

# The ACCESS Study



The ACCESS Study follows participants for 3 years to determine the impact of two interventions: 1) Free preventive medications for chronic diseases (elimination of copayment/out-of-pocket costs) and 2) A personalized education program tailored to each participant's conditions.

**Study Rationale:** Heart attack, stroke, and diabetes place a significant burden on patients, families and the Canadian healthcare system. Recent surveys have identified two major barriers to patients achieving optimal health: the cost of medications and knowledge about how best to manage their diseases. *We know that some Albertan seniors struggle with paying insurance copayments (out-of-pocket costs) for their medications, causing them to stop these important treatments.*

## Who are we looking for? Albertans who:

- 65 years of age or older and have an annual income of < \$50,000
- Only have Alberta Blue Cross Senior Benefit for medication coverage
- Have at least 1 of these : Chronic Kidney Disease, Heart Disease, Heart Failure, Stroke
- **And/or** have at least 2 of these: Diabetes, High Cholesterol, High Blood Pressure, Smoke more than ½ pack per day.

**How can participants enroll?** They can call the toll free number **1-844-944-8927** to confirm their eligibility.

**What are the chances of receiving each intervention?** The ACCESS study participants are randomly assigned to receive the benefit of 1 of these 4 groups: 1) Free preventive medication coverage and a personalized education program, 2) Only the free preventive medication coverage, 3) Only a personalized education program and 4) General health information.

**What do seniors have to do to participate?** In order to participate, seniors must fill out 4 occasional surveys. There are no in-person visits or appointments. Participation is completely free. We are not testing any new medications and participants continue to visit their own pharmacist and doctors.

**What is the goal of the ACCESS study?** The goal of the ACCESS study is to determine if these interventions improve people's health and lower health care costs over the long term. If they do, then these results will change how drug insurance is provided to Canadian seniors in the future and how chronic disease care is organized across Canada.

## How can you help?

- Identify potentially eligible seniors and provide them with a brochure.
- Offer a brief explanation of the study, how they can benefit, and direct them to the toll-free hotline number on the back of the brochure (1-844-944-8927).
- Promote the study with your colleagues and display the study materials in high-traffic areas where seniors may frequent.

To order more materials, please contact Charlotte at [charlotte.martin@ucalgary.ca](mailto:charlotte.martin@ucalgary.ca) or 403-210-6659. For more information, please visit [www.ACCESStrial.ca](http://www.ACCESStrial.ca)