

# Member Education

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- **Take formulary to every doctor visit**
  - Ask for the lowest copay drug that is safe & effective
- **Use INDEPENDENT sources for information**
  - Consumer Reports at [www.CRBestBuyDrugs.org](http://www.CRBestBuyDrugs.org)
  - MedlinePlus at [www.medlineplus.gov](http://www.medlineplus.gov)
  - How to take drugs at [www.safemedication.com](http://www.safemedication.com)
  - Summary comparisons of drugs by disease state at [www.effectivehealthcare.ahrq.gov](http://www.effectivehealthcare.ahrq.gov)
- **Use your personal account ([www.caremark.com](http://www.caremark.com)) to:**
  - Estimate prescription costs
  - Order refills online
  - Check prescription order status and history
  - Find a pharmacy