

Tips for Taking Your Medications

Medication adherence means taking the right amount of medicine, in the right way, at the right time. This guide will help you improve your adherence using three easy tips.

TIP #1: Talk to Your Healthcare Team

- Ask your doctor about the reasons for taking each medicine and how to take them.
- If you cannot afford your medicines, tell your doctor and pharmacist. They may be able to help! You can also talk to your Healthmap Solutions Care Navigation team member about programs to help you pay for your medications.
- Discuss any side effects with your doctor so you can work together to find the best medicine for you, including potential alternatives. For your safety, don't stop taking medicines without first talking to your doctor.
- Ask your doctor to prescribe a three-month supply of medicines.
- Talk to your pharmacist to coordinate medicine refills so you can make fewer trips to the pharmacy.



TIP #2: Make a Routine and Set Reminders

- Sign up for automatic refills or refill reminders from your pharmacy.
- Take your medicines at the same time each day. Avoid missing doses.
- Set time reminders to help yourself remember to take your medicines at the right time. Use a phone alarm or download a free phone app like Round Health or Medisafe.
- Carry medicines with you when you are not at home so you can take them at the right time and avoid missing doses.
- If it is hard for you to travel to a pharmacy to pick up medicines, ask if your pharmacy has a delivery service or switch to a mail-delivery pharmacy.



TIP #3: Get Organized

- Use a weekly pillbox to organize your medicines. If you have trouble doing this on your own, ask if your pharmacy offers services like pillbox filling or pill packs. If you can't remember if you have taken your medicine, you can check your pillbox to see if the pills are still there.
- Create a medicine list. Include each medication name and how as well as when to take it. (Example: "Atorvastatin 40 mg, 1 tablet daily in the morning")
- Include prescriptions, over-the-counter medicines, vitamins, supplements, and herbal medicines. Update your list if there are changes. Bring your list to all medical appointments and share it with your healthcare team.



Improving your **medication adherence** can lead to a healthier **YOU!**

Healthmap Solutions is here to help you manage your health. Call Healthmap at **1-800-481-0474** or visit patients.healthmapsolutions.com to learn more.