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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| Save with generic and mail-order drugs Keep more money in your wallet by choosing generic and mail-order drugs.  **What are generic drugs?**  Generic drugs have the same quality, strength, purity, and stability as their brand-name counterparts. They are just as effective, but they are substantially discounted from the branded price. That means you save money.  The next time you need a new prescription, be sure to ask your doctor if a generic drug is available.  **What are mail-order drugs?**  For prescriptions, you take regularly (these are often called maintenance medications), you’ll save time and money by signing up for mail-order. You’ll incur fewer copays when you are prescribed a 60-day or 90-day supply. Plus, you won’t have to make as many trips to the pharmacy or spend time waiting for your prescription to be filled.  Prescriptions are delivered to your home in a weather-resistant pouch. They are shipped using free standard delivery.  To get started with receiving your maintenance medications by mail, sign in to [premera.com](https://www.premera.com/sign-in) and select **Pharmacy Services** under **Member Services** for more information.  **TIP**  You also can sign up for home delivery of prescriptions by going directly to the [Express Scripts website](https://www.express-scripts.com/index.html). |
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