# Plan for the New Year

As we approach the new year, there's no better time to make sure your health needs are taken care of. Staying on top of your prescriptions now can help avoid any delays and ensure you start the year off strong.

## Start Planning Today!



Check out the planning tips below to make managing your health as easy as possible. Whether it's reviewing your health plan details, scheduling a doctor's visit, checking on prior authorizations, or refilling medications, let's make sure you stay on track.



### YOUR PHARMACY

- ◯ Create accounts to manage your prescriptions 24/7
- ◯ Check status of medication refills Opt-in for digital notification for your prescriptions
- ◯ Submit new insurance information (if needed)
- ◯ Re-enroll in financial assistance (if required) and update payment information
- ◯ Confirm your address and contact information
- ◯ Confirm consent on file for email or text updates



### YOUR DOCTOR

- ◯ Contact your doctor to plan for your prescription refills
- ◯ Schedule an appointment for new or existing medication (if required)
- ◯ Discuss any medication concerns with your doctor
- ◯ Ensure your doctor has the correct pharmacies on file for your medications



### YOUR INSURANCE PLAN

- ◯ If needed, schedule an appointment with your doctor
- ◯ Ask if prior authorizations are required or need updating
- ◯ Check if your medication coverage has changed
- ◯ Verify your copay costs and financial assistance coverage (if applicable)
- ◯ Contact your health plan provider with any questions

Taking the time now to plan ahead can make all the difference in ensuring a healthy and worry-free start to the new year.

## HERE'S TO A YEAR FILLED WITH HEALTH AND WELLNESS

CYSTINOSIS RESEARCH NETWORK

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