

# The Pulse

Stay in-the-know with monthly information from the PRC

March 2019 Edition



## Benefits Beat

SAVING MONEY ON PRESCRIPTIONS

Prescription prices have increased by alarming rates over the past few years. Below are tips to help you save money on prescriptions.

1. Shop around: All drug stores were not created equally. We all probably have a preferred or favorite place to get prescriptions filled, but sometimes it might pay to shop around. USRx Care has an online member portal where you can search by drug to see the cost for pharmacies in the area. To learn more about the portal, refer to the Member Portal User Guide.

2. Ask for generics: When doctors find something new that works, it's great for our health, but maybe not so much for our wallets. Fortunately, after a new drug's patent expires, we start to see generics flood the marketplace. Generics tend to be a lot cheaper than brand drugs. If you know a generic version of your medication is available, try it to see if it works for you.

3. Use ScriptSourcing: ScriptSourcing may be able to assist by providing medications through International Mail Order or Manufacturers Assistance programs. If your prescription qualifies and you choose to use ScriptSourcing, you'll receive those medications at no cost. Check their International Mail Order formulary or call them at 1-866-488-7874 to see if your drug is available.



**Kathy Lambert,**  
Benefits & Compensation Manager

## Safety First!

Steps to Safely Use a Fire Extinguisher = PASS:

P = PULL  
A = AIM  
S = SQUEEZE  
S = SWEEP

- PULL the pin at the top of the extinguisher that keeps the handle from being accidentally pressed.
- AIM the nozzle toward the base of the fire.
- SQUEEZE the handle to discharge the extinguisher, while standing approx. 8 feet away from the fire. If you release the handle, the discharge will stop.
- SWEEP the nozzle side to side at the base of the fire. After the fire appears to be out, watch it carefully since it may reignite!



**Bob Alford,**  
People Resources Manager

## "Consider it done"

Your PRC Operations Team

Tax season is upon us! Around this time of year, we receive a lot of requests for duplicate copies of W-2 forms. Did you know through the self-service tool, you have access to all of your old W-2 forms, pay stubs, and so much more? If you've never accessed this site before, please contact us at [prc@cherokeega.com](mailto:prc@cherokeega.com) for instructions on how to log in for the first time. We are here to assist you!



**Sherry, Mary & Meli**  
People Operations Team



## Leadership Lens

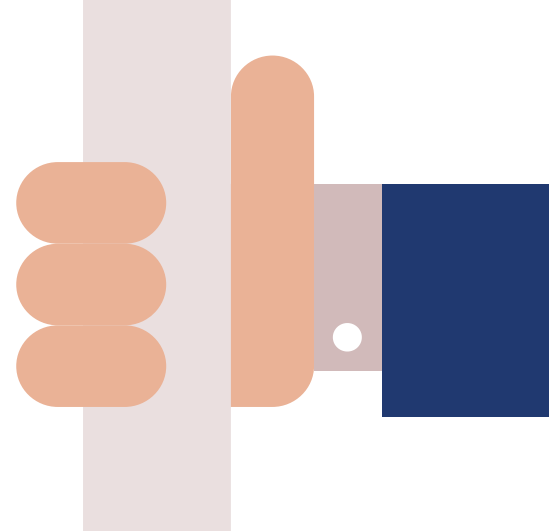
Hello, and thank you for catching-up with us again. I had the opportunity last year to attend the Reinhardt University Leadership Symposium where many talented speakers facilitated a variety of topics. One of the speakers, Tricia Molloy, spoke of creating more balanced, positive workplaces.

After the symposium, I signed-up to receive periodic emails from Tricia, one of which asked a simple yet profound question ... "What is your one-word intention for 2019?" and included in the email were several examples to consider: balanced, purposeful, grateful, compassionate, peaceful, healthy, curious, joyful, etc. and she explained that by deciding what our intention will be and putting it into a daily affirmation (e.g., "I will make healthy choices today.") it will help us to naturally make more conscious choices that align with our intention. What empowering and inspiring wisdom!



**Lori Thompson,**  
Chief People Officer

Thank you for  
catching up with us ...  
We'll connect again  
next month!



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