



VNS Health

HEALTH PLANS

Provider News

## Overcoming common obstacles to taking cholesterol medication daily

Too often patients have good intentions but don't follow through on taking their cholesterol medication (statins) as prescribed. Here are the most common obstacles and some tips for helping patients overcome them.

### Forgetting to take medication

#### Change the Time of Administration

Consider changing the time of day the patient takes their statin. Some statins should be taken in the evening but others like Atorvastatin (Lipitor) and Rosuvastatin (Crestor) can be taken any time of day.

#### Blister Packing

The use of packaging interventions such as blister packs has been shown to significantly improve medication adherence. Daily medications are separated into individual packets depending on the time of administration. We work with several pharmacies that do blister packing. Patients covered by VNS Health Medicare can call their Care Team at [866-783-1444](tel:866-783-1444) (TTY: 711) for help with blister pack options.

### Side effects

Most common side effect that may affect adherence is muscle pain. Please consider the following:

- Start dosage low and gradually increase
- Counsel patients that muscle pains may improve over time
- Switch to another statin

## Unable to get to the pharmacy / forgetting to pick up medications

### **Birdi Mail-Order Prescriptions**

Our Pharmacy Benefit Manager, MedImpact, offers a mail order service called Birdi. To get started, VNS Health Medicare patients should call Birdi at [1-855-873-8739](tel:1-855-873-8739) (TTY: 711) or visit [MedImpact.com](https://www.MedImpact.com).

### **Local Pharmacy Delivery**

Local pharmacies may offer home delivery. VNS Health Medicare patients can contact their Care Team at [866-783-1444](tel:866-783-1444) (TTY: 711) for helping finding a pharmacy that can deliver medications.

### **90-Day Supplies**

We provide up to 90-day supplies for medications. If member is going on vacation longer than 90 days, please have them contact their Care Team to discuss options

### **Refill Synchronization**

Prescribers may want to consider Refill Synchronization (aligns refill dates of all medications on file)

## **Questions?**

Contact Provider Services

Call toll free: 1-866-783-0222

TTY for the hearing impaired: 711

Monday – Friday, 9 am – 5 pm

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