



Prescription Medications

Students often need to take prescription medications while they are living at college.

- Students should make arrangements to obtain medications prescribed by their own practitioners (see options, below).
- Staff at Student Health Services will assist students to obtain prescription medications written in:
 - Our clinic visit, or
 - A local Emergency Department.

Please note our new policy as of August 1, 2006

Student Health Services staff will arrange for next business day delivery of prescriptions written in our clinic, and prescriptions written in a local Emergency Department only. We are not able to serve as a delivery point for medication delivery by any delivery service for other medications.

We will assist students to arrange access to other prescriptions (for example by supporting them to complete arrangements for mail delivery of routine prescriptions written by their Primary Care Provider).

Options for Arranging Access to Prescription Medications

Prescription Delivery by Mail

Mail Order as an Insurance Benefit

Most health insurance plans include a benefit that will allow you to arrange mail order prescription medication delivery to campus while you are at college. You can learn more about your individual health plan benefit for mail service prescription programs by:

- ❑ Speaking with a company Customer Service (or Member Services) Representative. The toll free number should be listed on your health insurance card.
- ❑ Visiting your company's web site (usually displayed on your health insurance card).

Medications Most Appropriate for Mail Service Prescription Programs:

- ❑ Medications taken regularly, usually daily
 - ❑ Medications that require a refill each month
- Medications that are taken for a chronic medical condition, such as asthma, diabetes, high blood pressure, allergies, acid reflux, depression, anxiety, thyroid problems, attention deficit disorder, etc.

Typical Benefits of Mail Order Prescription Services:

- ❑ Delivery of a 90-day supply of your medication to the location of your choice
- ❑ Savings on the cost of prescriptions by paying only one or two monthly co-payments for a 3-month supply of medications
- ❑ Free standard shipping
- ❑ Phone access to a registered pharmacist 24-hours a day, 7-days per week

Steps for Setting Up a Mail Service Prescription Program:

- ❑ Check your health insurance plan to be sure this benefit is available to you.
- ❑ Go to your health insurance's web site (usually the pharmacy page) to locate information on their mail service prescription program. Information may include instructions for getting started by phone, internet, fax, or mail.
 - ◇ Getting started by phone or internet generally involves calling or e-mailing the pharmacy and having them help set up the mail service prescription program:
 - You will be asked to provide information such as your member ID, medication name, physician name, physician phone number, shipping address, and payment information.
 - The pharmacy will call your physician to obtain a prescription.
 - The medication will then be delivered within 10-14 days via free standard shipping. Expedited shipping can be requested for an additional cost.
 - ◇ Getting started by mail or fax generally involves:
 - Downloading and completing a Mail Service Order Form
 - Asking your primary care physician to write a prescription for a 90-day supply of your medication with 90-day refills
 - Mailing or faxing the Order Form with your prescription and co-payment (check/credit card if by mail and credit card if by fax)
 - Allowing 10-14 days for delivery of the medication with the free standard shipping. Expedited shipping can be requested for an additional cost.
 - ◇ Refill slips and envelopes are sent with the medication.
 - ◇ Once your mail service prescription program is set up, refills can generally be requested by mail, phone, or internet.

Other Considerations for Mail Order Delivery:

- ❑ If your physician is prescribing a new maintenance medication and would like you to start taking it immediately, ask the physician to write you two prescriptions: a one-month supply to be filled at a local pharmacy and a 90-day, long-term supply to be filled thru the mail service prescription program.
 - ◇ We recommend that you try the new medication for a week or two before requesting the 90-day supply. This trial period will give you and your physician time to explore whether the medication achieves the desired effect or has any unwanted side effects.
- ❑ The mail service prescription program is not appropriate for prescriptions used to treat acute, short-term medical conditions, such as an infection.
- ❑ Some medications, such as narcotics or Ritalin, may have dispensing limitations.
 - ◇ Depending on the health insurance or pharmacy location, the amount of prescription dispensed may be limited to a 30-day supply with the ability to request a refill each month.
 - ◇ Alternatively, some states may be able to dispense a larger 90-day supply of medication if the physician writes a medical diagnosis on the prescription.
- ❑ If a nurse practitioner or physician's assistant writes your prescription, ask that a physician co-sign it. The prescription may be sent to a pharmacy in another state and some state laws require that a physician countersign all prescriptions.
- ❑ The shipment of your medication may be delayed if the required forms are not filled out correctly or if the pharmacy does not receive full payment for your prescriptions at the time of the order.
- ❑ Since it can take 10-14 days for your prescription to be delivered, it is important to plan ahead.
 - ◇ Request your refills about 3 weeks before you will need them so that you don't risk running out of your medication.
 - ◇ Also, think about where you will be at the time your medication is delivered. Request that your medications be delivered at home (or another location of your choice) during times that the school will be closed for breaks.

Local Pharmacy Access for Students without Transportation

- ❑ **Woo Bus Friday's** (weekly Friday night access to Target and Stop & Shop Pharmacies). With a little planning, Woo Bus Friday's might be a good option for pharmacy access. This is a free shuttle bus service to the Lincoln Street Shopping Plaza on Friday evenings. Shops include: Target, Barnes & Noble, D'Angelo's, Papa Gino's, Stop & Shop, Lowe's, Dick's Sports, AC Moore, Staples, KYOTO Japanese Restaurant, Ruby Tuesdays, Texas Roadhouse, and more. The Stop & Shop and Target stores have a pharmacy. The Stop & Shop pharmacy is open until 8pm. Target's pharmacy is open until 7pm. A CVS pharmacy is also located on Lincoln Street – outside the plaza but adjacent to the Target entrance. The CVS pharmacy is open until 10pm on Friday nights. The shuttle schedule is outlined on the following web site:

<http://www.cowc.org/college-student-resources/woo-bus>

- ❑ **Worcester Consortium Shuttle** (daily access to CVS on 110 Front Street). This is a free shuttle service for full-time undergraduate students running Monday through Friday from 7am to 7pm. A college ID is required. Take the shuttle to the Worcester Public Library - then cross Franklin Street to get to Front Street. CVS is 0.1 mile on the right. The shuttle schedule is outlined on the following web sites:

<http://www.cowc.org/college-student-resources/shuttle>
http://www.cowc.org/files/day_shuttle_dining_guide_2009-10.pdf

- ❑ **U Car Share**: Rent a campus car for \$4.95 an hour plus .49 cents per mile; capped at \$8.50 per hour up to 180 miles. Rental requires a \$25 registration fee. No annual fee. Cost includes gas, insurance coverage, and roadside assistance. Two cars available on campus 24 hours a day, 7 days a week – sign into your account to reserve one.

<https://www.ucarshare.com/secure/Home.aspx>

- ❑ **Take a cab** (for a fee):
 - ✧ Red Cab: (508) 792-9999
 - ✧ Worcester Yellow Cab: (508) 754-3211

Call the cab company for a fee estimate. Consider sharing the cost and the ride with a friend; and choose a pharmacy located near other shopping or entertainment you might enjoy.

Local Pharmacy Access for Students with Transportation

- ❑ There are several pharmacies within 1-2 miles with regular business hours including:
 - ✧ CVS 110 Front Street, Suite 102 (508) 752-6001
 - ✧ CVS Gold Star Boulevard (508) 852-0238
 - ✧ CVS Tatnuck, on Chandler Street (508) 798-0221
 - ✧ CVS 481 Lincoln Street (508) 852-3578
 - ✧ Osco Drug in Shaw's Supermarket, Gold Star Boulevard (508) 852-7670
 - ✧ Rite Aid on Chandler Street (508) 754-5348
 - ✧ Super Stop & Shop on Lincoln Street (508) 853-9231
 - ✧ Target on Lincoln Street (508) 852-5790
 - ✧ Walgreen's Drug on Park Avenue (508) 767-1732 – **open 24 hours.**

(Use MapQuest or another computer program for driving directions and maps.)