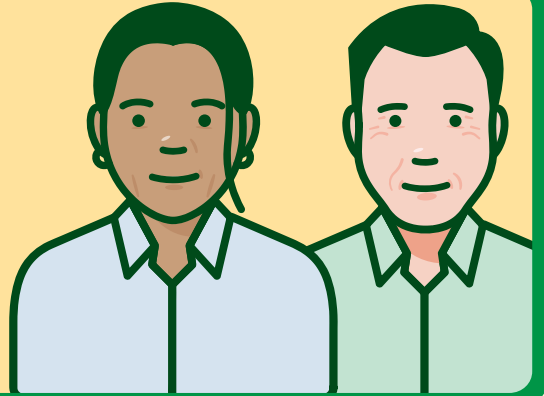


## 60-day prescriptions

### Case Study – Jeanette



**After years of joint pain, Jeanette, 50, from Melbourne, was diagnosed with rheumatoid arthritis in 2019.**

“I’m seronegative for rheumatoid arthritis, which doesn’t show up in blood tests, making it hard to diagnose,” Jeanette said.

“I used to be very active – yoga, bushwalking – but I gradually started doing less and less because of joint pain,” Jeanette said.

Jeanette now takes sulfasalazine, upadacitinib, and hydroxychloroquine which have helped her get back to normality.

“These medicines mean I don’t have daily pain. Previously, I would wake up and hobble and be very stiff. I would have to move for 30 to 40 minutes for my body to work properly.

“I was also so fatigued that there were times when I was taking a week off work, because I didn’t have any energy.

“Now I get up and feel normal, and I have fewer flare ups of pain, stiffness and exhaustion. I can live a normal life.”

Jeanette estimates she spends \$1,100 per year on her medicines. She also goes to the doctor every three months for a check up and to renew her prescriptions, costing her more than \$180 per visit.

Since 1 September 2023, one of Jeanette’s medicines – sulfasalazine – is eligible for 60-day prescriptions.



With her doctor’s approval, Jeanette is able to get two months’ worth on a single prescription – halving the medicine’s cost and potentially reducing the number of doctor visits she needs.

“Everything that can be done to minimise the requirements from the patient is a really helpful thing,” Jeanette said.

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“The less time I can spend dealing with my condition, the better. It means I can enjoy my social and work life without having to constantly think about my joints.

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“It seems like a small thing, but when you’re managing a chronic condition, or when you’re feeling unwell, it all has a big impact on your quality of life.”

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