

KNOW. CHECK. ASK.

Know Your Medication Facts. **Check** Your Medication List.

Ask Your Healthcare Team.



Use this checklist to keep track of the steps you can take to help manage your medication!

Medication Checklist

■ Talk to Your Doctor...

to schedule your Annual Wellness Visit. During the visit, your doctor will review your medications. Ask if any of your medications can be extended to a 90 or 100-day supply!

■ Talk to Your Pharmacist...

to set up automatic refills. This helps you save time calling for refills and ensures you won't run out. Also, ask about home delivery services (your health plan may offer it too)!

■ What Is Your Reminder?

- Place your medications in a place you usually are when you take them; like the kitchen table or your nightstand.
- Use an app on your phone to set an alarm, put them in a pillbox, or leave yourself notes.
- Before your medication runs out, contact your pharmacy or PCP to get your refills on time.

■ Check Before You Take!

Ask your doctor or pharmacist before taking:

- Non-prescription medicines
- Vitamins
- Nutritional supplements
- Herbal remedies

They can change your body's chemistry and the way the medication works.

High Blood Pressure

is known as the "silent killer." Most of the time there are no symptoms. Medication can help you keep your blood pressure at healthy levels and reduce your risk of heart disease and stroke.

Diabetes

is common in older adults. It affects many major organs, including your heart, nerves, eyes and kidneys. Medication can help control your blood sugar.

High Cholesterol

has no signs and symptoms. Many people don't know that their cholesterol is too high. It raises the risk of heart disease and stroke. Medication can lower cholesterol levels.

Take Charge Of Your Health

You play a key role in managing your chronic condition. Choose a healthy lifestyle.

Take your medications regularly to prevent complications and stay in control. Medication only works when you take it as prescribed.

Take it even when you feel good; complications can develop quickly before you feel sick. Do not stop your medicine without talking to your doctor first. Tell them your concerns and ask questions. Your doctor is your partner in good health.



Network Medical Management