



# Cost Cutting

## TIPS FOR POTS



### PRESCRIPTION MEDICATION

1. Compare pharmacy prices in your area
2. Use coupons for your medications
3. Use FREE Prescription Discount Cards
4. Look at online pharmacies
5. Don't assume that over-the-counter medications are cheaper than prescriptions



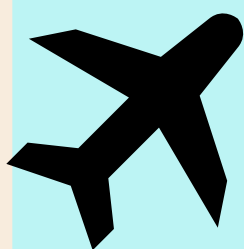
### MEDICAL DEVICES

Compare prices & look for coupons for medical devices like compression stockings, cooling vests, wheelchairs, canes, etc. Check to see if insurance will cover the cost of your medical device - this can save you a lot of money.



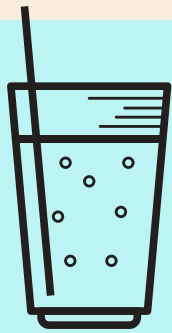
### AVOID THE ER

Obviously, there are times when you must go directly to the ER. Sometimes, though, you can get help from your own doctor or a local urgent care center. This is a much cheaper option than the emergency room.



### DISTANT PHYSICIANS

Many hotels offer discounts to families coming into large medical centers. If flying, check out the Medical Transportation Grant Program offered by Southwest Airlines. Consider telemedicine via Skype/telephone.



### ELECTROLYTE DRINKS

Instead of buying electrolyte drinks like Gatorade, you can make your own at home.

If you can't make your own, or don't want to, you can save money by buying the powdered form of these drinks & adding water.



### CAPSULES

This is a much cheaper option if you have time to make your own capsules rather than buying them pre-packaged. Buy gel caps & fill with salt, herbs, turmeric or something else that you have bought cheaply in bulk.