EVERNORTH®
HEALTH SERVICES

## DRUG QUANTITY MANAGEMENT

# The right medication in the right amount.

At Express Scripts® Pharmacy Benefit Services, we make the use of prescription medications safer and more affordable. That's why, when you're prescribed certain medications that are a part of a drug quantity management (DQM) program, we make sure you get it in the amount – or quantity – considered safe and effective by the U.S. Food & Drug Administration (FDA). So you get the right medication in the right amounts for good health and the health of your family.

Please see other side >

## DQM can save you money

Let's say your doctor decides to increase the dosage of your medication from **one** to **two 10mg pills per day**. That means you'd need to buy two supplies of pills per month and pay two copayments.[1] Instead, with your doctor's approval, you could take just **one 20mg pill**, and you would only need to buy just one supply per month.

**= 2 copayments**

**= 1 copayment**

## Here's how Drug Quantity Management works

The FDA, medical researchers and drug manufacturers look at individual medications to determine a recommended maximum quantity considered safe. This is especially important for medications that are challenging to take in the proper dose, such as inhalers or nose sprays. These medications are then added to a DQM program. Your plan decides which of these medications are covered.

## My prescription is in a DQM program. Do I need to do anything differently?

No. When you submit a prescription for a medication in a DQM program, you'll get the recommended amount – which should last until it's time for a refill.

**NOTE:** Sometimes, doctors may write a prescription for a quantity larger than your plan covers. In this case, your pharmacist can contact your doctor and discuss changing your prescription to a higher strength, if one is available.

If you run out of medication before your refill date, it could mean you're using too much and you should talk to your doctor.

**If you have questions about drug quantity management, or about anything else in your prescription plan, we're here to help. Just call the number on your prescription ID card, log in at express-scripts.com or download the Express Scripts® mobile app.**

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[1]Some plans may have coinsurance.

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