

Did you know...

the **myMedicationAdvisor** Program offers more than just information on medication safety and savings?

By accessing www.myMedicationAdvisor.com, you will find information on **Therapeutic Lifestyle Changes**. What are Therapeutic Lifestyle Changes? They are small, doable changes in how you lead your life that can have a big effect on your health. Here are some examples:

- Reducing the amount of "bad" fats that you eat can lower your cholesterol levels. This can help reduce your risk for heart disease, stroke, and some kinds of cancer.
- Losing just 5 to 10 lbs can lower your cholesterol and triglyceride levels.
- Adding physical activity (e.g., parking your car at the back of the parking lot and walking farther, taking the stairs instead of the elevator) can help manage pain, diabetes, and depression among other conditions.
- Stopping smoking can help reduce blood pressure. Being a non-smoker can also help you manage respiratory conditions like asthma and chronic obstructive pulmonary disease.

Therapeutic Lifestyle Changes have benefits that build up over time.

- Every day that you do a small lifestyle change like eat 5 or more fruits or vegetables, go without a cigarette, or take three 10-minute walks is **like putting money away in the bank**. It will be like health savings or reserves that are there for you later in your life. The more that you make these small changes, the more that you have in the bank. Over time you gain health benefits just as you would gain interest on your savings account.

- So, doing all parts of your treatment such as taking your medication properly, eating healthy, getting regular physical activity, and stopping smoking (if you smoke) is like getting compound interest. You get **even more benefits**.
- In some cases, you **may be able to reduce the amount of medication that you take** as a result of these. Of course, you should not make any medication changes unless your doctor advises you to do so.

How can you get started on making these small, doable changes?

By accessing www.myMedicationAdvisor.com, you will have access to two interactive web tools that can provide you with information about making therapeutic lifestyle changes and help motivate you to make these changes. These tools, [My Health MaximizerSM](#) and [HeartAgeTM](#), are designed to help you eat healthier, lose weight, add physical activity to your day, stop smoking, and help you reduce your risk for heart disease. Check these tools out today!

myMedicationAdvisor® Program Newsletter

**Remember to check the
myMedicationAdvisor Medication List!**

**See if you can get any of your medications
for FREE (\$0 Co-pay)!**

Did you know that the Minuteman Nashoba Health Group's medication buying program will allow you to save money on selected, regularly used maintenance prescription medications? We are now able to offer many additional medications through this program because we are including medications from England, New Zealand, and Australia as well as from Canada.

That's right! You will be able to save money on even more prescription medications because they are **FREE to you** and your covered dependents. International buying is a safe, effective addition to your current pharmacy plan.

To learn more, call the Helpline toll-free at 877-467-3113, log-on to www.myMedicationAdvisor.com or contact your Municipal Employer or Benefits office!



**Take a look at the updated
Medication List TODAY!**

MNHG

Key Codes

Harvard Pilgrim

MN234HP

Tufts

MN678THP

Medicare Complement Plan

MN765MCP

Have you attended one of the myMedicationAdvisor Program informational sessions?

These sessions help you get started in the medication importation buying program and also share ideas for further prescription medication savings. Talk to one of our outreach specialists. They will be able to answer your questions regarding this program. Learning more about medication savings options is definitely time well spent!

Your Municipal or School Department Benefits or Human Resources office has the schedule of upcoming sessions in your area. If you would like to see more sessions scheduled in your area, please let your Benefits or HR Director know, because they can easily request more sessions when they know there is an interest.