

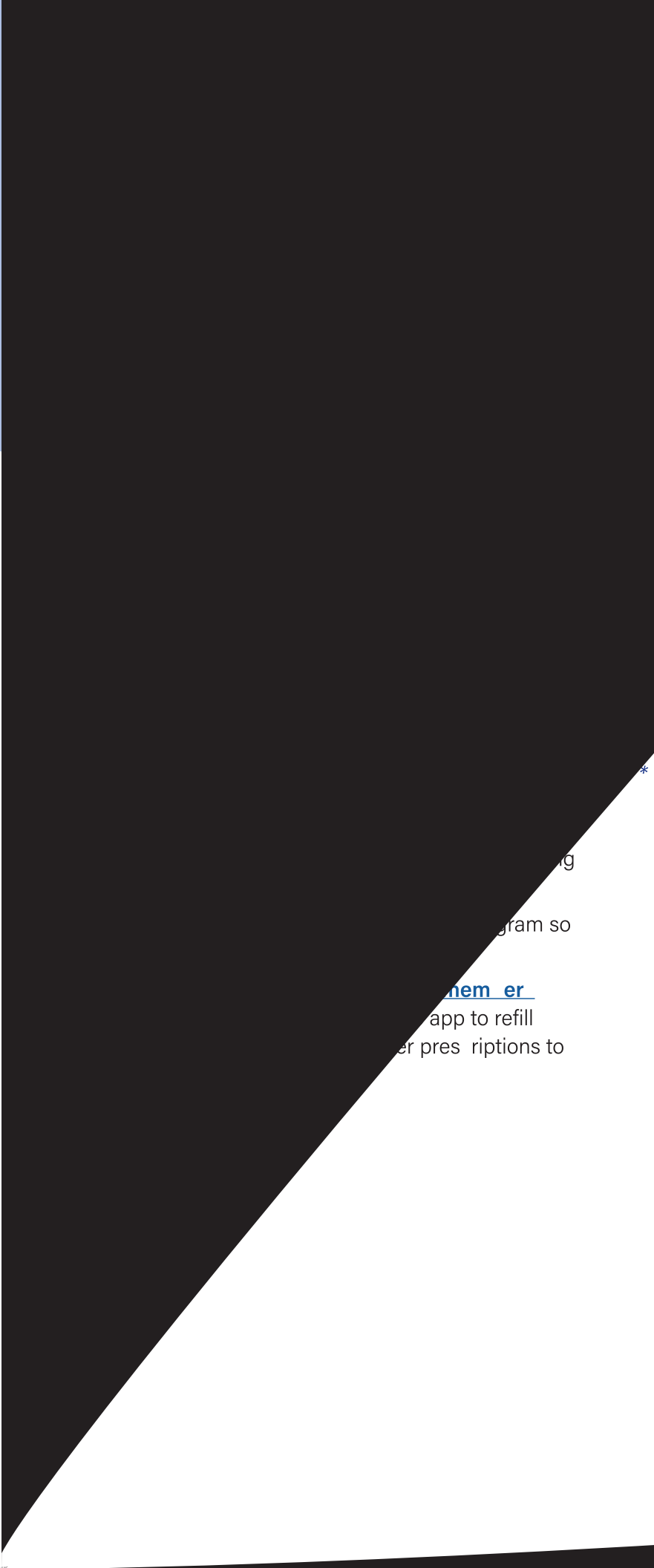
## Three easy ways to switch to Express Scripts Pharmacy

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ePre scribe

Ask your doctor to send your prescriptions electronically to Express Scripts Pharmacy.

### Online

Sign in to [sentarahealthplan.com/member](http://sentarahealthplan.com/member) or the Sentara Health Plans mobile app to activate your pharmacy account. After activating your account you'll be able to view your prescriptions and savings; then simply click to transfer your eligible prescriptions to home deliver



**Q: What medications can be delivered?**

A: Maintenance medications can be delivered daily or regularly for an ongoing condition and are delivered right to your door. These often come in a 90-day versus a 30-day supply so you are less likely to miss a dose which can keep you healthier.

**Q: Is it safe to get my medications delivered?**

A: It's very safe. Millions of people have their medications delivered every day. Express Scripts Pharmacy ensures packaging is confidential, tamper-evident and weather resistant. If your medication requires special temperature control it is shipped using special packaging and coolant packs which are adjusted for weather forecast and climate.

[theithplans.com](http://www.theithplans.com)

Plan is a trade name of Sentara Health Plan, Sentara Health Insurance Company, Administration, Inc., and Sentara Behavioral Health Service, Inc.