

# Personalize Your Medications

## With Rx Helix

Your health plan, in partnership with YouScript®, is covering a new benefit that can help your healthcare providers choose the safest and most cost-effective medications for you.

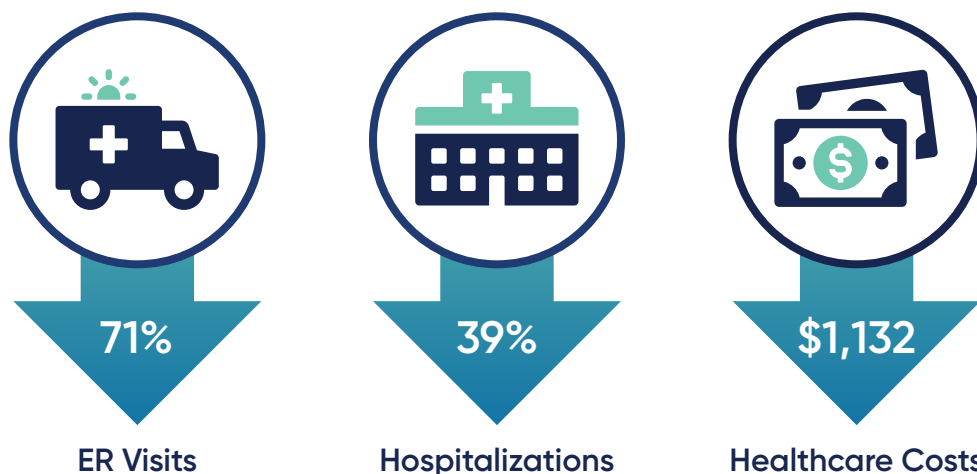
### Did You Know?

Many of the most commonly prescribed medications in mental health, heart health, pain management, cancer care, and more are impacted by your genetics. A simple cheek swab test can help your healthcare providers understand if a lower dose, higher dose, or different medication could reduce your risk of side effects or be more effective.



### Personalized Prescribing Works

YouScript and personalized prescribing tests have been shown to reduce emergency room (ER) visits, hospitalizations, and healthcare costs in multiple studies.<sup>1,2</sup>



1. <https://www.tandfonline.com/doi/full/10.3111/13696998.2015.1110160>

2. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0170905>

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### Get Started – Request and Return

1. Scan the QR code or visit [www.youscript.com/capitalrx](http://www.youscript.com/capitalrx) to learn more and request a test kit.
2. Once you receive your test kit with instructions in the mail, simply collect the cheek swab sample and package it in the prepaid USPS shipping envelope.
3. Put your prepaid USPS shipping envelope in the mail.



A Capital Rx pharmacist will reach out to review your results and make recommendations to your prescriber(s). You will also have 24/7 secure access to your results through the YouScript member portal. Your employer will not have access to your results.

### Your Choice

Your choice to join the Rx Helix program is up to you. Capital Rx works with YouScript, a healthcare personalized prescribing program and their partner, AccessDx Laboratory, to safely and securely conduct testing and handle test results. When you participate in Rx Helix, you agree to let YouScript and AccessDx Laboratory share your test results, personal, and medical information with Capital Rx. Capital Rx follows all data privacy laws and ensures that your protected health information related to the Rx Helix program, including your test results, is neither sold to third parties nor shared with your employer. Only genes related to drug interactions will be tested for and used to personalize your medication therapy and ensure your safety as part of this program and Capital Rx's services.

### Have Questions?

If you have any questions about this program or how to join, **please call Capital Rx at 1-833-599-1044**. Select "member" and "Rx Helix" prompts when calling.