



HEALTHY YOU. HEALTHY SAVINGS.

# Be wise, stretch your health care dollars



Use discounts and coupons for services and supplies that you need.\* Examples are:

- Membership discounts on prescriptions, over-the-counter (OTC) medicines, eyeglasses, and contact lenses. You can get these if you are a member of wholesale clubs, such as Costco, Sam's Club, AAA, and AARP.
- Advertised specials, such as buy-one-get-one free prescription eyeglasses
- Coupons from local drug stores for OTC medications and supplies, such as a home blood pressure monitor

- Get treatment for a condition before it becomes more serious and more expensive to manage.
- Ask your doctor if you could benefit from taking part in a clinical trial for a condition you have. Clinical trials provide free expert medical care for persons who qualify. You can also get information for them from [clinicaltrials.gov](http://clinicaltrials.gov).

\* Follow your doctor's advice for which products to buy.