

MONEY SAVING TIPS PART II

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AUTOMOBILE EXPENSES:

- ❖ Review your auto insurance policy and look for areas of possible savings. Raising your deductibles may immediately lower your premiums. Are you receiving all the credits you should be for being a safe driver or having more than one vehicle on a policy? Ask your insurance agent for suggestions on how to save money on your bill.
- ❖ Maintain your car's engine, tire pressures, etc. Making sure that your engine is running efficiently and your tires are inflated properly will save you money on fuel.
- ❖ Look for discount days at your local gas stations; try to fill up your tank on those days.
- ❖ Combine trips whenever possible.

MEDICAL COSTS:

- ❖ Make sure you take the time to care for yourself – get a physical, a flu shot, your annual dental checkup, etc. While you may feel that you don't have the time or money for these things, it will cost you much more time and money if you get sick or experience a dental emergency. A little preventive medicine can save you money in the end.
- ❖ If you are paying a physician or hospital bill out of pocket, don't hesitate to negotiate the bill or to ask for a payment plan. Remember, the insurance companies don't pay the full amount billed.
- ❖ Check all medical bills carefully for errors. If you find a discrepancy on a bill or you don't understand a particular charge, bring it to the attention of the appropriate party immediately.

MEDICATION COSTS:

- ❖ Investigate prescription assistance programs to see if you and/or your loved one might qualify for reduced cost or free medications. There are numerous programs available to help qualifying patients get the medicines they need free or nearly free. Go to Web sites such as the Partnership for Prescription Assistance at www.pparx.org to get started. Bring your insurer's formulary to the doctor's office and talk to the doctor about switching your loved one to a generic version of the drug being prescribed, or a lower-cost alternative to the brand-name version. You can obtain this list from your prescription drug coverage provider.
- ❖ Ask your loved one's doctor for drug samples, especially if he or she is recommending a new drug.
- ❖ Shop around for the best price. Check out reputable U.S. mail order or online pharmacies as well as your local chain stores and neighborhood pharmacies.
- ❖ Ask your pharmacist if there are lower-cost alternatives to a specific medication or if there are more cost-effective dosages available. Some pills can be split safely without losing their effectiveness, meaning you can save money by buying fewer pills at the larger strength. Just be sure to check with your loved one's physician to get his or her opinion on and approval of this practice for each medication in question.