



MEDICATIONS

During an emergency, it will be important for you and your family to have a supply of the prescription medications you take on a regular basis. Because you may not have easy access to your doctors and pharmacy, you may build up an emergency supply as listed below.

KAISER'S POLICY for GETTING an EMERGENCY SUPPLY of MEDICATIONS

Kaiser does not allow "stockpiling" of medications (by ordering an extra supply); nor will they allow the patient to pay out of pocket for additional medications. However, the patient may accumulate medications by ordering in advance of the due date.

Kaiser's regular prescriptions are given for 100 days. Extra medications can be ordered as follows:

- If a patient receives medications in the mail, he may order again when 2/3 of the prescription has been used (after 67 days).
- If a patient picks up his prescriptions, he is allowed to order the next prescription 10 days in advance of when his prescription will be gone.

Obviously, this takes some calculating and planning. But over time, a "cache" of medications can be established. For controlled medications (painkillers), these rules do not apply.

Kaiser does have provisions for emergencies so that medications will be available.

NON-KAISER WAYS to OBTAIN an EMERGENCY SUPPLY of MEDICATIONS

- Easiest way: Pay out-of-pocket for all non-controlled medications and get your supply all at once. (Check with your pharmacist as to see how much extra this will cost you.)
- More involved way: According to what your insurance company allows, order the medications early (typically you can order a week in advance). Each month, take the reserved pills first, then use the pills just picked up (always storing the freshest pills). If you are conscientious, in five months or less, you will have an extra 30-day supply.

Month	Take Reserve First	New Prescription	Pick up after 23 days	In Reserve
#1	--	30	-23	7
#2	7	+30	-23	14
#3	14	+30	-23	21
#4	21	+30	-23	28
#5	28	+30	-23	35
#6	Reserve	save for next month -> -> -> -> -> -> -> -> ->		1 month supply

Non Prescription Medications

Consider the over-the-counter medications you use. Having an extra supply of these will also be helpful. Be sure to rotate your supply as you use these medications.

Expiration Dates

Some medications are good well beyond the listed expiration date. Check with your pharmacist to find out about the actual longevity of the medications you take.