=2026&amp;lang=en</a> . In addition, has a search available to find assistance programs from manufacturers: <a href="https://www.medicare.gov/plan-compare/#/pharmaceutical-assistance-program?year=2026&amp;lang=en">https://www.medicare.gov/plan-compare/#/pharmaceutical-assistance-program?year=2026&amp;lang=en</a> .
<b>Medicine Assistance Tool</b> <a href="http://www.medicineassistancetool.org">www.medicineassistancetool.org</a> 571-350-8643	Helps qualifying patients without prescription drug coverage get the medicines they need through the programs that are right for them. Site provides a search engine designed to identify manufacturer patient assistance programs. Has links to savings card programs. Provides a locator for free or low-cost clinics.
<b>NeedyMeds</b> <a href="http://www.needymeds.org">www.needymeds.org</a> 800-503-6897	Typing a drug name (brand or generic) or glucose test strip in the search box pulls up links to patient assistance programs, \$4 generics, coupons and rebates, product websites, and drug information. A list of resources by program or manufacturer name is also provided. Provides a locator for free or low-cost clinics. Information about Medicaid, Medicare, and other state assistance programs is available. Includes a free drug discount card that can be ordered by mail, downloaded and printed, or accessed on the free app for Android.
<b>Optum Perks</b> <a href="https://perks.optum.com">https://perks.optum.com</a>	Site allows drug price comparisons between pharmacies for a specific drug and offers coupons. Can also search by condition to compare prices of common medications used to treat the condition. Coupons can be downloaded, texted, emailed, or printed to use at participating pharmacies. Also has a telemedicine portal.
<b>RxAssist</b> <a href="http://www.rxassist.org">www.rxassist.org</a>	Site provides information on patient assistance programs through manufacturer, brand, and generic drug name search. Has a patient assistance program directory (alphabetical by manufacturer name). Has FAQs about patient assistance programs and drug discount cards. Also includes a free drug discount card that can be printed from their website.
<b>RxHope</b> <a href="http://www.rxhope.com">www.rxhope.com</a>	Site provides information on patient assistance programs through brand name, manufacturer, or program name search. Has a patient assistance program directory (alphabetical by manufacturer name). Patients can use the “Patient Request” feature to review program guidelines and requirements, then complete the online or printable request form.
<b>RxSaver</b> <a href="http://www.rxsaver.com">www.rxsaver.com</a>	Search for prescription coupons on the website or on the free iPhone or Android app.
<b>SingleCare</b> <a href="http://www.singlecare.com">www.singlecare.com</a> 844-234-3057	Site allows drug price comparisons between pharmacies for a specific drug. Coupon cards can be texted, emailed, or printed to use at participating pharmacies. Has a free app for iPhone or Android for comparing prices and getting coupons. There are some limitations for Medicare. Patients can subscribe to the savings newsletter.

Web-based Resources for Savings on Medications, continued				
Information Source		Comments		
<b>WellCard Savings</b> (Access One Consumer Health) <a href="https://wellcardsavings.com">https://wellcardsavings.com</a>		Patients register for a free discount card (WellCard) that provides savings of 10% to 50% on drug prices at participating pharmacies. Card can be texted, e-mailed, or printed. Card also provides discounts at participating medical, dental, vision, and hearing providers, and gyms. Telehealth (for people and pets) and teledentistry is offered. Discounted diabetes supplies are available by mail. WellCard is not available in Montana or Vermont.		
<b>WellRx</b> <a href="http://www.wellrx.com">www.wellrx.com</a>		Site allows drug price comparisons between pharmacies for a specific drug. Coupons and Rx discount card can be downloaded, texted, emailed, or printed to use at participating pharmacies. Patients can register to make a medication list, get pill and refill reminders, and access medication information. Also has health condition information. Has a free app for iPhone or Android that patients can use to get their Rx discount card, pill and refill reminders, drug interaction alerts, etc.		
Patient Assistance and Discount Programs				
Program	Eligibility	Enrollment	Formulary	Discount
<b>AmgenNow</b>	<ul style="list-style-type: none"> <li>Anyone who wants to self-pay can download the coupon from GoodRx.</li> </ul>	<a href="http://www.amgennow.com">www.amgennow.com</a>	Repatha	Cash price is \$239.
<b>Amgen Support Plus</b>	<ul style="list-style-type: none"> <li>Patients with private insurance, Medicare, or Medicaid, and patients with financial need who are uninsured or their insurance plan excludes the medicine.</li> </ul>	866-264-2778 <a href="http://www.amgensupportplus.com">www.amgensupportplus.com</a>	Many Amgen prescription medications	Copay assistance card for private insurance (e.g., Repatha), help navigating government benefits, direction to charitable foundations, or free select Amgen meds.
<b>AZ &amp; Me</b> (AstraZeneca)	<ul style="list-style-type: none"> <li>Individuals with qualifying incomes who:               <ul style="list-style-type: none"> <li>Do not have Rx drug coverage <b>OR</b></li> <li>Have Medicare Part D.</li> </ul> </li> <li>Medicare Part D participants cannot be eligible for, or enrolled in Low Income Subsidy (LIS).</li> </ul>	800-292-6363 or <a href="http://www.azandmeapp.com">www.azandmeapp.com</a>	Select AstraZeneca prescription medications	Medication is free. Refills must be obtained through mail order.

Patient Assistance and Discount Programs, continued				
Program	Eligibility	Enrollment	Formulary	Discount
<b>Good Days</b>	<ul style="list-style-type: none"> <li>Individuals with qualifying incomes, insurance coverage, diagnosed with a covered disease, and taking a medication that is FDA-approved for the diagnosis.</li> </ul>	877-968-7233 or <a href="http://www.mygooddays.org">www.mygooddays.org</a>	Many prescription medications for covered conditions	Assistance may include copay, travel, insurance premium, or diagnostic testing assistance.
<b>GSK For You</b> (GlaxoSmithKline)	<ul style="list-style-type: none"> <li>Patient assistance program: Individuals with qualifying incomes who: <ul style="list-style-type: none"> <li>Do not have Rx drug coverage, <b>OR</b></li> <li>Have Medicare Part D and have met their out-of-pocket spend.</li> <li>Copay assistance: individuals with commercial insurance.</li> </ul> </li> <li>Free trial offers: individuals with or without insurance.</li> <li>Coupons: individuals who do not have Rx drug coverage, or who have commercial insurance.</li> <li>Vaccines: adults without third party vaccine coverage who meet income requirements.</li> </ul>	Oncology products: 844-447-5662  <i>Benlysta</i> 877-423-6597  <i>Nucala</i> 844-468-2252  Other products 866-728-4368 <a href="http://www.gskforyou.com">www.gskforyou.com</a>	Many GSK prescription medications	Assistance may include copay assistance, free medication, free vaccines, or discounts.
<b>Janssen CarePath</b> (Janssen)	<ul style="list-style-type: none"> <li>No specific income requirement.</li> <li>Saving Program: individuals with commercial insurance.</li> <li>Other assistance: all individuals can get information on med-specific affordability options, and support to help navigate payer processes.</li> </ul>	877-227-3728 or <a href="http://www.janssencarepath.com">www.janssencarepath.com</a>	Many Janssen prescription medications.	Discounts may apply to deductible, copay, or co-insurance, depending on insurance plan.
<b>Lilly Cares</b> (Eli Lilly)	Individuals with qualifying incomes who: <ul style="list-style-type: none"> <li>Do not have Rx drug coverage <b>OR</b></li> <li>Have Medicare Part D <b>OR</b></li> <li>Have Medicare Part B with no secondary insurance coverage (applies only to certain meds).</li> </ul>	800-545-6962 or <a href="http://www.lillycares.com">www.lillycares.com</a>	Many Lilly prescription medications. <i>Trulicity</i> is not inculded at this time.	Medication is free. Refills must be obtained through mail order.

<b>Patient Assistance and Discount Programs, continued</b>				
<b>Program</b>	<b>Eligibility</b>	<b>Enrollment</b>	<b>Formulary</b>	<b>Discount</b>
<b>Merck Helps (Merck)</b>	<ul style="list-style-type: none"> <li>Those with no insurance or Rx drug coverage who meet income requirements. Exceptions can be requested.</li> </ul>	Hospital product replacement program 888-727-9535 Other products: 800-727-5400 <a href="http://www.merckhelps.com">www.merckhelps.com</a>	Many Merck prescription medications and select hospital injectables.	Medication is free. Refills must be obtained through mail order.
<b>Merck Vaccine Patient Assistance Program (Merck)</b>	<ul style="list-style-type: none"> <li>Adults (primarily those without insurance) who without assistance could not afford necessary vaccines.</li> </ul>	800-293-3881 or <a href="http://www.merckhelps.com">www.merckhelps.com</a>	Merck vaccines for adults	Vaccines are free.
<b>Patient Access Network</b>	<ul style="list-style-type: none"> <li>Those with Rx drug coverage for the medication being taken who meet income requirements.</li> </ul>	866-316-7263 or <a href="http://www.panfoundation.org">www.panfoundation.org</a>	A list of medications to treat specific conditions	Assistance with insurance premiums, deductibles, copays, coinsurance, and treatment-related transportation expense.
<b>PfizerForAll (Pfizer)</b>	<ul style="list-style-type: none"> <li>Patient assistance program: individuals with qualifying incomes who are uninsured or have government insurance. Medicare Part D/Advantage patients must first enroll in the Medicare Prescription Payment Plan.</li> <li>Commercially insured patients may be eligible for help with out-of-pocket costs regardless of income.</li> </ul>	866-222-4183 or <a href="https://www.pfizerforall.com/prescription-assistance">https://www.pfizerforall.com/prescription-assistance</a>	Many Pfizer prescription medications	Assistance may include free medication, or assistance with copay, coinsurance, or deductible.
<b>The Assistance Fund</b>	<ul style="list-style-type: none"> <li>Individuals with qualifying incomes and prescription drug coverage for the prescribed treatment.</li> </ul>	855-845-3663 or <a href="http://tafcares.org/">tafcares.org/</a>	Prescription medications for >90 covered conditions.	Assistance with copays, coinsurance, deductibles, and other healthcare expenses.

Direct-To-Consumer Programs				
Program	Eligibility	Description	Formulary	Approximate Cost
<b>AstraZeneca Direct</b> <a href="https://www.azpatientdirect.com/">https://www.azpatientdirect.com/</a>	Anyone who wants to self-pay or uses non-government insurance.	<b>AIRSUPRA, Farxiga:</b> Prescriber sends Rx to ASPN Pharmacies. Lowest cost option is identified based on insurance coverage. Med is delivered to patient's home or picked up at local pharmacy (not an option for self-pay). <b>FluMist:</b> Patient fills out medical questionnaire and provides insurance information. If approved, FluMist is delivered to patient's home.	AIRSUPRA , Farxiga, FluMist (select states)	AIRSUPRA: ≤\$249/inhaler Farxiga: ≤\$182/30 tabs FluMist: Usually free with insurance (self-pay cost not available), plus \$8.99 shipping for up to 4 doses.
<b>BMS Patent Connect</b>	Details unavailable at time of writing.		Sotyktu	\$950
<b>Eliquis 360 Support</b> <a href="http://www.eliquis.bmscustomerconnect.com/support">www.eliquis.bmscustomerconnect.com/support</a> 855-354-7847	Patients without insurance.	Patient enrolls in program. Prescriber sends prescription to the program's pharmacy. Med is delivered to patient's home.	Eliquis	\$346 for 60 tabs
<b>LillyDirect</b> <a href="http://www.lilly.com/lillydirect">www.lilly.com/lillydirect</a>	Anyone who wants to self-pay or uses non-government insurance.	Patient's prescriber (telehealth option available) sends Rx to LillyDirect or LillyDirect Self Pay. Prior auth assistance available. Med is delivered to patient's home or Walmart.	Lilly insulins, Zepbound (self-pay only), Emgality	Zepbound: ≤\$349 to \$499/month Insulin: \$35/vial or pen Emgality: ≤\$740/pen or syringe
<b>Novartis</b> <a href="http://www.cosentyx.com/all/treatment-cost/direct-to-patient">www.cosentyx.com/all/treatment-cost/direct-to-patient</a>	Anyone who wants to self-pay.	Patient enrolls online with ASPN Pharmacies, which contacts patient's prescriber. Med is delivered to patient's home.	Cosentyx	≤ \$3,500/month
<b>NovoCare Pharmacy</b> <a href="http://www.novocare.com/pharmacy.html">www.novocare.com/pharmacy.html</a>	Anyone who wants to self-pay.	Patient's prescriber sends Rx to NovoCare Pharmacy. Med is delivered to patient's home or Rx is transferred to patient's local pharmacy.	Ozempic, Wegovy	\$199/month for 2 months, then: Wegovy: \$349/month Ozempic: \$349 to 499/month

<b>Direct-To-Consumer Programs</b>				
<b>Program</b>	<b>Eligibility</b>	<b>Description</b>	<b>Formulary</b>	<b>Approximate Cost</b>
<b>Xofluza Direct to Patient Program</b> <a href="http://www.xofluza.com/save-on-xofluza">www.xofluza.com/ save-on-xofluza</a>	Anyone who wants to self-pay.	Patient's prescriber sends Rx to Alto Pharmacy or CostPlus. (Patients wishing to use CostPlus must create an account first.) Med is delivered same-day in some areas by Alto Pharmacy, or via mail from Alto Pharmacy or CostPlus.	Xofluza	\$50

*Users of this resource are cautioned to use their own professional judgment and consult any other necessary or appropriate sources prior to making clinical judgments based on the content of this document. Our editors have researched the information with input from experts, government agencies, and national organizations. Information and internet links in this article were current as of the date of publication.*

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