

Why Taking your Medications as Prescribed is Important



In addition to recommending lifestyle changes such as diet and exercise, your physician may prescribe medicine to help you reach your goals and keep you healthy. It is very important to take medications exactly as directed. The medicine works best when it is taken the right way. That's why you need to be sure you know how much of it to take and how often to take it. Missing a dose or stopping because you feel better may cause problems with how the medicine works. It is important to ask yourself these important questions when it comes to your medications:

1. Is my medication supply up-to-date?
2. Am I taking my medication as directed by my physician?
3. Am I taking the right dose at the right time?

If you answered 'no' or are unsure, let your physician know.

Your physician will be able to support and assist you in finding a solution. It is also important to bring a list of your medications, both prescribed and over-the-counter, to your physician at every visit so they can go over what you are taking and explain to you how your medicines work and how it will make you feel better.



Tips for Remembering to Take Medicines

- Read all information that comes with the medicine.
- Take your medicines at the same time(s) each day. Link it with something else you do around the same time(s) each day, such as brushing your teeth.
- Remember to refill your prescription. Place a reminder note on your calendar a week before the medicine is due to run out.
- Keep a calendar or chart to write down when you take your medicines.
- Post reminder notes around your home in areas you use most, like on your refrigerator, phone, medicine cabinet, or bathroom mirror.
- Set visual cues around your home, such as placing a pill bottle on the side of a table or nightstand.
- Use a pill organizer or pillbox to keep your medicines in one place, sorted by the days of the week.



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ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-800-956-8000.

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