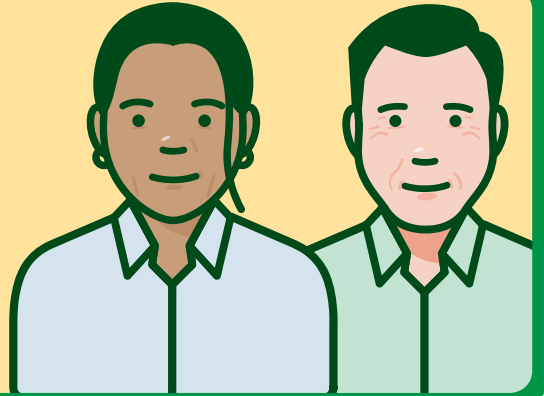


60-day prescriptions Case Study – Hermine



At just 19 years of age, Hermine from Darwin, was diagnosed with ulcerative colitis, an auto-immune disease that affects every part of her life.

Hermine's condition means she battles with nausea, vomiting, bleeding in the bowels, urgency to go to the toilet, brain fog, fatigue, and weight loss.

"It affects my everyday life – the unpredictability of it is hard to overcome," Hermine, now aged 21, said.

"Along with my symptoms, my anxiety levels have increased. I never know if I'll be well enough to go out and do everyday things like shopping."

Hermine takes mesalazine daily, and will have to do so for life. But going to the doctor – who doesn't bulk bill – every month, then to the pharmacy can be a real struggle logistically and financially.

Hermine pays \$90 for each doctor visit and a \$31.60 co-payment each time she picks up her medicine.

"It's an expensive condition, and because of it, I don't work," she said.

"It's costing me a lot, and it's a whole day out for me – I travel 30 minutes to the doctors, then I have to go to several pharmacies, because they often don't stock my medicine. I have to fit it in with uni and I get tired so quickly."



Since 1 September 2023 – with her doctor's approval – Hermine is able to get two months' worth of medicine instead of one month.

This will save her hundreds of dollars each year.

"The change will save me money and will mean that I won't have to budget in every single month to be able to afford my medication," Hermine said.

"It also provides me with security that I have ample supply, and a lower risk of running out. Fewer trips to the doctor's and pharmacy will also save me time and reduce my travel costs, so that I can focus more on getting better."

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