



ALL IN PEDIATRICS

Tips for Healthcare Savings

Like many Americans, we are all concerned about saving money where possible without compromising the quality of healthcare. Many insurance plans nowadays have very high deductibles and, in some cases, do not even cover many prescriptions. In an effort to help you make wise spending decisions and save money where possible, we have created a list of helpful hints to decrease the amount you pay in prescriptions and general healthcare:

1. Goodrx.com This site combs the internet for the best pricing per medication, including the major retailers. It returns the best pricing from each retailer on the screen where you can decide where to fill your prescription/refill. You don't even have to give your email address if you don't want to and you can still print the coupons.
2. When your doctor gives you a prescription, take the time to visit the drug manufacturer's website for additional coupons that may only be available through their site. Start by typing the name of the drug into Google. That will usually get you to the correct site.
3. Also, ask your providers if there is a generic available for the medication they are prescribing, so that the pharmacist can replace the name brand with the generic where appropriate.
4. If your insurance plan has an Health Spending Account, contribute to that account frequently so that when you need a medication the funds are available to use towards that and don't have to come out of your pocket. Also with an HSA, some plans may not roll the funds you've contributed and not spent to the next calendar year. Know your plan! You can use those \$ on over the counter medications too, so it may be a good time to stock up for the next year.
5. Some pharmacies have a few prescriptions available for free! For instance, Meijer has several antibiotics they will dispense with a prescription for free. And some pharmacies will match a competitor pricing if you find it cheaper



elsewhere. They may also carry generic drugs for as little as \$4/prescription.

6. If your child is still on formula, visit the manufacturer's website. Most of them will send you coupons for the formula after you complete a brief survey about their products.

One big warning... while it may be tempting to search websites such as Craigslist and eBay for medications, we strongly caution you to not do that. Not only is it illegal, there's also no way of knowing if the medication is what someone says it is and if it is expired.

Check Out Our Online App

Is your child currently taking a regular dose of prescription medication? Do you wish you could request a refill without having to call into the office? You can do all of that and more through our [Patient Portal!](#) You can get portal access for your computer or through our free app called Healow Kids. [Healow Kids app is available](#) for iPhone or Android users and is very easy to use.



In addition to refill requests, you will be able to view your child's health record and send us secure emails with any non-emergency questions. Just go to the App Store on your phone, search for Healow App, and download it. Once downloaded, open the application and enter the code DJBJAA to select our practice. If you have not received a portal login and password from us previously, you can request login credentials through Healow. Just enter your child's name and date of birth. The login information will be sent to the email address you have on file with us. If you are not sure we have the right email for you, you can call us and we can make sure your login is set up correctly. We have received a ton of compliments from parents who like being able to reach out to us for things like refills without having to call us when we are open.

For more information about Healow, [click here to watch a video about the app!](#)

Salem Office Update

If you haven't driven by our new location in Salem, please take the time to drive by and check it out! Exterior walls are up and interior work has begun.

Call for an appointment: 812-949-0405

Monday-Thursday 8am-8pm
Friday 8am-5pm
Saturday 8am-12pm

Walk-in Hours:
Monday-Saturday 8am-10am
Monday-Thursday 4pm-6pm

[Visit Our Website](#)

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