



## MedSavvy is there for you— and your family

“I really like that it’s not just for myself. I can use it for family members, too.”

Angela J. is lucky. She’s not one of the 55% of Americans who take a prescription regularly.<sup>1</sup> But when MedSavvy was added to her company’s benefits package, she was eager to learn how she could use the one-of-a-kind medication comparison tool to help her grandmother.

### Meet Grandma

Angela’s grandmother is enjoying her golden years. At 92, her biggest health challenge is staying on top of all her prescription meds. “We worry she might not be taking them correctly,” Angela admits.

Angela knew she had to step in when Grandma fell a few times and ended up in the ER. She suspected her grandmother’s medications were the cause and even Googled each one to learn more but didn’t find the credible answers she needed.

### Connecting the dots

Angela turned to MedSavvy next—and finally found the information she

was looking for. After entering her grandmother’s medications into the virtual Medicine Cabinet, she requested a Medicine Cabinet Check\* from a licensed MedSavvy pharmacist.

The medication review revealed Grandma was taking three different meds to treat the same condition. One can cause low blood pressure, which often leads to lightheadedness and falls. That same medication can also cause her beta blocker to lower her blood pressure even more.

### Making a change

The medication review also helped Grandma talk to her doctor and eliminate the meds that are no longer necessary. And now Angela’s a MedSavvy fan sure to return the next time she has a medication question. “I really like that it’s not just for myself. I can use it for family members, too,” she says.

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### A common problem

Pharmacist Diana Graalum, MedSavvy’s clinical pharmacy manager, says many people over 65 take 4–6 prescription drugs daily. A medication review can help spot the ones that aren’t needed. Whatever your age, if you take numerous meds, she recommends you:

- Use Medicine Cabinet to request a medication review from our pharmacists.

- Ask the pharmacist at your local pharmacy if they offer reviews.

- Share a complete list of your meds with your doctor at your annual checkup.

<sup>1</sup> Source: Carr, Teresa. “Too Many Meds? America’s Love Affair with Prescription Medication.” *Consumer Reports*, <https://www.consumerreports.org/prescription-drugs/too-many-meds-americas-love-affair-with-prescription-medication/>. Accessed 11 May 2018.

\*Available in certain states.