

Transitions Of Care: Medication & Health Insurance Coverage

Medications

Prescription number: a unique number to identify your prescription

The name of the doctor who ordered your medication

Quantity of your medication in the container

Name and strength of medication

Directions how to use your medication

Pharmacy's name, address and phone number where your medication has been dispensed

Your name

The date your medication was dispensed

Number of refills remaining of quantity filed on this label. When this is 0 then you need to see a doctor for a new prescription

Terms you may come across when reviewing a health plan:

Co-pay

Co-pay is the amount of money you may have to pay for a medication (usually a percentage). You pay it when you pick up your prescription.

Deductible

Deductible is the amount you owe for health care services before your health insurance or plan begins to pay.

Dispensing Fee

Dispensing fee is the fee you pay to the pharmacy; there is always a minimal dispensing fee when you pick up your medications.

Keep a copy of the **DIN numbers (the Barcode number)**, generic and brand names of all your medication.

You can use **My Health Passport** to track your medication and condition. And create a wallet size document of important medical information.

<http://www.cdha.nshealth.ca/patients-clients-visitors/myhealth-passport>

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Insurance Coverage

The Nova Scotia family Pharmacare Program

Pharmacare helps cover the costs of certain prescribed medications; there is no charge to be a part of the program. You have the option to enroll at the age of 18 years as an independent, even if you are still living with your parents. It can be used in collaboration with private health insurance if available or on its own.

1-877-330-0323

www.nspharmacare.ca

Who is eligible for Pharmacare?

If you are 18 years of age, are a permanent Nova Scotia resident and have a valid Nova Scotia Health card you are eligible to apply.

If you are First Nations or Inuit, the **Non-Insured Health Benefits (NIHB)** can cover some medications and services. The Atlantic (P.E.I., N.S., N.B., N.L.) Regional office can be contacted toll free at: **1-800-565-3294**
<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php>

Questions to ask your parent/caregiver's private health care plan:

- How long am I covered under this healthcare plan?
- What types of services are covered on this plan (for example: Occupational Therapy, Physiotherapy)?
- What is the co-pay % that I will have to pay for my medications?
- Do I need to be in college or university for coverage to continue?
- Will I be covered if I attend college or university in another province?
- Do I need to be a full- time or part – time student to be covered? What type of documentation is required?
- Is there a form I need to complete, or do I need special authorization?
- What happens to my coverage if I take a year off between high school and college/university?