



# Pick up all your medicine on the same day each month

## You can with med sync

We all need more hours in the day to get things done. Blue Cross Blue Shield of Michigan and Blue Care Network have a program to help you save some time, while helping you take good care of your health. Medication synchronization lets you avoid repeat trips to the pharmacy each month by refilling multiple prescription medications on the same day.

When you ask the pharmacy to use med sync for your prescriptions, your pharmacist will work with your doctor to align all of the refill dates.

Med sync may help you avoid missed doses by making it easier to order and pick up all of your refills. Taking your medicine as recommended and not missing a dose can help you stay healthy.

You can synchronize your maintenance medications, for chronic conditions, that are 30-day prescriptions with refills remaining. Medicine in unbreakable packaging, like inhalers, and most schedule 2 to 5 controlled substances, except anti-epileptic medicine, are not eligible for med sync.

### Here's how to get your refills coordinated:

- Ask your pharmacist to "sync" your monthly refills to a single day.
- The pharmacist will give you a partial fill of each medication as needed to align their refill dates. Your copay is based on the number of days' supply you receive.
- Beginning the next month, you'll get all of your medicine refilled on the same day each month. You'll pay your usual full-month copay for each one.

If you have questions about your medicine or about how med sync could work for you, ask your pharmacist for more information.

