

Did you take your medicine?

We know there are many reasons you may not take your medications as prescribed. But accurately following your provider's instructions is an important part of staying healthy!

Here are some quick tips to help you stay on track:

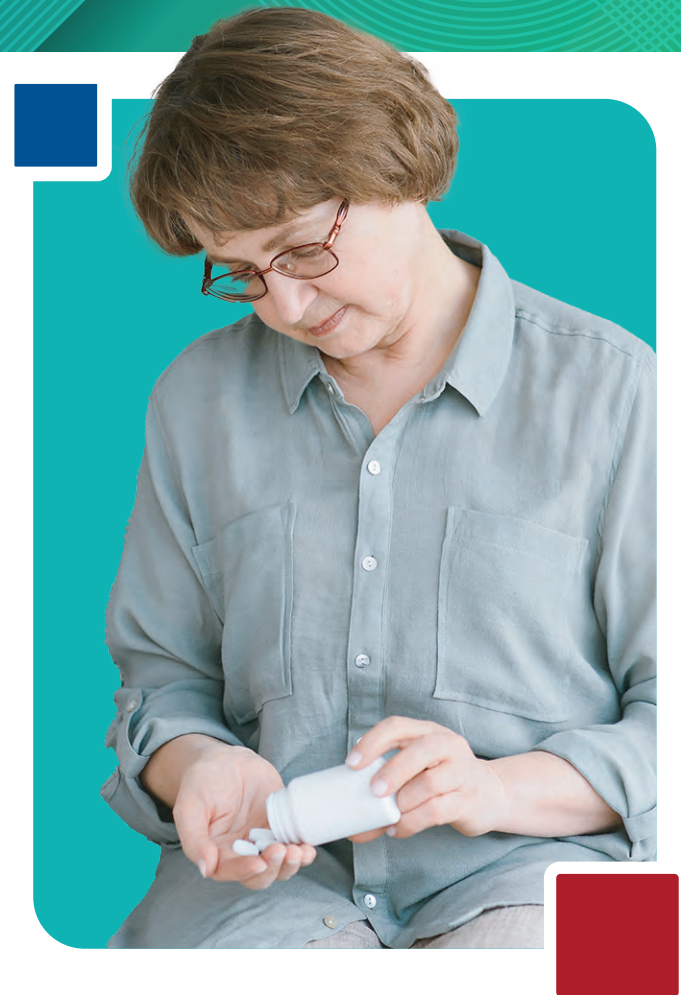
Be honest. We are here to help. If you are concerned about the price of your medication or aren't sure you can get to a pharmacy to pick it up, please tell us. We can help find additional support.

Be clear. Before you leave, please make sure you understand the instructions including:

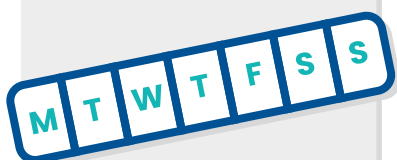
- *How your medication will help you*
- *When to take your medications*
- *What to do if you miss a dose*
- *How often you should take them*
- *Whether or not you need to get them refilled*
- *How and when to contact your care team*

Be consistent. Establishing a daily routine can help you remember to take your medications regularly. Consider taking your medication with daily habits like brushing your teeth or eating a meal.

Be accurate. Make sure you take your medications correctly. Check the instructions on your prescription bottle to match what we told you. Ask your care team for a medication list and talk to us about any changes in doses or how they work together.



Things That Can Help with Medication Adherence



Pill Box

A plastic box with sections to hold the pills you take at different times of the day for each day of the week.



Apps

Download an app for your phone or tablet to help remind you to take your medications.



Visual Reminders

Keep a visual reminder in your bedroom, kitchen or bathroom to help remind you to take your medicine.



Support

Find a routine that works best for you by enlisting the help of family, friends and your care team.



[Learn more](#)