

# PHARMACY CONNECTIONS

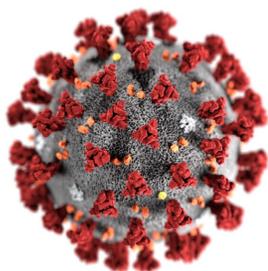


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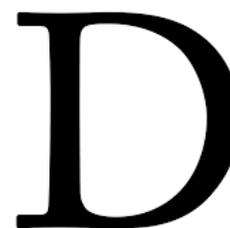
## In this Newsletter



COVID Vaccine



Fighting the Cold



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## COVID Vaccine

Many companies are competing to get a COVID vaccine to market. The timeline for when the vaccine will be available to the public is not clear, but some are hopeful it could be as early as January. A few things that are known about COVID vaccines that are currently in trials:

Most of that vaccines are a 2- dose series. With a 2nd dose 21-30 days after the first dose.

Pharmacies will be able to give the vaccination if they are approved by their state.

Common side effects seen so far in clinical trials: high fever, body aches, bad headaches, and exhaustion. Most trials are reporting that these symptoms lasted <48 hours.

~SJ

## Fighting the Cold



Fighting the Cold

Common Cold: A "cold" is defined as a viral infection of the nose and throat. This can cause a running nose, sneezing, cough, fever and fatigue.

There are some supplements that claim to help treat colds.

Zinc: There are studies showing favorable results in TREATING colds, reducing the length of cold by ~4 days. (<https://pubmed.ncbi.nlm.nih.gov/8678384/>). The typical dosage for treating the common cold is one zinc gluconate or acetate lozenge, dissolved in the mouth every 1-2 hours while awake: within 48 hours of symptom onset.

Foods that contain Zinc: Beans, Asparagus, Spinach, Mushrooms, Nuts, Oysters, Beef, Lamb

Vitamin C: Most of the evidence shows that taking high doses of vitamin C orally might decrease the duration of cold symptoms by 1-1.5 days in some patients. (<https://pubmed.ncbi.nlm.nih.gov/8191227/>). The typical dose of vitamin C is 1-3 grams daily for treating the common cold. Doses of at least 2 grams daily seem to work better than lower doses. More information can be found [here](#).

Foods that contain Vitamin C: Citrus Fruits, Peppers, Strawberries, Broccoli, Brussel Sprouts, Potatoes

## Medicare Part D



*Medicare Part D Open Enrollment is October 15th – December 7th, 2020*

Many of you have received letters regarding open enrollment for Medicare! I wanted to help answer some questions.

So what is Open Enrollment? Open enrollment is the time period during which one may freely enroll in or change one's selection of a health insurance plan or other benefit program that is ordinarily subject to restrictions.

How do I know if I need to change plans? Patients should review all the information their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). It is important to understand changes that may directly affect your costs. For instance, a plan may decide that your physician is no longer "in-network" or your pharmacy is no longer "preferred." This does not mean that your insurance will not cover these expenses: HOWEVER, it means that there will be more out of pocket costs for the patient.

**Wellcare and SilverScripts (Caremark) plans have made an aggressive change for 2021: They are no longer keeping Independent Pharmacies as a "Preferred Pharmacy." This means that the Co-Op Pharmacy is now considered a "standard, cost-sharing pharmacy."**

**Current Wellcare/SilverScripts Co-Op Pharmacy Patient options:**

- Continue with WellCare/SilverScripts coverage plans and fill prescriptions at a preferred pharmacy (Co-Op Pharmacy is no longer a preferred).
- Continue to fill your prescriptions at Co-Op Pharmacy but understand you will have a higher out-of-pocket drug costs.
- Change your Medicare Part D plan during the open enrollment to a plan that has Co-Op Pharmacy in their preferred network.

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