90DayMyWay: More choices, more control

90DayMyWay® is a program offered through your health plan's pharmacy benefits. It gives you 90-day supplies of your long-term medicines (drugs that treat chronic health conditions like high cholesterol, high blood pressure, asthma, depression and anxiety).

With 90-day supplies, you'll have less refills per year – and less potential for missed doses. Plus, you can choose how to get your medicines:

- Pick them up at a preferred pharmacy, or
- Choose home delivery and have them delivered right to your door

When you have a chronic health condition, it's important to take your medicines as prescribed by your doctor. With 90-day supplies, you'll have less chance of missing a dose.



Talk to your doctor or pharmacy about switching your prescriptions to 90-day supplies.

Questions? Call the number on the back of your member ID card.

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