

# Ask Your Compounding Pharmacist

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## **My insurance requires me to use a mail-order or chain retail pharmacy to fill my prescriptions. Help!**

Don't despair. While some plans do recommend that you use a particular pharmacy for prescriptions, in most cases it is not a requirement. In many cases, a 90 day supply through our pharmacy may even be cheaper than mail-order. Plus, there are many services that a mail-order, big-box, or chain pharmacy can't provide, which is where your local independents Kare Pharmacy & Compounding and Medical Center Pharmacy can help.

**Bubble-packing** is a complimentary service our pharmacies provide that can be helpful for patients on multiple medications or complicated regimens. Our pharmacies insert medications into bubble cards that are marked for each day, time of day and dose (i.e. one for a.m., one for p.m., etc.). This makes administration of medication much easier for patients and caregivers.

**Free Local Delivery** can be helpful for patients who are homebound or have limited access to transportation.

**Compounding** may provide a helpful solution for patients with allergies to gluten, lactose, casein, preservatives or dyes or to provide a specific strength or dosage form not commercially available. We also offer complimentary consultations for bio-identical hormones and pain management.

**Support Local!** For every \$1 spent in your independent pharmacy, 68 cents stays in the local community compared with 43 cents with a chain or \$0 with mail-order.



**Customized Medications  
For Your Individual Needs**

- Alcohol-free, dye-free & preservative-free medications
- Discontinued & back-ordered medications
- Required strength or dosage form not available
- Patients not responding to conventional drug therapy
- Medication taste

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