Stability
HEALTH

Medications
Adherence importance

Your provider prescribes a medication using the best clinical knowledge. Having a medication prescribed does not always mean that it is being taken. Medication adherence is defined as taking medication as it is prescribed.

Often, a patient will be labeled, "non-adherent" because they are not following the regimen laid out by their care team. Often the issue is that your provider may not know what difficulties you are experiencing.

It is important for you to take an active role on your care team and to share anything related to your ability to take the medication with your provider. This will allow them to work with you to come up with the best plan for managing your diabetes.

Listed below are some common challenges that you may have with taking medication as prescribed along with some tips for overcoming the challenge.

Not understanding why the medication is prescribed or how it works in the body.
Tip:
- Ask your provider or pharmacist or diabetes coach why a medication has been prescribed.
- Reach out to your Stability Health care team to find out more about your diabetes medications.

Forgetting to fill or take the prescription
Tip:
- Enlist a support person at home
- Try one of the many apps for tracking (link to med adherence apps)
- Sign up for automatic refills and notifications from your pharmacy

Medication is too expensive
Does your high deductible health insurance which has a lower monthly cost but a higher upfront cost for medications keep you from being able to fill medications regularly?
Tip:
- Ask if there are any copay cards. Often when a new medication is introduced to the market, the company will offer a lower cost through a copay card.
- Ask if there is a similar medication that your insurance may cover.

Too many adverse side effects lead to stopping the medication
Tip:
- Let your provider know immediately if you are experiencing any side effects

Too many different medications with different doses or timing causes confusion
Tip:
- Be honest with your provider and pharmacist. They are there to help you.

Bottom line: Work with your healthcare provider to make the plan that works for you.

KEEP YOUR DIABETES ON A STABLE PATH

Find us on Facebook ▸ and LinkedIn

Medications
Importance and Working Together

Diabetes is a complicated disease and involves many parts of your body. In addition to eating healthy and getting regular exercise, most people with Type 2 diabetes need at least 1 medication to help them get control of their blood glucose levels.
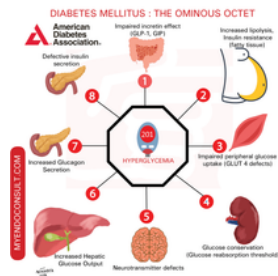
How does each medication work?

Biguanides: Works to decrease the amount of glucose your liver makes, stores and puts into your bloodstream.
(Names: Metformin, Riomet)

Glucagon-Like Peptide 1 Receptor Agonist (GLP-1RA): Works to fix impaired insulin receptor sites on muscle and brain cells, slows down your digestion (feel full faster) and improves insulin production while slowing down glucagon production in your pancreas.
(Names: Trulicity, Ozempic, Rybelsus, Victoza, Bydureon)

SGLT-2 Inhibitors: Works to lower the glucose reabsorption threshold in your kidneys. This can cause your urine to have higher levels of glucose especially at the start of treatment.
(Names: Jardiance, Invokana, Farxiga)

DPP-4 Inhibitors: Works to prolong action of gut hormones, slows down stomach-emptying and increases insulin secretion.
(Names: Tradjenta, Januvia)

Thiazolidinediones (TZDs): Works to sensitize muscle cells and decrease liver glucose production while improving insulin secretion by the pancreas.
(Name: Pioglitazone)

Sulfonylureas: Works to stimulate continuous insulin release from pancreas.
(Names: Glyburide, Glipizide, Glimepiride)

Meglitinides: Works to stimulate a rapid insulin burst from pancreas.
(Names: Prandin (repaglinide), Starlix (nateglinide)

Combination Therapy
As time goes by, you may find that the medication is not keeping your blood glucose levels in the target zone like it used to. This is the time that your diabetes care team will suggest other medications that work together to combat the multi-organ issues happening in your body related to diabetes. Diabetes is a progressive and chronic disease and over time you will find the right combination that helps you to get control of your blood glucose.

Coach's Corner
Q & A sessions

Dear Coach,
My diabetes medications and supplies are so expensive. What can I do?
Empty Wallet in Wallingford

Dear Empty,
Thank you for this question. Prescription drug costs are on the rise and medical care expenses for people with diabetes are usually higher than for people without diabetes. It's no wonder you are feeling the pinch. Whether you have insurance through a commercial plan, Medicare or Medicaid, or are paying out of pocket, the cost of medications makes up a significant part of health care spending. Sometimes people have to make hard choices, whether to pay bills, buy food, or keep up with their medications.

Tips to make your health care dollars go further
- If paying out of pocket, compare pharmacies to find the least expensive prescription drugs.
- Consider mail-ordering prescriptions or 90-day refills for lower copays if allowed.
- Purchasing supplies in bulk can be less expensive but be mindful of expiration dates.
- Compare options and formulary lists during open enrollment.
- ·Check with your pharmacist to see if less expensive options are available. They may be able to contact your healthcare provider to discuss the change.
- There are many different classes of diabetes medications. If one that your provider prescribes is not in your formulary, check with your insurance company to see if an alternative medication in the same class is covered and discuss with your healthcare provider
- Pill-splitting may be an option for certain medications.

Link to additional resources:
https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources/affordability-resources

COACH SUPPORT:
Reach out when you have a question or concern.
You don't have to wait for your scheduled appointment.
Three ways to reach us: email, phone, MyStablePath portal