

Members Will Be Able to Schedule Multiple Prescriptions for Pickup at the Same Time

We understand that our members who take multiple maintenance medications for chronic conditions like diabetes, high blood pressure and others, often have difficulty managing all their refills. Effective January 1, they can pick up all of their eligible prescriptions at the same time in one monthly visit to an in-network pharmacy.

This service, known as medication synchronization, only applies to maintenance medications used to treat chronic conditions. Controlled substances are excluded from the service. Medication synchronization is limited to one per *contract year* per maintenance prescription drug.

It's simple to get started. Members or their caregivers can enroll at their local in-network pharmacy, and work with their pharmacist to align prescription refills and determine the best pickup date.

More Convenience, Improved Adherence

By aligning prescription fill schedules and reducing the number of monthly trips to the pharmacy, we aim to make it easier and more convenient for our members to take their medications as prescribed. In fact, CVS Health research shows that helping patients simplify, synchronize and organize their pharmacy care can improve their adherence. CVS Health manages pharmacy benefits on behalf of Tufts Health Plan.

To learn more, members should talk with their pharmacist.