

## Health Insurance Coverage

### GET COVERED INFO LINE

A single phone number to call for information about health insurance options in Tompkins County. **Call 2-1-1.**

### FAMILY HEALTH PLUS

New York State's free health insurance for adults 19-64 with low-income and limited assets.

### CHILD HEALTH PLUS

New York State's comprehensive health insurance and prescription plan for children under 19.

Depending on family income, you may qualify for free or very low cost insurance for your children.

In Tompkins County, you can apply for Child Health Plus, Family Health Plus, or Medicaid by calling one of the following:

- *Total Care* - **1-800-223-7242**
- *Fidelis Care* - **1-800-235-6412**
- *Mothers & Babies Perinatal Network* - **1-800-231-0744**

### HEALTHY NEW YORK

New York State's subsidized health insurance program for working people, sole proprietors and small businesses who meet income eligibility guidelines. For more information call **1-866-432-5849** or visit **www.HealthyNY.com**

## General Tips

Keep a full list of all your prescriptions, over the counter medicine and dietary supplements.

Be certain your doctor and pharmacist know all the medications you are taking so they can watch for interactions and side effects.

Ask which food or over the counter medications to avoid while taking the medication.

Ask your doctor for free samples.



**Human Services Coalition  
of Tompkins County**

100 W. Seneca St.  
Ithaca, NY  
(607) 273-8686  
**www.hsctc.org**

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# Finding Lower Cost Prescriptions

**Tips to help you lower your  
costs for medicines**



**Health Planning Council  
of Tompkins County**

**Ithaca, NY**

## Compare Pharmacies

This may be well worth your time. Prices can vary by as much as 40%. Some pharmacies offer prompt access to special drugs and a wide range of medical equipment.

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### Ithaca/Lansing

- *CVS Pharmacy*  
625 W. Clinton St., 273-3647
- *Kinney Drugs (Northside)*  
513 N. Cayuga St., 272-8333
- *Kinney Drugs (Triphammer Mall)*  
2255 Triphammer Rd., 330-5692
- *K-Mart Pharmacy,*  
744 S. Meadow St., 273-3231
- *Palmer Pharmacy*  
131 E. Green St., 882-9500
- *Rite Aid Pharmacies*  
330 Pine Tree Hill Rd., 273-2035  
615 S. Meadow St., 272-6290  
Cayuga Mall - Triphammer Rd.  
257-2011
- *Target Pharmacy*  
Shops at Ithaca Mall, 257-0291
- *Tops Pharmacies*  
710 S. Meadow St., 275-8019  
N. Triphammer Rd. 257-4984
- *Wal-Mart Pharmacy*  
135 Fairgrounds Mem. Pkwy,  
277-8126
- *Wegmans Pharmacy,*  
500 S. Meadow St., 277-1772

### Dryden

- *Rite Aid*  
11 Main St., 844-3151
- *Kinney Drugs*  
44 North St., 844-8273

### Trumansburg

- *Kinney Drugs*  
2100 Route 96, 387-6661
- *Palmer Pharmacy*  
2083 Route 96, 387-6728

## Ways you can lower your cost for prescription drugs

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### Save with Generic Drugs

Generic drugs cost about 50% less than name brands. Ask your doctor about a generic alternative.

### Pharmacy Programs

Many local pharmacies have low-cost generic drug programs for a select list of (primarily long-term) prescription medications. For example, you can get a 30-day supply of your generic prescription for \$4. Pharmacies with such programs include: Wal-Mart, Target, Wegmans, K-Mart and Rite Aid.

*Call for program details and to see if your medicine is on their list.*

### FREE PRESCRIPTION DISCOUNT CARDS

If you have no prescription insurance, immediately save an average of **20%** with the **TompkinsRx** prescription discount card. No application or enrollment; the card can be used right away. Pick up a card at any pharmacy, the library, Cayuga Medical Center or call **2-1-1** and request one.

**The New York Prescription Saver Card** is a free discount card for people 50-65 years of age **or** disabled earning less than \$35,000 (if single, \$50,000 for married couples) Must apply, but once approved the card saves 30-60%.

To apply, visit :

<http://nyprescriptionsaver.fhsc.com>, call 1-800-788-6917 or the application is also available at most pharmacies.

### For brand name drugs:

- The *TompkinsRx* card can be used to save an average of 20%.
- Ask your doctor for samples.
- Many drug companies offer free or low-cost medication if you meet financial criteria. For help finding one of these programs, contact the **Prescription Meds Access Program (PMAP)** at **2-1-1**. (Applications may take 4 to 6 weeks to process).

**For questions about Medicare prescription plans, call:**  
**Lifelong at 273-1511**  
**or County Office for the Aging**  
**at 274-5482**



The Health Planning Council has more information on their website about finding lower cost prescriptions. Check it out at: [www.hsctc.org](http://www.hsctc.org)