





Make a choice.



Save money.

# New to **TEAMCARE**<sup>®</sup>? Here are two ways to save on your long-term medicines.

CVS Caremark offers you a way to save money on your long-term medicines\* with 90-day supplies. Under your TeamCare plan, you can choose to fill your long-term prescriptions at any CVS/pharmacy (also located in Target stores) or with CVS Caremark Mail Service Pharmacy, for the same low price.

### Save at CVS/pharmacy and Target stores

- Pick up your medicines at a time that • is convenient for you.
- Enjoy same-day prescription availability.

Fill at a CVS/pharmacy or

Sign up for mail service

for the first time:

Target:

Talk with a pharmacist face-to-face.

# Save with mail service

- Enjoy convenient, reliable delivery to the location of your choice.
- Receive your prescription in an unmarked, tamper resistant, temperature controlled package.
- Talk to a pharmacist by phone 24/7, from the privacy of your home.

## **Get Started**

To transfer your prescriptions from your current carrier:

- Ask your doctor for a 90-day prescription. Then have your doctor send it to the CVS/pharmacy of your choice.
- To find a pharmacy location near you, visit caremark.com and visit Find a Pharmacy.
- Or call or visit your local CVS/pharmacy and talk to a pharmacist.

#### You can enroll easily online, by mail, or by phone:

- Visit caremark.com/mailservice and register to request a new prescription.
- Complete a Mail Service Order Form and mail to Caremark
- Call Caremark, or have your physician call us, and we'll handle the rest:
  - Members: 800-875-0867
  - Physicians: 800-378-5697

A CENTRAL STATES HEALTH PLAN



\*A long-term medication is taken regularly for chronic conditions or long-term therapy. A few examples include medications for managing high blood pressure, asthma, diabetes, or high cholesterol.