

# Maintenance medications



Has your doctor prescribed you a maintenance medication? If so, you're not alone. Millions of Americans take maintenance medications to help control or reduce the symptoms of a chronic disease or health condition.

## **What is a maintenance medication?**

Maintenance medications are prescription medications taken on a regular basis — often every day. They treat a wide range of ongoing or long-term conditions and illnesses such as high blood pressure, diabetes, allergies or asthma. Many maintenance medications are dispensed as tablets. They can take other forms as well — for example, inhalers, patches and injections.

The U.S. Food and Drug Administration (FDA) approves all prescription medications for safety and effectiveness, including those classified as maintenance medications by your pharmacy benefit plan.

## **How can I save money on maintenance medications?**

Many maintenance medications are available in generic form, which means they will likely cost less, yet work the same way as more expensive brand-name medications. Your plan sponsor may allow you to get up to a 90-day supply of your maintenance medications through home delivery from OptumRx<sup>®</sup>. Home delivery is safe, convenient and may help you save money. Getting started is easy — you can sign up at [optumrx.com](https://www.optumrx.com) or by calling OptumRx Customer Service using the toll-free member phone number on your plan ID card.

## Common conditions treated with maintenance medications

There are many prescription drugs that are considered maintenance medications and commonly used to treat the conditions and illnesses listed below. Not all drugs used to treat the following conditions are maintenance medications. Talk to your doctor or call OptumRx to find out if you are taking a maintenance medication.

- Allergies
- Alzheimer's Disease
- Anti-infectives
  - Fungal infections
  - Viral infections
  - Malaria
  - Tuberculosis
- Asthma/COPD
- Birth Control  
*(not covered by all benefit plans)*
- Bladder Conditions
- Cancer
- Cardiovascular/Heart Disease
  - Arrhythmias
  - Chest Pain
  - High Blood Pressure
  - High Cholesterol
  - Pulmonary Arterial Hypertension
- Central Nervous System
  - Anxiety
  - Attention Deficit Disorder
  - Depression
  - Lou Gehrig's Disease
  - Multiple Sclerosis
  - Parkinson's Disease
  - Seizure Disorders
- Diabetes
- Stomach Conditions
  - Crohn's Disease
  - Inflammation (Diverticulitis, Irritable Bowel Syndrome, etc.)
- Glaucoma
- HIV/AIDS
- Hormone Replacement
- Musculoskeletal
  - Fibromyalgia
  - Gout
  - Osteoporosis
  - Chronic Pain
  - Rheumatoid Arthritis
- Prostate Conditions
- Substance Abuse
- Transplant
- Vitamin/Electrolyte Deficiency  
*(not covered by all benefit plans)*



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