

# 12-month prescriptions

## Who might be eligible?

### You may be eligible if:

- your condition and medication dose have been stable for at least 6 months
- you don't need regular monitoring (e.g. blood tests or blood pressure checks)
- the medicine is approved for 12-month prescribing
- you agree to have an annual in-person review to make sure your medicine is still right for you.

## What's not changing?

You'll still collect three months of medication at a time from the pharmacy — even if you have a 12-month prescription.

## Need help or have questions?

Talk to your clinician at your next appointment — we're here to help you understand what these changes mean for you.

From early 2026, some prescriptions may be valid for up to 12 months.

## What's not included?

Some prescriptions won't be eligible for the 12-month option, including:

- controlled medicines (for example, opioids or stimulants) or medicines taken only as needed
- conditions or medicines that need monitoring within 12 months
- if your condition or medicine dose has changed in the past 6 months.

The final decision about whether a 12-month prescription is safe and appropriate sits with your prescriber.

*For some people, a 6-month prescription may be a safer option.*