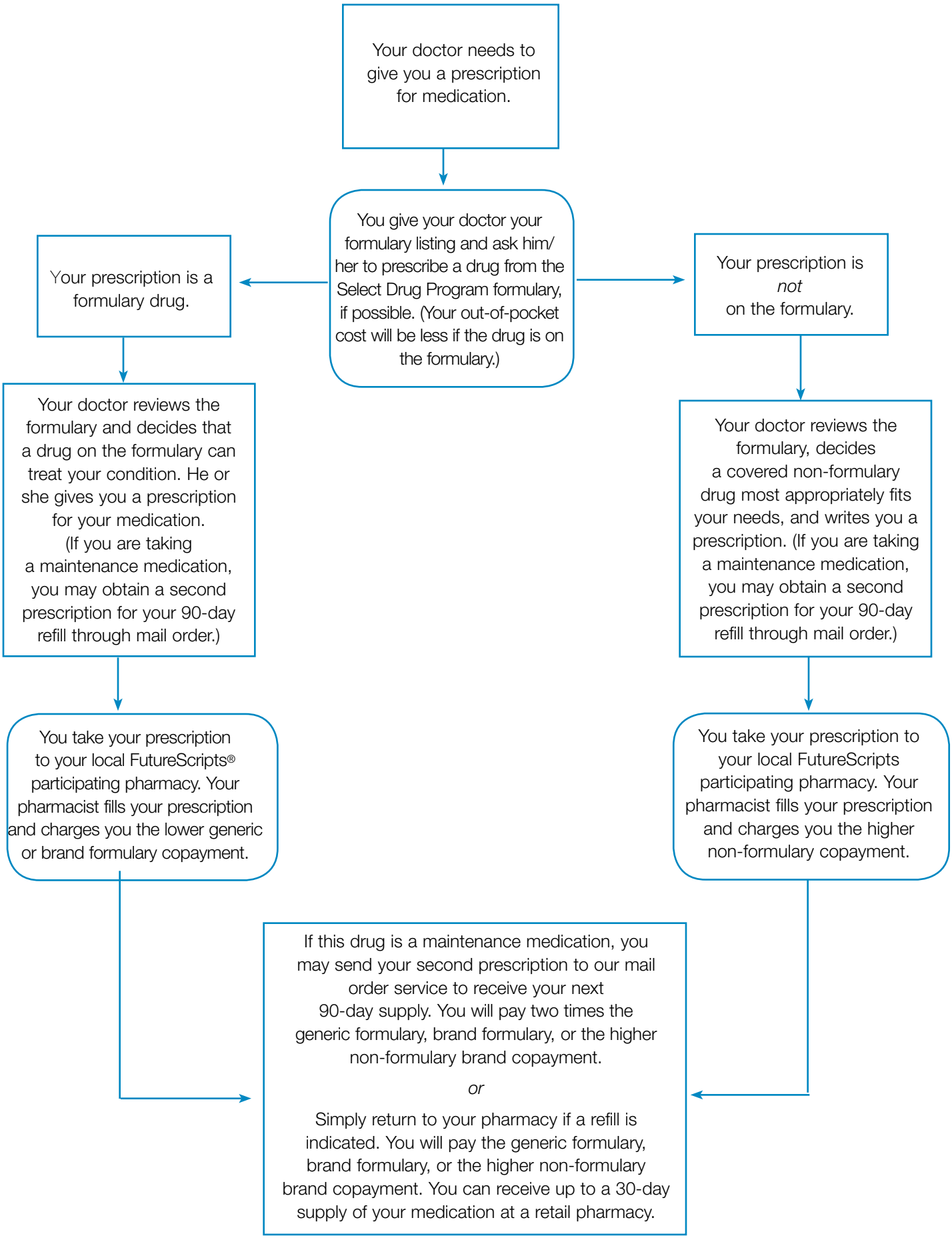How to use your Select Drug Program®