

Medication Adherence

Taking your medication as prescribed is important to manage your overall health.

Know Your Medication

- Understand why you take each of your medications.
- Make sure you take the right medicine, in the right doses, at the right time. Talk to your pharmacist if the pills look different.

Talk to Your Doctor

- Ask if any of your medication refills can be extended to a 100-day supply.
- Review your medications during the Annual Wellness Visit.
- Prepare a list of questions to ask when taking anything new. Are there any foods or supplements to avoid?

Use Reminders

- Try a pill organizer.
- Set an alarm.

Stay Organized

- Create a medication list to keep track of what you are taking.
- Store your medications in an easy to see and easy to access place.

