



*Dear Stan*

*Last week I had a doctor's appointment and was given a new prescription. I went to my pharmacy to pick up the new prescription and even with my Medicare Part D plan, it cost me \$200 for a month's supply. I am on a fixed income and can't afford this additional cost each month. What can I do to reduce the cost?*

*Thanks,*

*Rick*

*Rio Rancho*

**Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at**

**1-800-432-2080**

**The SMP will provide you with the information you need to PREVENT, DETECT and REPORT Medicare fraud, errors, and abuse.**

Dear Rick,

High drug prices affect many people enrolled in Medicare. Here are five options that may help you reduce your prescription costs.

1. Consider switching to generics or a lower-cost alternative drug.

There may be generic or other prescriptions in the same class (that work in the same way) that could treat your condition just as well at a much lower cost. Talk to your doctor to find out if this is an option for you.

2. Apply for Extra Help.

"Extra Help" is a Medicare program to help people with limited income pay Medicare drug coverage premiums, deductibles, coinsurance, and other costs. If you qualify for Extra Help, in 2023 you could pay no more than:

- \$4.15 for each generic covered drug
- \$10.35 for each brand-name covered drug.

To find out more about Extra Help, call the **State Health Insurance Assistance Program (SHIP)** at **1-800-432-2080**.

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3. Choose a Medicare drug plan that offers additional drug coverage.

There may be a Part D or Medicare Advantage plan that offers more coverage than your current plan but may charge a higher monthly premium. There are special enrollment periods that allow you to change plans during the year if you qualify. Call Medicare at **1-800-633-4227** for more information.

4. Pharmaceutical Assistance Programs.

Many pharmaceutical companies have drug assistance programs that offer free or low-cost medications if you can't afford your medication and qualify for the program. You can contact the pharmaceutical company by phone or on their website to see if you qualify, or you can contact the **New Mexico Aging and Disability Resource Center (ADRC)** at **1-800-432-2080** and speak with a Prescription Drug Assistance Program counselor to help with the process and to look for other Rx assistance that may be available.

5. Discount Drug Cards

There are several discount drug cards available to you for free. These drug cards offer discounts on drug costs but cannot be used as a supplement to Medicare drug plans. You must use one or the other. To see if they offer a lower price for your prescriptions visit their websites. An example is [www.GoodRx.com](http://www.GoodRx.com).

For additional information about these options contact the **ADRC** at **1-800-432-2080** and request to speak with a **SHIP** counselor.

Stan,

Volunteer Counselor, SHIP and SMP

**State Health Insurance Assistance Programs (SHIPs) offer free and unbiased insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.**

**To speak with a SHIP Counselor call  
**1-800-432-2080****

**SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at **1-800-432-2080**. We provide training on Medicare content, and can work with your schedule. We can serve more people together!**



**SHIP**

State Health Insurance  
Assistance Program

