

Using the Mail-Order Program to Save Time and Money

Getting a 90-day supply of medication is designed to make life easier and more affordable. With a 90-day supply, you:

- **Get larger quantities:** You have more medication, so you make fewer trips to the pharmacy.
- **Pay lower copays:** For most plans with copays, you'll get three times the medication (90 days instead of 30) at a lower price. [See how much a 90-day supply can save you.](#)
- **Benefit from bulk savings:** Buying larger quantities often means paying less per dose.

This allows you to spend less time worrying about your ongoing medications and more time focusing on what matters most.

A 90-Day Supply May Be Required

Some maintenance medications **require** you to fill your prescription with a 90-day supply. To get your prescription, you can choose to use either the mail-order program or a preferred retail pharmacy that will fill a 90-day prescription. With mail order, your maintenance prescription will be delivered right to your home. If you'd prefer to pick up your 90-day supply from a retail pharmacy, use a preferred pharmacy:

- **Providence Health members**—Almost any in-network retail pharmacy, including Costco, CVS, Walgreens, Fred Meyer, Safeway, Walmart, and more.
- **Moda Health members**—Almost any in-network retail pharmacy, including Costco, Walgreens, Fred Meyer, Safeway, Walmart, and more.
- **Kaiser Permanente members**—Any Kaiser Permanente pharmacy.

Since most members already know about going to the pharmacy to fill prescriptions, the rest of this article will focus on how to get started with the mail-order program. Keep reading to learn more about this convenient, home delivery option.

Using the Mail-Order Program

The mail-order program option can be convenient. Here's how:

- **Home delivery:** Your medicine comes straight to your door.
- **Automatic refills and reminders:** You won't have to worry about running out.
- **No waiting in line:** Order and track your prescriptions online.

Is Mail Order Required?

No. But certain maintenance medications require a 90-day fill through mail order or at a preferred retail pharmacy. (Maintenance medications are those for high cholesterol, high blood pressure, insulin, asthma, depression, or thyroid function.) If you choose not to fill your maintenance prescription(s) through the mail-order pharmacy or at a preferred retail pharmacy, you may be responsible for the full cost of your medication.



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How to Get Started with the Mail-Order Program

1	Get a new 90-day prescription.	Ask your provider to write a prescription for a 90-day supply of your maintenance medication.
2	Submit the prescription.	<p>Register on your plan's mail-order website and submit a copy of the prescription.</p> <p>Providence Health Plan: Use Costco Mail-Order Pharmacy and Postal Prescription Services. Your provider can also fax or submit the prescription online to Costco directly. Or, you can order 90-day supplies of your medications from other major chains like Safeway, Walgreens, CVS, and Fred Meyer.</p> <p>Moda Health Plan: Use Costco Mail-Order Pharmacy or Postal Prescription Services. To get started, just visit one of these pharmacies online or call for more information.</p> <ul style="list-style-type: none">• Postal Prescription Services (PPS): Call 800-552-6694 or visit the PPS website. Your provider can also fax or submit the prescription to PPS directly.• Costco Mail-Order Pharmacy: Call 800-607-6861 or visit the Costco home delivery website. <p>Kaiser Permanente Plan: Use Kaiser Permanente's prescription delivery service. Your provider can also fax or submit the prescription online to Kaiser Permanente directly.</p>
3	Pay for your prescription.	<p>Follow the on-screen instructions to pay your copay or coinsurance. Standard shipping is free for you, or you can pay for an expedited option.</p> <p>Got a Health Care FSA?</p> <p>You can use those funds to pay for your medications.</p>

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<p>4</p>	<p>Wait 3 – 14 days for your order to arrive at your front door.</p>	<p>You can check the status by logging in to the mail-order pharmacy’s website (for Providence Health and Moda Health members) or your kp.org account or Kaiser Permanente app (for Kaiser Permanente members).</p> <p>For Kaiser Permanente members, you can choose to receive status updates by text or email. Here’s how:</p> <ul style="list-style-type: none"> • Sign in to kp.org/pharmacy. • Choose “Profile and Preferences” from your “My Account” menu. • Choose “Notifications.” • Choose “Pharmacy” from your list of options. • Select how you’d like to receive order status updates.
<p>5</p>	<p>Receive automatic refills and reminders.</p>	<p>If you sign up, you’ll receive reminders when it’s time to refill most prescriptions. This will reduce the risk of running out of your medications.</p>

Specialty Medications

If your prescription is considered a specialty medication, you must use the Specialty Mail-Order Pharmacy. (This is a different mail-order program than what’s described earlier in this article.) Specialty medications are drugs that treat complex conditions, such as cancer, arthritis, and multiple sclerosis. You’ll be notified if your medicine is in this category. You’ll also receive instructions about how to use the program for your specialty medication.

Reminder: Garner May Cover Some of Your Prescription Drug Costs

If you’re a Providence Health or Moda Health member, check out Garner to find Top Providers who offer high-quality care. When you use a Garner Top Provider, Garner will repay you for the costs, including prescriptions filled with qualifying costs. This applies to prescription drug costs, including those filled through the mail-order program. Go to getgarner.com, download the Garner Health app, or call 458-488-4828 to get started.

PEBB's Resources



503-373-1102/pebbinfo.com

General benefits questions:

- Logging in to or navigating PEBBenroll.com
- Understanding rules
- Verifying enrollments
- Learning about your benefits or wellness programs

Resource/Vendor Partner	Contact Information	Benefit Plan
 	<p>Medical: 844-776-1593</p> <p>Dental-only members: 844-827-7100</p> <p>Dental (Both Medical and Dental members): 833-681-2217</p> <p>modahealth.com/pebb</p>	<p>Medical and Dental</p>
	<p>855-284-1368</p> <p>providencehealthplan.com/pebb</p>	<p>Medical</p>
	<p>800-813-2000</p> <p>choose.kaiserpermanente.org/pebb</p>	<p>Medical and Dental</p>
	<p>800-877-7195</p> <p>pebb.vspforme.com</p>	<p>Vision</p>
	<p>855-433-6825</p> <p>willamettedental.com/pebb</p>	<p>Dental</p>

Resource/Vendor Partner	Contact Information	Benefit Plan
	800-659-3035 asiflex.com/orpebb	Flexible Spending Accounts
	800-433-2320 my.canopywell.com	Employee Assistance Program
	877-235-7812 osu.lyrahealth.com	Employee Assistance Program (OSU employees)
	800-242-1888 standard.com/mybenefits/pebb	Life, Accident, and Disability Insurance
	800-227-4165 unuminfo.com/pebb/index.aspx	Long-Term Care Insurance
	877-433-6079 benefithelpsolutions.com/members/group-members/pebb	COBRA, Retiree, Self-Pay Benefits Assistance