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FEDERAL PHARMACY SERVICES

Your Pharmacy Benefit Never Takes a Vacation

It's time for summer vacation! One detail you'll want to include in your vacation plans is your prescription medications. It's important to make sure you'll be able to continue taking your medications as prescribed while you're away from home.

Taking a few easy steps before you leave home will ensure your trip is enjoyable, healthy and safe. Express Scripts, the TRICARE® pharmacy program provider, offers tools to help you make sure you will have enough medication during your trip.

Think Ahead: Order Refills Before Your Trip

First, check to see if you have enough medication to last through your trip or if you need refills before you go. It's best to get all of your refills before you travel, so plan as early as possible.

Need refills before you go? You can order refills for your Home Delivery medications by calling 877.363.1303, through the Express Rx mobile app or by visiting www.express-scripts.com/TRICARE. If it's your first time to visit the website or mobile app, you will have to follow a few simple steps to set up your account. Don't have the Express Rx mobile app? Visit www.express-scripts.com/mobile to download for free.

If ordering a refill by phone, have your sponsor's ID number, your prescription number and credit card information ready when you call. If your medication is filled by a retail pharmacy or an Military Pharmacy, call the refill number listed on the prescription bottle.

Not eligible for a refill yet? If you need to refill a prescription before you go on vacation but it's not eligible for a refill yet, ask for an exception called a "vacation override" to get it filled before you leave town.

Packing Medications

Keep essential medications with you. When flying, passengers are allowed to take all medications (including liquids, pills and other supplies) on the plane, but they must be screened and checked at a security checkpoint. If possible, you should keep all medications with you in your carry-on bag. If you can't keep all your medication in your carry-on, at least keep your essential medications with you.





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Medications that aren't essential can be checked in your luggage or mailed to your destination ahead of time.

Take extra. It is a good idea to pack extra medication in case of delays. One good rule of thumb is to have an additional week of medication on-hand.

Keep medications in the original bottles. Make sure all prescription medications are in the original bottles with the name of the drug, the name of your doctor and your name on the label. In times of heightened security, you may need to prove that the name on the prescription bottles matches your identification.

If you need to pack syringes, carry a copy of the prescription for the syringes and other information proving medical necessity. It also may be helpful to carry a list of all of your current medications and a list of contact information for your primary care physician. To avoid security screening concerns, you may always send your liquid medication to your destination ahead of time.

Other Travel Tips

Maintain your same schedule and dosing. It is important to maintain your regular dosing for all medications while on vacation. It may be difficult as your schedule may be irregular or you may be traveling through different time zones. It's key that you do not skip doses or take too much medication. Discuss these concerns with your doctor who can help you make any necessary changes to your medication schedule.

Set a reminder. Traveling can be hectic. One helpful tool is to set a reminder in your phone so you don't forget to take your medications.

Pharmacy Tools On the Go

If you do find yourself away from home and short on medication, finding a retail pharmacy is easy. To find the nearest TRICARE retail network pharmacy, call 877.363.1303 or visit <http://www.express-scripts.com/TRICARE/pharmacy>. The website allows you to search by ZIP code or street address for a retail pharmacy near you. It also provides all the tools and information you need to manage your pharmacy benefit wherever you are. These same tools also are offered on your phone using the Express Rx mobile app.





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Planning an extended trip? If you're planning a trip that will take you away from home for an extended period of time, remember to make travel plans for your maintenance medications as well. Beneficiaries who take part in Home Delivery can have their prescriptions mailed to a temporary address simply by calling 877.363.1303 and providing the address and travel dates to a Patient Care Advocate. Any remaining refills will be automatically mailed to your home address when you return.

