

What is the difference?

- Between a brand-name drug and a generic drug? There is no difference in terms of quality, purity, effectiveness and safety between generic drugs and higher priced brand-name drugs. All prescription drugs that are sold in Canada are reviewed and approved by the same federal agency, the Therapeutic Products Directorate of Health Canada. Every product must meet the strict regulations that are established by the Food and Drugs Act. Both the generic drug and the brand-name drug are subjected to exactly the same rigorous standards.

- What about the ingredients?

The active ingredient in a generic drug and a brand-name drug must meet the same scientific norms and standards set by Canada's Health Products and Food Branch. The fillers that are used in generic and brand-name medicines come from a limited range of available products and, in many cases, come from the same supplier.

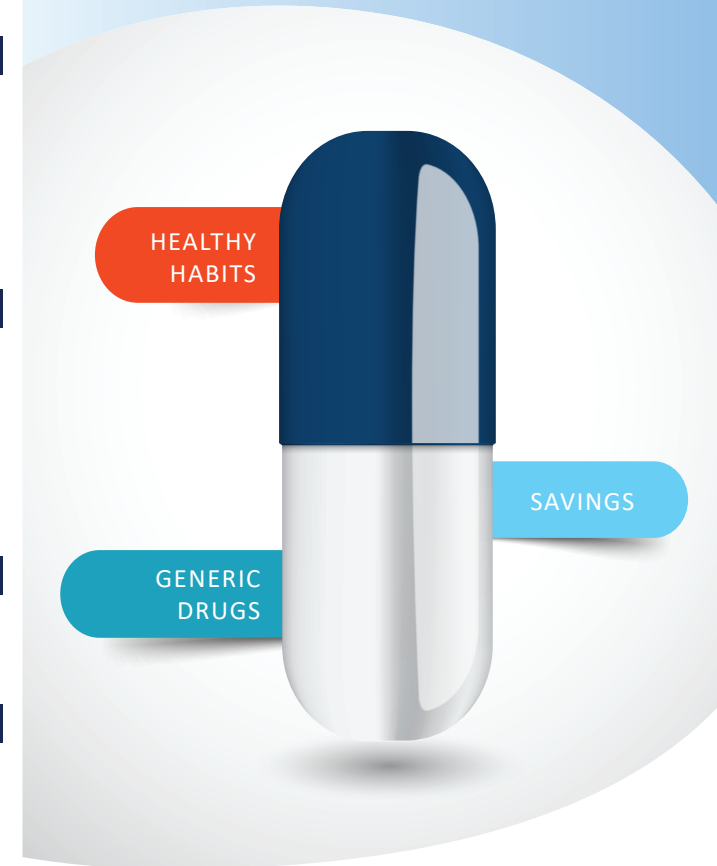
- Will the generic drug work as well as the brand-name drug?

Even though a generic drug has a different name and might look different it works the same as the brand-name drug you have been using. When a generic drug is approved by Health Canada, it means the product is as safe and as effective; and has been proven to work the same way as the branded version.

However, there isn't a generic drug for every brand name drug currently on the market, but here are some examples of generic drugs. It is important to note that the names appearing in the column "generic drugs" are the "active ingredients" of the brand name drug, which generally correspond to the name (or part of the name) of the generic drug.

BRAND NAME DRUGS	GENERIC DRUGS
DIABETES	
Diabeta Diamicon Gluconorm Glucophage	Glyburide Gliclazide Repaglinide Metformin
HIGH BLOOD PRESSURE	
Altace Atacand Coversyl Coversyl Plus Diovan Micardis Norvasc	Ramipril Candesartan Perindopril Perindopril – indapamide Valsartan Telmisartan Amlodipine
DEPRESSION	
Celexa Cipralext Cymbalta Effexor Paxil Pristiq Zoloft	Citalopram Escitalopram Duloxetine Venlafaxine Paroxetine Desvenlafaxine Sertaline
ASTHMA / COPD	
Flovent Singular Ventolin	Fluticasone Montelukast Salbutamol
INFECTIONS	
Amoxil Biaxin Valtrex Zithromax	Amoxicillin Clarithromycin Valacyclovir Azithromycin
ULCER AND REFLUX	
Losec Nexium Pantoloc Prevacid	Omeprazole Esomeprazole Pantoprazole Lansoprazole
HIGH CHOLESTEROL	
Crestor Ezetrol Lipidil Lipitor Zocor	Rosuvastatin Ezetimibe Fenofibrate Atorvastatin Simvastatin

Optimal usage of your drugs A smart choice!



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Taking medication as prescribed A healthy initiative!

Did you know that taking your medication as prescribed optimizes its effectiveness?

Did you also know that it could be harmful to your health to stop taking medication prematurely or to not take it as prescribed?

Taking the right dose at the right time regularly and for the full duration of the prescription is the best way to improve or stabilize your health. Consider the following tips:

- ✓ Continue taking all the prescribed medication even if you start to feel better;
- ✓ If you forget to take your medication, don't take a double dose. Consult your pharmacist instead;
- ✓ Learn about the side effects of the drug and how to reduce them;
- ✓ Keep your medication in its original container and in a dry place away from light;
- ✓ Inform your physician or pharmacist about any drug or natural product that you are using.

An ounce of prevention buys a pound of cure!

By taking care of yourself and adopting healthy habits, you contribute to reduce the costs related to use of drugs.

- ♥ Make healthy food choices;
- ♥ Limit alcohol and tobacco consumption;
- ♥ Be active.

3 smart choices

Shop to save

Shopping for a product at the best price is common to most consumers. Why not do the same for your prescription drugs? In fact, the differences in cost can go up to 20% from one pharmacy or one location to another.

Choose the generic

Generic drugs are as safe and effective as their brand-name equivalents. There are no differences in quality, purity, effectiveness, and safety between generic drugs and higher-priced brand name drugs. You can also ask your physician if there is a generic drug or a therapeutic equivalent.

Ask for 3 months prescription

Most insurers allow you to submit, for maintenance drugs, a claim for a period of 3 months. We therefore recommend that you make a request with your pharmacist and make sure you receive a savings from the reduction in professional fees. This advice does not apply when taking a new drug and is subject to the professional judgment of the pharmacist.



EXAMPLE OF POTENTIAL SAVINGS BY SWITCHING TO A GENERIC DRUG

DRUGS	AVERAGE MONTHLY COST	COINSURANCE	MONTHLY COST FOR THE PLAN	MONTHLY COST FOR THE INSURED
ORIGINAL VERSION CRESTOR	\$58.69	80%	\$34.77	\$8.69
GENERIC VERSION	\$15.69	80%	\$3.46	\$0.87

Savings of \$375.65 per year for the plan (before fees and inflation) this economy will be shared according to the employer / employee contribution.

Savings of \$93.91 per year for the insured.