

Be Your Best Advocate

Four Steps You Can Take to Ensure You Receive the Medicines You Need



Along with your care team, *you* are an important part of the prior authorization process. Try not to be overwhelmed by the process. It is important that you keep an open line of communication with your care team throughout the process. Follow are some steps you can take to help the process move forward efficiently.

STEP 1

Communication. Always communicate with your provider's office when your contact or insurance information changes. This is especially important at the beginning of the year when new insurance contracts may change or need to be renewed.

STEP 2

Know your insurance plan. This is important so that you can better advocate for yourself in partnership with your care team. Insurance companies may not be able to share information with your care team without your consent.

STEP 3

Don't give up hope if you have lost coverage or your coverage has changed. There are patient financial services programs to determine if you qualify for patient assistance programs or alternate insurance programs if your coverage has changed. Schedule an appointment with your provider's financial services team to understand what information you will need, likely proof of income, to bring to complete the paperwork. If you receive assistance, be sure to communicate these changes with your care team.

STEP 4

Ask your care team if co-pay assistance is an option for you. If you have commercial insurance plans, excluding Medicare and Medicaid, manufacturers often provide co-pay assistance coupons to help lower the cost of expensive medications. If available, always enroll and re-enroll each year.

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