

BE HEALTHY, STAY HEALTHY

A monthly guide designed to help improve quality of life.

October 2022



Medicare Open Enrollment

Medicare Open Enrollment runs from October 15th to December 7th. During this period, you have the opportunity to switch Medicare plans or enroll in a new plan. If you change plans, your new coverage will begin on January 1st of the new year.

If you're currently in a Medicare plan, you'll get an Annual Notice of Changes (ANOC) in the mail. Note any 2023 changes to your health coverage or any Extra Help you may get to pay for prescription drugs. You may also get health plan marketing materials, like brochures, from insurance companies that offer Medicare health and prescription drug plans. Remember, plans aren't allowed to call or come to your home without an invitation from you.

If you receive a letter stating your pharmacy of choice is no longer a preferred pharmacy, please give us

a call. We can help you choose a plan that is cost effective and allows you to stay at your favorite pharmacy.

Medicare has a Plan Finder tool that can help you compare coverage options and shop for health plans. For a personalized search, you will need to login and create an account to create or access a list of your drugs, compare your current Medicare plans to others, and see prices based on any help you get with drug costs. If you like your current coverage and it's still available for 2023, you don't need to take any action.

If all this has you a bit overwhelmed, make an appointment to come see us. As your local, independent pharmacy, we are here to serve you. We will sit down with you and go over your current medications and plan options for 2022. We can help you understand what your costs may be depending on



which plan you choose. And we do all this for free.

It is important to note that we cannot help anyone who has chosen Medicare Advantage. This program includes a prescription drug program, and you will not have an option to choose a drug coverage plan.

**If you are interested
in scheduling an
appointment, visit
www.NorlandRx.com
or call (717) 217-6790 .**

A decorative banner for a fall harvest sale. It features a dark teal background with a white border. The text "fall harvest sale" is written in a white, cursive font. Below the text, a yellow rectangular box contains the text "25% off all supplements, vitamins, essential oils, CBD products, and fall décor." and "October 1-15". The banner is decorated with various autumn-themed elements, including pumpkins, gourds, and colorful leaves in shades of orange, yellow, and red.

The Rising Costs of Nail Fungus Prescriptions

There are a number of advertised products for toenail fungus that are available with a prescription, but some are not as effective as their claims suggest. Furthermore, these costly drugs are often rejected by insurance, and when they are covered, the copay may be unaffordable. As a result, you may walk away without your medication, and your problem will persist. According to goodrx.com at the time of publication, here are some of the associated costs of some well-known commercial products:

- Jublia 4ml (efinaconazole 10%) - \$600
- Umecta 7oz (urea 40%) - \$240-300
- Kerydin 4ml (tavaborole 5%) - \$600

In our state-of-the-art compounding lab, we are able to prepare combination topical therapies with positive clinical outcomes and often lower costs. Below are some formulations that can be made in our compounding lab with a prescription from your doctor:

- Ketoconazole 2%/Urea 40%/DMSO Nail Suspension
- Itraconazole 1%/Ibuprofen 2%/DMSO Nail Solution
- Fluconazole 1%/Urea 20% Nail Lacquer
- Ciclopirox 8%/Fluconazole 1%/Terbinafine HCl 1% Topical Gel

If you are interested, stop by and pick-up a flyer on our compounded nail fungus solutions to give to your doctor.



TRICARE Pharmacy Network Restrictions

You may have received a letter from Express Scripts, the pharmacy benefit manager that administers the TRICARE benefit, that Norland Avenue Pharmacy will no longer be in the network. This announcement may leave you asking, "What happened?"

Recently, the Department of Defense (DOD) awarded a \$4 billion contract to Express Scripts and, at the same time, reduced the size of the retail pharmacy network. Express Scripts, which owns its own mail-order and specialty pharmacy and is a direct competitor to independent pharmacies, slashed payments to community pharmacies. The reduced payments make it nearly impossible for us to be able to participate and serve our military and their families. This action will take pharmacy choice away from you and from many other active and retired military families.

If you are as disappointed as we are about this situation, consider submitting a complaint about your pharmacy of choice being excluded from the TRICARE network by calling **1-877-363-1303** or sending an email to **DOD.customer.relations@express-scripts.com**. You can also contact your U.S. senators and representative. Look up their contact information at <https://bit.ly/fight4rx-legislators>.

While we would love to continue to serve you, we understand that cost plays a large role in your pharmacy choice. Ask us about options to purchase prescriptions off of your insurance. In some cases, the cash price may be lower than your copay.

Again, we are very saddened by this turn of events. We hope to be able to continue to serve you.

Non-Profit of the Month

A portion of our sales for the month of October will be donated to...

Shoebox Supply House

Located at 709 Marden Avenue in Shippensburg, this organization stocks items for purchase to help fill shoeboxes for Operation Christmas Child, to take on mission trips, for Vacation Bible School, or for church youth group activities. For more information visit shoeboxsupplyhouse.com.

Pre-School SCENTsory Dough & Putty Class

Monday, October 24th, 9:30am OR 11:30am

For: Children ages 3-5 (must be accompanied by an adult who will help them with class participation)

Cost: \$25 (includes a Land of Dough product, an Aaron's SCENTsory putty, individualized laminated play mat, accessories, and educational interactive instruction)

Sharon will lead a 45 minute creative play class, using music, stories, and movement that will engage the children in new and creative ways to use play dough and putty.

Note: We will be using standard tables and chairs so those with smaller children may need to bring a booster seat.



Classes will be limited to 12 children. Please reserve your child's spot today by calling or stopping by the store and providing payment.

Proverbs to Live By

Avoid Quarreling

Proverbs 17:14 - *Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.*

Proverbs 20:3 - *It is to a man's honor to avoid strife, but every fool is quick to quarrel.*

When we quarrel with others it only causes more problems. It is like punching a hole in a dam. It shows that we are foolish instead of wise. Proverbs also gives us some good advice on how to avoid quarreling... be gentle with your words.

Proverbs 15:1 - *A gentle answer turns away wrath, but a harsh word stirs up anger.*

FREE Ear Piercing Now Available

Norland Avenue Pharmacy now offers free ear piercing services to anyone seven years of age and older with the purchase of a pair of Studex earrings.

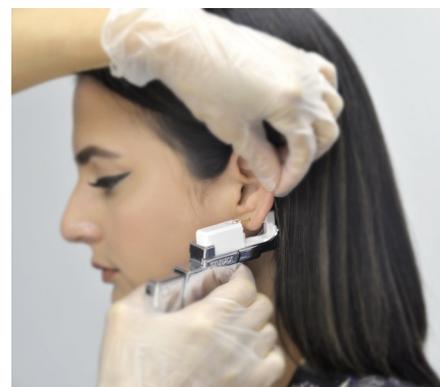
In order to ensure an excellent ear piercing experience, you must call the store or visit NorlandRx.com to make a piercing appointment. Our piercing specialists always wear single use disposable gloves to be as hygienic as possible. Our tools are cleaned before and after each use, and our earrings are always prepackaged and pre-sterilized.

Before piercing, your ears will be cleaned with an alcohol swab. Our "touch-free" ear piercing process highlights safety and hygiene. For anyone who would prefer, and for all



customers under the age of ten, we will pierce both ears simultaneously. All earrings are non-allergenic with no nickel strike. You must be 18 years of age or have a parent or legal guardian present identification to have your ears pierced. Please note, we retain the right to turn away any customers who are not cooperating with our piercers.

The dots on this photo represent the areas we are able to pierce. Gold plated stainless steel and stainless steel earrings are \$35, while 14K gold and white gold earrings are \$60. Everything required is included: earrings, cleaning solution, and aftercare instructions. Give us a call if you have any questions: (717) 217-6790.



LOL: The Best Medicine

Why did the chicken join the gym?
To work on his pecks.

I once bought a dog off a blacksmith. As soon as I got him home, he made a bolt for the door.

I lost three fingers on my right hand, so I asked my doctor if I would still be able to write with it. The doctor said, "Maybe, but I wouldn't count on it."

My horse will only come out of its stable when it gets dark. It's becoming a night mare.

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Mark Your Calendar

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|--------------|---|
| Oct 1-15 | Fall Harvest Sale (pg 1) |
| Oct 8 | Drive Thru Flu Shots (pg 4) |
| Oct 15-Dec 7 | Medicare Open Enrollment (pg 1) |
| Oct 24 | Pre-School SCENTsory Dough & Putty Class (pg 3) |

Rapid COVID PCR Testing, COVID Vaccinations, COVID Bivalent Booster Shots, and Flu Shots (High Dose & Quadrivalent) Available Daily

Drive Thru Flu Shots

Saturday, October 8th, 9am-Noon

- Quadrivalent & high dose shots available
- No appointment necessary
- Patients 12 years old and older
- Free with most insurance coverage
- Follow the signs in the pharmacy parking lot
- Cash price without insurance: \$28 for quadrivalent & \$60 for high dose



“Because of the Lord’s great love we are
not consumed, for His compassions
never fail. They are new every morning;
great is Your faithfulness.”
- Lamentations 3:22-23

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