



WELCOME TO VIP-LEVEL HEALTHCARE THAT ALSO SAVES YOU MONEY

Welcome to PeopleOne Health!

We work diligently to deliver the best clinical care, along with a continuing commitment to help you reach personal health goals. We do this because we believe the healthier you are, the more you'll be able to achieve, both personally and professionally. Our goal is to help you thrive.

This guide includes resources that clearly outline what your membership brings to you. If you need more information, please contact your PeopleOne Health office. Thanks for being a member, we're excited to partner with you for better health!

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peopleonehealth.com

A MESSAGE FROM OUR CEO

Jordan Taradash
CEO, PeopleOne Health



Welcome to the PeopleOne Health family!

We are excited to bring you VIP-level healthcare that also saves you money. We can do what sounds impossible because we removed enormous wasteful administrative costs from the healthcare system. We then re-invested these savings by hiring a team of caring experts from health coaches to doctors and more to build a healthcare system that brings together world-class prevention and treatment to keep you healthier. The way healthcare should be done.

As CEO of PeopleOne Health, my focus is to make your member experience with our innovative healthcare system exceptional. To do this, you have my commitment that one of our top company priorities is caring for our team so they can care for you. Our goal is to support your health journey so you can live your fullest and most meaningful life. That is why we put people first in everything we do.

We encourage our members to let us know how we are doing so we can exceed your expectations. As one of the highest rated healthcare providers in the country, we measure our customer satisfaction with a Net Promoter Score (NPS). The average NPS score in healthcare is 38, but our members have rated us an 88! Still, we continuously strive for a higher score by delivering exceptional care and engaging our members for feedback.

Please fill out our surveys to support our mission. And, feel free to reach out to me directly so our best-in-class providers can continue to enhance the delivery of the VIP-level healthcare that also saves you money.

We appreciate you referring your colleagues, friends and family who could also benefit from our care model by emailing us at referrals@peopleonehealth.com.

In good health,

A handwritten signature in black ink that reads "Jordan Taradash".

Jordan Taradash, CEO
jordan.taradash@peopleonehealth.com

MEMBERSHIP OVERVIEW

Your PeopleOne Health membership is built around you, and delivers the care you need in a way that's easy to use and understand. That means more care from your Primary Care Provider and more options for advanced care from our partner providers. Additionally, your membership includes access to a dedicated Care Guide ready to help you at any time with all aspects of your healthcare. Below you can see a detailed outline of what's included with your membership, and your Care Guide or physician can answer specific care questions.

- **Primary Care for All Ages, Including Pediatrics**
- **24/7 Remote Provider Access**
- **In Office Specialist Consultations via Telehealth**
- **In Office Lab Testing**
- **200+ Prescriptions from Local Pharmacy Partners**
- **Basic Women's Health Services**
- **General Physicals**
- **Rapid Tests for Acute Conditions**
- **Flu Shots and Select Vaccinations**
- **Chronic Disease Management**
- **Joint Injections**
- **Wart/Mole Removal**
- **In Office Prescriptions for Acute Conditions**
- **Blood Draws**
- **Allergy Injections**
- **Physical Therapy**
- **Cardiac Testing:**
Stress Tests, Echocardiograms, Vascular Ultrasounds
- **Imaging Services:**
Xray, MRI, Ultrasound, CT
- **Pulmonary Studies:**
Pulmonary Function Tests, Home Sleep Tests
- **Durable Medical Equipment:**
Walking aids, Wheelchairs, Commode chairs, Beds
- **Respiratory Therapy:**
CPAP machines, Nebulizers, Oxygen
- **Orthotics:**
Braces, Boots, Splints
- **Behavioral and Mental Health Services**
- **Enhanced Care Coordination**

Women's Health at PeopleOne

You can't take care of others if you don't care for yourself. Our comprehensive primary care system provides high-quality services that are prevention focused, integrated with behavioral health and social services in an equitable and effective model for women's health. We offer the following services and/or direct our members to specialists covered by traditional insurance:

- In-office Gynecological Exams
- In-office Urinalysis
- In-office Pap Smear collection (out of office testing covered through ACA/traditional insurance at no charge based on policy)
- Mammograms (included at no cost or covered by ACA/traditional insurance policy)

Pediatrics at PeopleOne

We know that taking care of your kids is a priority, that's why we offer pediatric services through partner providers and in some locations in our PeopleOne Health offices. Either way, your kids are covered by the same exceptional care and no copay, no deductible, no coinsurance benefit that you receive with your membership.

EXPERIENCED CARE



Your first step for care should always be to contact your PeopleOne Health care team. We can help guide you to the right resources - whether that's an in-office visit, a telehealth assessment, a covered prescription, a nutrition questions, or an appointment for advanced care. Our team of clinicians, pharmacists, nutritionists, nurses, behavioral health specialists, and Care Guides have decades of experience and a deep dedication to help our members succeed. If you need advanced care from a partner provider, we will work directly with them to get your results and coordinate your care to provide the best outcomes.

If you experience anything that falls into services that are not covered under the membership, such as hospitalization, surgery, cancer treatment, or others, you will need to use your health insurance plan. Even then, we can help by coordinating care services like imaging, durable goods, or testing to help save you time and money. You also have access to our generic prescription formulary of over 200 medications at no extra cost, which is available to you no matter what doctor prescribes the medicine.

As a member, you also receive health coaching. This includes help with issues like smoking cessation, weight loss, mindfulness, good sleep habits, and healthy living. This is our approach to building healthcare with people at the center where we focus not just on treating illness but on building health.

BEHAVIORAL HEALTH

Behavioral health care at PeopleOne Health focuses on how your daily habits and actions are impacting your mental and physical health. Our goal is to address our members' health from a 360-degree perspective. Your PeopleOne Health care team is committed to patient centered-care, approaching you with solutions that address your specific needs, and providing you with more individualized care than a typical doctor's office.

So, what does this look like for you as a member?

Each time you visit your primary care provider you'll be greeted by one of our Care Guides, who will invite you to answer questions that help us best understand you. We want to know how you are feeling and what you are doing to cope with the stressors of life. Research shows that **only about 10% of patients with depression receive appropriate care** when visiting their primary health care provider, and we know we can do better. We'll explore your sleep, mood, diet, drug/alcohol use and exercise habits, through an evidence based process known as **SBIRT** (**S**creening, **B**rief Intervention and **R**eferral to **T**reatment). This comprehensive and integrated public health approach allows your PeopleOne Health provider to understand more about your mental and physical health and provide you with the right services at the right time.

Whether at home, at work, or in our offices, you and your family will have access to our team of emotional well-being experts who are here to offer you various levels of support. Your primary care physician, social worker, wellness coach, care guide, lab technician, pharmacist and network of specialists will work closely together to offer you the following services:

- Therapy (virtual or in-person)
- Medication evaluation
- Medication management
- Referrals to substance use treatment programming
- Social determinants of health screenings

PeopleOne Health recognizes there are many pathways to well-being and recovery, so we have established partnerships in the community to meet your needs for anything that we don't provide in-house. We will always make a "warm handoff" to the treatment provider and can usually schedule an appointment before you leave our office. PeopleOne Health stands ready to meet the behavioral health needs of all individuals in the communities that we serve, and we are continually striving to provide the highest quality healthcare to all of our members.

ONLINE CARE ACCESS

USING THE WEBSITE AND APP

On your computer: Go to peopleonehealth.com and select the blue “SIGN IN” button at the top.

On your phone: search for “PeopleOne” on the Apple or Google Play App store, download the app, and the “First Time Access” button.

Follow the instructions on the CREATE ACCOUNT section. You can use either your PeopleOne Member ID or your email address on file to create your account. If you have trouble please contact our technical support team, who are available Monday-Friday from 9AM to 5PM EST. They are available at support@peopleonehealth.com or 1.888.330.6891.

In the future, after your account has been created, you can return to peopleonehealth.com or the mobile app to sign in. You can use both the website and mobile app and all of your data will be available.



The following features are available in our portal and app:

SPARKCOACH

A revolutionary new way to lose weight in a healthy manner that replaces food-only programs with a more holistic approach. Daily check-ins integrate often overlooked aspects of your health journey such as sleep, stress and mindfulness with food and activity to guide you on a successful path.

FITNESS GAME & FOOD TRACKER

If you're moving, you're winning! Log your activity – strive for at least 10 minutes each day. Track streaks. Earn trophies. We've seen that setting and reaching small goals one at a time leads to breakthrough results in all areas of life. Along with activity, you can also track what you eat to help stay on course for better health.

MEET YOUR CARE TEAM

We're here for you. Schedule an appointment. Get directions to our office. Find detailed plan information, including Rx medications.

SPARKUNIVERSITY & LIBRARY

Your trusted resource for topics such as medical condition management, mindfulness, nutrition & fitness, financial well-being, personal leadership and everything in between. Also find thousands of healthy living articles and recipes.

FREQUENTLY ASKED QUESTIONS

When should I contact my PeopleOne Health care team?

You should check with your PeopleOne Health care team FIRST for non-emergency medical needs. Since we can meet 85-90% of your medical needs, chances are we can help or we can set up referrals to our Partner Providers to get you the right care.

How soon can I get an appointment?

We offer same-day and next-day sick visits. We see patients for regular appointments within 30 days, and a physician is available 24/7 via phone for your urgent needs as well. We also offer appointments via telemedicine.

What if I need to speak to someone after hours?

PeopleOne Health offices offer 24/7 physician support. A physician is available after hours via phone for your urgent needs.

What if I have a chronic medical condition, such as diabetes or hypertension?

Chronically ill patients are placed in risk-reduction programs, which include nurse visits, dietitian visits and extra visits with your PeopleOne Health healthcare provider, ultimately decreasing both the physical and economic burden of chronic diseases.

What if something happens when I am traveling and not near my office?

In the event that you are traveling or outside of the service area and in need of medical attention we encourage you to give our office a call. Many minor illnesses or injuries can be diagnosed and treated over the phone or via virtual consultations with our providers without the need to visit the ER or an urgent care facility. In instances where an in-person evaluation or treatment may be necessary, we will work with you to locate an appropriate urgent care facility near you. If you are seen, this will initiate the usage of your insurance plan and out-of-pocket costs may be incurred.

If you are having a life-threatening emergency, we urge you to call 9-1-1 immediately.

Are medications and labs really covered?

Yes. PeopleOne Health offers a generic prescription formulary of over 200 medications that are covered through the membership. Several medications are kept right in the office - mostly for acute care reasons, including antibiotics, antihistamines, steroids, anti-inflammatories - and can be dispensed at the time of your visit for you to take home with you. Members are encouraged to view the generic formulary included with this guide and on our website (peopleonehealth.com/rx-benefits) for the most current formulary.

PeopleOne Health members can also have routine lab work done right within our offices, with most basic lab tests covered under the membership. Even if you are seeing another doctor who orders lab work, you can bring that order to your PeopleOne Health office and have your blood drawn there so you do not incur additional costs.

PHARMACY BENEFITS

Generic Prescription Medications that are Free with Your Membership

ADHD

AMPHETAMINE SALTS 10,15,20,30MG: Adderall Tablets
CLONIDINE 0.1, 0.2, 0.3MG: Catapres
GUANFACINE 1,2MG: Tenex
METHYLPHENIDATE 5,10,20MG: Ritalin Tablets

ALZHEIMER'S

DONEPEZIL 5,10MG: Aricept
MEMANTINE 5,10MG: Namenda

ANTIBIOTICS

AMOXICILLIN 250,500MG: Amoxil
AMOXICILLIN/CLAV 500/125MG, 875/125MG: Augmentin
AZITHROMYCIN 250MG: Zithromax Z-pak
CEPHALEXIN 250,500MG: Keflex
CIPROFLOXACIN 250,500,750MG: Cipro
CLARITHROMYCIN 500MG: Biaxin
CLINDAMYCIN 150,300MG: Cleocin
DOXYCYCLINE 50,100MG: Vibratob
LEVOFLOXACIN 250,500,750MG: Levaquin
METRONIDAZOLE 250,500MG: Flagyl
MINOCYCLINE 50,100MG: Minocin
PENICILLIN 250,500MG: Pen-Vee K
SULFA/TRIMETH SS & DS: Septra/Bactrim

ANTIBIOTICS - PEDIATRIC (Liquids)

AMOXICILLIN 250MG/5ML (sizes: 80ML,100ML,150ML): Amoxil
AMOXICILLIN 400MG/5ML (sizes: 75ML,100ML): Amoxil
AMOXICILLIN/Clav 400MG/5ML (sizes: 50ML,75ML,100ML):
Augmentin
AMOXICILLIN/Clav ES 600MG/5ML (sizes: 75ML,125ML,200ML)
Augmentin ES
AZITHROMYCIN 100MG/5ML (size: 15ML): Zithromax
AZITHROMYCIN 200MG/5ML (sizes: 15ML,22.5ML,30ML):
Zithromax
CEFDINIR 125MG/5ML (sizes: 60ML,100ML): Omnicef
CEFDINIR 250MG/5ML (sizes: 60ML,100ML): Omnicef
FLUCONAZOLE 10MG/ML - 35ML: Diflucan
FLUCONAZOLE 40MG/ML - 35ML: Diflucan

ANTIBIOTICS - TOPICAL

MUPIROCI 2% OINTMENT: Bactroban Ointment
SILVER SULFADIAZINE 1%: Silvadene Cream

ANTICHOLINERGIC

BENZTROPINE 0.5,1,2MG: Cogentin
HYOSCYAMINE 0.125MG: Levsin Oral or SL

ANTICOAGULANT / ANTIPLATELET

ASPIRIN 81MG
CLOPIDOGREL 75MG: Plavix
WARFARIN 1,2,2.5,3,4,5,6,7.5,10MG: Coumadin

ANTICONVULSANTS

GABAPENTIN 100,300,400,600,800MG: Neurontin
LAMOTRIGINE 25,100,150,200MG: Lamictal
LEVETIRACETAM Tablets 250,500,750,1000mg: Keppra
OXCARBAZEPINE 150,300MG: Trileptal
PHENYTOIN 100MG: Dilantin
PRIMIDONE 50,250MG: Mysoline
TOPIRAMATE 25,50,100,200MG: Topamax

ANTIDEPRESSANTS

AMITRIPTYLINE 10,25,50MG: Elavil
BUPROPION SR 100,150,200MG: Wellbutrin SR
BUPROPION XL 150,300MG: Wellbutrin XL
CITALOPRAM 10,20,40MG: Celexa
DULOXETINE 20,30,60MG: Cymbalta
ESCITALOPRAM 10,20MG: Lexapro
FLUOXETINE 10,20,40MG: Prozac
MIRTAZAPINE 15,30,45MG: Remeron
NORTRIPTYLINE 10,25,50MG: Pamelor
PAROXETINE 10,20,30,40MG: Paxil
SERTRALINE 25,50,100MG: Zoloft
TRAZODONE 50,100,150MG: Desyrel
VENLAFAXINE ER 37.5,75,150MG Capsules: Effexor XR

ANTIESTROGEN

ANASTROZOLE 1MG: Arimidex
LETROZOLE 2.5MG: Femara
TAMOXIFEN 10,20MG: Nolvadex

ANTIFUNGAL

CLOTRIMAZOLE 1%: Lotrimin
FLUCONAZOLE 150MG: Diflucan
MICONAZOLE 2%: Micatin
TERBINAFINE 250MG: Lamisil

ANTIVIRAL

ACYCLOVIR 400,800MG: Zovirax
VALACYCLOVIR 500,1000MG: Valtrex

CARDIAC

AMIODARONE 200MG: Cordarone
CARVEDILOL 3.125, 6.25, 12.5, 25MG: Coreg
DILTIAZEM CD 120,180,240,300MG: Cardizem CD
FLECAINIDE 50,100MG: Tambacor
FUROSEMIDE 20,40,80MG: Lasix
ISOSORBIDE MN 30,60MG: Imdur
METOPROLOL SUCCINATE ER – 25,50,100MG: Toprol XL
METOPROLOL TARTRATE – 25,50,100MG: Lopressor
NITROGLYCERIN 0.4MG: Nitrostat
SOTALOL 80,120MG: Betapace

PHARMACY BENEFITS

Generic Prescription Medications that are Free with Your Membership

CONTRACEPTIVES

LEVONORGESTREL-ETHINYL ESTRADIOL: Nordette, Orsythia
MEDROXYPROGESTERONE 150MG/ML Vial/Syringe:
Depo-Provera
NORETHINDRONE-ETHINYL ESTRADIOL:
Microgestin/Microgestin FE/Ortho-Novum
NORGESTREL-ETHINYL ESTRADIOL: Cryselle
TRI-ESTARYLLA: Tri-Sprintec

COUGH

BENZONATATE 100,200MG: Tessalon
GUAIFENESIN/CODEINE: Robitussin AC
PROMETHAZINE/CODEINE: Phenergan/codeine

DERMATOLOGY

BETAMETHASONE DIP augmented cream: Diprolene
CLOTRIMAZOLE/BETAMETHASONE cream: Lotrisone
HYDROCORTISONE 2.5% ointment
HYDROXYZINE 10,25,50MG: Atarax
METHYLPREDNISOLONE 4mg Dosepack: Medrol
MOMETASONE cream/ointment: Elocon
PERMETHRIN crème rinse: NIX crème rinse
PREDNISONE 5,10,20,50MG: Sterapred DS
TRIAMCINOLONE cream/ointment: Kenalog

DIABETES TYPE-2

GLIMEPIRIDE 1,2,4MG: Amaryl
GLIPIZIDE 5,10,15MG: Glucotrol
GLIPIZIDE XL 2.5,5,10MG: Glucotrol-XL
METFORMIN 500,850,1000MG: Glucophage
METFORMIN ER 500MG: Glucophage XR
PIOGLITAZONE 15,30,45MG: Actos
BLOOD GLUCOSE: MONITOR/STRIPS/LANCETS
SYRINGES 30,50,100 Units
PEN NEEDLES 100'

DIURETICS

FUROSEMIDE 20,40,80MG: Lasix
HCTZ 12.5,25MG: HydroDiuril
SPIRONOLACTONE 25,50,100MG: Aldactone
TRIAMTERENE/HCTZ 37.5/25, 75/50MG Tabs: Maxzide

GASTRO

DICYCLOMINE 10,20MG: Bentyl
ESOMEPRAZOLE 40MG: Nexium
FAMOTIDINE 20,40MG: Pepcid
MECLIZINE 12.5,25MG: Antivert
METOCLOPRAMIDE 5,10MG: Reglan
OMEPRAZOLE 20,40MG: Prilosec
ONDANSETRON 4,8MG: Zofran Tabs
ONDANSETRON-ODT 4,8MG: Zofran-ODT
PANTOPRAZOLE 20,40MG: Protonix

PROCHLORPERAZINE 5,10MG: Compazine
PROMETHAZINE 12.5,25MG: Phenergan
SIMETHICONE 125MG chewable, 20mg/0.3ml infant drops:
Gas-X
SUCRALFATE 1GM Tablets: Carafate

GOUT

ALLOPURINOL 100,300MG: Zyloprim
INDOMETHACIN 25,50MG: Indocin
NAPROXEN 250,375,500MG: Naprosyn
PREDNISONE 5,10,20,50MG: Sterapred DS

HEENT - EAR

NEO/POLY/DEX EYE drops: Maxitrol ophthalmic
OFLOXACIN EYE drops: Ocuflox

HEENT - EYE

CIPROFLOXACIN eye drops: Ciloxan
GENTAMICIN eye drops: Garamycin
KETOTIFEN eye drops: Zatidor/Alaway
NEO/POLY/DEX eye ointment: Maxitrol ointment
OFLOXACIN eye drops: Ocuflox
POLYMYXIN/TRIMETHOPRIM eye drops: PolyTrim
TOBRAMYCIN eye drops: Tobrex

HEENT - GLAUCOMA

BRIMONIDINE 0.2% eye drops: Alphagan
DORZOLAMIDE + TIMOLOL eye drops: CoSopt
DORZOLAMIDE eye drops: Trusopt
LATANOPROST eye drops: Xalatan
TIMOLOL eye drops: Timoptic plain

HEENT - MOUTH

LIDOCAINE VISCOUS 2%: Xylocaine viscous

HEENT - ALLERGY

AZELASTINE 0.1% nasal spray: Astelin
CETIRIZINE 10MG, 1mg/ml LIQUID: Zyrtec
FLUTICASONES nasal spray: Flonase
IPRATROPIUM nasal spray 0.03%,0.06%: Atrovent
LORATADINE 10MG: Claritin
MONTELUKAST 4,5,10MG: Singulair

HYPERLIPIDEMIA

ATORVASTATIN 10,20,40,80MG: Lipitor
FENOIBRATE 48,145,160MG: Tricor
GEMFIBROZIL 600MG: Lopid
PRAVASTATIN 10,20,40,80MG: Pravachol
ROSUVASTATIN 5,10,20,40MG: Crestor
SIMVASTATIN 5,10,20,40MG: Zocor

PHARMACY BENEFITS

Generic Prescription Medications that are Free with Your Membership

HYPERTENSION - ACE/ARBs

IRBESARTAN 75,150,300MG: Avapro
IRBESARTAN/HCTZ: Avalide
LISINOPRIL 2.5,5,10,20,30,40MG:
Prinivil/Zestril/LISINOPRIL/HCTZ (all strengths): Zestoretic
LOSARTAN 25,50,100MG: Cozaar
OLMESARTAN 5,20,40MG: Benicar
QUINAPRIL 5,10,20,40MG: Accupril
RAMIPRIL 1.25,2.5,5,10MG: Altace

HYPERTENSION – Beta Blockers

ATENOLOL 25,50,100MG: Tenormin
CARVEDILOL 3.125, 6.25, 12.5, 25MG: Coreg
METOPROLOL 25,50,100MG: Lopressor
METOPROLOL ER 25,50,100MG: Toprol-XL
PROPRANOLOL 10,20,40,80MG: Inderal

HYPERTENSION - CCBs

AMLODIPINE 2.5,5,10MG: Norvasc
DILTIAZEM CD 120,180,240,300MG: Cardizem CD
VERAPAMIL ER 120,180,240MG: Calan SR

HYPERTENSION – Sympatholytic

CLONIDINE 0.1, 0.2, 0.3MG: Catapres
GUANFACINE 1,2MG: Tenex

LAXATIVES

BISACODYL 5MG: Dulcolax
DOCUSATE 100MG Caps: Colace
LACTULOSE Syrup: Chronulac
MILK OF MAGNESIA
POLYETHYLENE GLYCOL: Miralax
SENNA 8.6MG

MEN'S HEALTH

ALFUZOSIN 10MG: Uroxatral
DUTASTERIDE 0.5MG: Avodart
FINASTERIDE 5MG: Proscar
SILDENAFIL 25,50,100MG (max 8 per month): Viagra
TADALAFIL 10,20MG (max 8 per month): Cialis
TADALAFIL 5MG: Cialis (BPH dose)
TAMSULOSIN 0.4MG: Flomax
TERAZOSIN 1,2,5,10MG: Hytrin

MENTAL HEALTH

ALPRAZOLAM 0.25,0.5,1MG: Xanax
ARIPIRAZOLE 2,5,10,15,20,30MG: Abilify
BUSPIRONE 5,10,15,30MG: Buspar
CHLORDIAZEPOXIDE 5,10,25MG: Librium
CLONAZEPAM 0.5,1,2MG: Klonopin

DIAZEPAM 2,5,10MG: Valium
HYDROXYZINE PAMOATE 25,50MG: Vistaril
LITHIUM 150,300MG: LithoBid, Eskalith
LORAZEPAM 0.5,1MG: Ativan
OLANZAPINE 2.5,5,7.5,10MG: Zyprexa
PRAZOSIN 1,2MG: Minipress
QUETIAPINE 25,50,100,200,300MG: Seroquel
RISPERIDONE 0.25,0.5,1,2,3,4MG: Risperdal

MIGRAINE

PROPRANOLOL 10,20,40,80MG: Inderal
RIZATRIPTAN 5,10MG: Maxalt
RIZATRIPTAN ODT 5,10MG: Maxalt MLT
SUMATRIPTAN 25,50,100MG: Imitrex
TOPIRAMATE 25,50,100,200MG: Topamax

MUSCLE RELAXANTS

BACLOFEN 10,20MG: Lioresal
CYCLOBENZAPRINE 5,10MG: Flexeril
METHOCARBAMOL 500,750MG: Robaxin
ORPHENADRINE ER 100mg: Norflex
TIZANIDINE 2,4MG: Zanaflex

OAB (Overactive Bladder)

OXYBUTYNIN 5MG: Ditropan
OXYBUTYNIN ER 5,10,15MG: Ditropan XL

OSTEOPOROSIS

ALENDRONATE 35,70MG: Fosamax
CALCIUM CARBONATE: OS-CAL
CALCIUM CITRATE: Citracal
IBANDRONATE 150MG: Boniva
VITAMIN D 50,000 IU: Drisdol

PAIN MANAGEMENT

CELECOXIB 100, 200MG: Celebrex
DICLOFENAC 1% Gel: Voltaren Gel
GABAPENTIN 100,300,400,600,800MG: Neurontin
IBUPROFEN 200,400,600,800MG: Motrin
MELOXICAM 7.5,15MG: Mobic
NAPROXEN 250,375,500MG: Naprosyn
PREGABALIN 50,75,100,150MG: Lyrica

PAIN - OPIOIDS

MAX = 120 MME/day, Must Follow Clinic Opioid Policy
ACETAMINOPHEN W/CODEINE #3: Tylenol #3
HYDROCODONE/APAP 5/325, 7.5/325, 10/325: Norco
MORPHINE ER 15,30MG: MS Contin
OXYCODONE 5,10,15MG IR Tablets: OXY-IR
TRAMADOL 50MG: Ultram

PHARMACY BENEFITS

Generic Prescription Medications that are Free with Your Membership

PARKINSON'S

BENZTROPINE 0.5,1,2MG: Cogentin
CARBIDOPA/LEVODOPA 25/100MG: Sinemet
PRAMIPEXOLE 0.125,0.25,0.5,0.75,1,1.5MG: Mirapex
ROPINIROLE 0.25,0.5,1,2,3,4MG: Requip

RESPIRATORY

ALBUTEROL HFA 8GM MAX: Ventolin
ALBUTEROL 2.5MG/3ML Neb Soln: Ventolin Soln
ALBUTEROL/IPRATROPIUM 0.5/3 mg/3ml Soln: Duoneb
IPRATROPIUM 0.02% Neb Soln: Atrovent Soln

RHEUMATOID ARTHRITIS

FOLIC ACID 1MG
HYDROXYCHLOROQUINE 200MG: Plaquenil
METHOTREXATE 2.5MG

RLS

PRAMIPEXOLE 0.125,0.25,0.5,0.75,1,1.5MG: Mirapex
ROPINIROLE 0.25,0.5,1,2,3,4MG: Requip
SLEEP AIDS
AMITRIPTYLINE 10,25,50MG: Elavil
DOXEPIN 10,25MG: Sinequan
MIRTAZAPINE 15,30,45MG: Remeron
TEMAZEPAM 15,30MG: Restoril
TRAZODONE 50,100,150MG: Desyrel
ZOLPIDEM 5,10MG: Ambien

THYROID

LEVOTHYROXINE (All Strengths): Synthroid

UTI PAIN

PHENAZOPYRIDINE 100MG (Max 6 Tablets): Pyridium

WOMEN'S HEALTH

CLOTRIMAZOLE VAG CREAM: Gyne-Lotrimin cream
ESTRADIOL 0.5,1,2MG: Estrace
FLUCONAZOLE 150MG: Diflucan
MICONAZOLE VAG CREAM/SUPPS: Monistat
PRENATAL VITAMINS: PNV Prenatal Plus
See "CONTRACEPTIVES" for birth control options

VITAMINS/SUPPLEMENTS

VITAMIN B-1 100MG
VITAMIN B-2 100MG
VITAMIN B-6 50MG
VITAMIN B-12 500,1000MG
VITAMIN C 500MG
VITAMIN D 1000,2000,5000IU
VITAMIN D 400IU/mL Drops
CALCIUM CARBONATE: OS-CAL
CALCIUM CITRATE: Citracal
CHILDREN'S CHEWABLE MULTIVITAMIN
DAILY-VITE MULTIVITAMIN
FERREX 150: Iron Polysaccharide Supplement
FERROUS SULFATE 325MG: Iron Supplement
FOLIC ACID 1MG
MAGNESIUM OXIDE 400MG
MULTIVITAMIN W/ FLUORIDE 0.25,0.5,1MG: Floriva
SODIUM FLUORIDE 0.25,0.5,1MG: Ludent

Formulary revised 07/01/2021, list is subject to change, for most up to date version go to <https://peopleonehealth.com/rx-benefits>