

YOUR FOCUS ON WELLNESS



Follow the Doctor's Orders!

You've heard the saying "An apple a day keeps the doctor away", right?

Well, so does following your doctor's orders. When patients don't follow their doctor's orders regarding medication use, lifestyle changes and treatment, they increase their risk of disease complications and progression, and further health problems. To avoid getting away from the treatment plan that you and your doctor agreed upon:

- Gather information from your doctor about your ailments and prescribed treatment. Ask questions to clear up any confusion.
- Seek support from family and friends to stay on track with your treatment routine.
- Take all medications as prescribed. Follow up as recommended.

Tailor your medical routine to your daily lifestyle so that it's easy to follow.

Next time you're in the pharmacy,
save some money by going generic!

Save Money – Go Generic

If your prescription is for a name-brand medication, ask your doctor to recommend a generic alternative so that you can save money. Better yet, many drugstores are committed to lowering health care costs and offer a \$4 generic prescription program that has helped individuals save even more money and live better. So what are you waiting for?



The GRIPA Connect Clinical Integration program is a free healthcare resource for Monroe County employees/retirees and their family members that can help you save money on health expenses, learn more about health conditions, help you find a provider if you need one, and help you find the path that's best for you to reach your best health. Contact GRIPA by phone at 585-922-1520, email GRIPA at gripa.medical@rochestergeneral.org, or online at www.gripa.org.