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 (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 (TTY: 711) or visit MedImpact.com.

Local Pharmacy Delivery
Local pharmacies may offer home delivery. VNS Health Medicare patients can contact their Care Team at 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
Thank you for being part of our Provider network!

We want to make this publication useful to you. Please let us know what you think! Write to us at ProviderNews@vnshealth.org.

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