

Helping You Get the Most From Your Medications

If you've been prescribed a medication to treat a medical condition, **it's important to take your medication consistently** to maximize its effectiveness and help keep you as healthy as possible.



Taking Your Medications as Prescribed Will Help You Receive the Full Benefit and Better Manage Your Health

Here are a few examples:

- Cholesterol medications can reduce the risk of heart attack and stroke by 30-60%.
- Blood pressure medications can reduce the risk of heart attack by 20-25% and stroke by 35-40%.
- Diabetes medications can reduce the risk of nerve pain, vision loss and kidney damage by 40%.

We understand it can be difficult to remember to take your medication every day, especially if you take multiple kinds of medications, with some at different times of the day or differing instructions such as taking with food.



Tips to Help You Take Your Medications Consistently

- Use a pill box. Fill it once weekly to see if you took your daily dose.
- Set an alarm reminder and store your medication in an obvious place.
- Pick a time of day and mark a calendar when you take your medication.
- Home delivery, mail order, refill reminders and auto-refills are ways your pharmacy can help you.
- 90 or 100 day supplies are covered for convenience and cost savings.

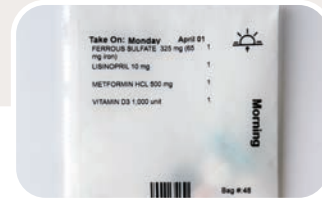


Special Medication Packaging Can Help

Special medication packaging provides you with all of your medications organized together into separate plastic blisters for each day and time of day. This is a convenient and easy tool that some pharmacies offer to help you better manage your prescriptions. Many of these pharmacies offer delivery, so even if they're not in your neighborhood you might be able to take advantage of this service.



WNY Pharmacies Offering Special Medication Packaging



ALLEGANY COUNTY

Nicholson Pharmacy Inc.

36 Schuyler St.
Belmont, NY 14813
(585) 268-7287

CATTARAUGUS COUNTY

Worthy Pharmacy

202 Main St.
Olean, NY 14760
(716) 804-7979

CHAUTAUQUA COUNTY

Patient's Pharmacy, Inc.

320 N. Main St.
Jamestown, NY 14701
(716) 720-5809

ERIE COUNTY

Alden Pharmacy

13203 Broadway
Alden, NY 14004
(716) 937-9818

Brooks Pharmacy

4481 Lake Shore Rd.
Hamburg, NY 14075
(716) 627-3060

Dexter Pharmacy

1453 Jefferson Ave.
Buffalo, NY 14208
(716) 885-7878

Family Medical Pharmacy

120 Plaza Dr.
Williamsville, NY 14221
(716) 568-0800

Ivylea Pharmacy

2446 Elmwood Ave.
Buffalo, NY 14217
(716) 873-1444

Kenmore Rx Center

2818 Delaware Ave.
Buffalo, NY 14217
(716) 874-6360

The Pharmacy in the Square

940 Union Rd.
West Seneca, NY 14224
(716) 671-5281

Riverview Professional Pharmacy

3920 Main St., Suite 150
Amherst, NY 14226
(716) 423-2313

Springville Pharmacy

13 E Main St.
Springville, NY 14141
(716) 592-2026

Tile Pharmacy

1031 Cleveland Dr.
Cheektowaga, NY 14225
(716) 632-4888

Transit Hill Pharmacy

6344 Transit Rd.
Depew, NY 14043
(716) 683-9444

Union Medical Pharmacy

1769 Orchard Park Rd.
West Seneca, NY 14224
(716) 675-4133

Vital Pharmacy

301 Connecticut St.
Buffalo, NY 14213
(716) 923-4603

MONROE COUNTY

MetcareRx

480 Genesee St.
Rochester, NY 14611
(585) 235-2370

NIAGARA COUNTY

Middleport Family Health Center

81 Telegraph Rd.
Middleport, NY 14105
(716) 735-3261

Niagara Apothecary

8745 Niagara Falls Blvd.
Niagara Falls, NY 14304
(716) 297-3530

Summit Park Pharmacy

2578 Niagara Falls Blvd. #100
Niagara Falls, NY 14304
(716) 731-3500

Village Pharmacy of Lockport

6478 Ridge Rd.
Lockport, NY 14094
(716) 302-3434

Wurlitzer Family Pharmacy, Inc.

521 Division St.
N. Tonawanda, NY 14120
(716) 260-1131

ORLEANS COUNTY

Holley Pharmacy

3 Geddes St.
Holley, NY 14470
(585) 638-5499

The Medicine Shoppe

142 East Center St.
Medina, NY 14103
(585) 798-1212

Rosenkrans Pharmacy, Inc.

526 Main St.
Medina, NY 14103
(585) 798-1650

WYOMING COUNTY

Attica Pharmacy

2 Market St.
Attica, NY 14011
(585) 591-1111

Sinclair Pharmacy

75 N. Main St.
Warsaw, NY 14569
(585) 786-2330

This listing is current as of July 24, 2024 and may change without notice. Independent Health is neither responsible for these changes, nor if a vendor should close or go out of business. Some pharmacies charge a fee for this service. For a complete listing of all participating pharmacies, please contact Independent Health or visit the "Find a Medicare Provider" page at [IndependentHealth.com/Medicare](https://www.independenthealth.com/Medicare).

We can work with you and your doctor if you experience a side effect or cannot afford your medications.

Questions? We can help.

Call (716) 250-4480 or 1-844-808-1254 (TTY: 711);
Monday – Friday, 8:30 a.m. – 4:30 p.m

