

# How to Improve Medication Taking

The more you know about how to take your medications, the better they will work for you. Taking medications can help you stay healthy.

- **Know your medications:** It is important to know the names, doses, and instructions for medications. If you do not understand why you are taking a medication, ask your care team why.
- **Keep a list of all your medications with you all the time.** Include name, dosage and instructions. Example: Metformin 1000 mg, take with a meal twice per day.
- **Ask for a print out of your medications** or find them on the Healow portal online: [healow App Users Guide\\_v7\\_Medication Refill Request](#)
- **Bring a list of questions** that you have about your medications to your visits with your care team.
- **Ask a family member** to take notes during your care team visits if you need help.
- **Always ask for more information** if you are nervous or unsure about your medicines.
- **If you need it, ask you care team for help** with fitting medications into a busy routine.



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# Tips for Remembering Medications

**Set a routine.** Take medications at the same time every day, along with a routine you have in place already such as brushing your teeth or eating breakfast.



**Set reminders.** Set a cell phone alarm as a reminder to take medications.

**Use a pill box to organize your medications by the day.** Fill in the daily compartments of the pill box every week to stay on track.



**Carry extra doses with you when you travel.**

If you stay in different locations or have more than one care provider, **keep some medicine at each location.**



**Keep medications in sight.** Place medications where they are easy to spot.

**Place a reminder on sticky note in an area where you won't miss it.** This could be on your bathroom mirror, refrigerator door, or the front door, so you see it before you leave for the day.

**Ask your pharmacist if they can help with making pill packs** for you, or they can suggest an app with auto-reminders so you never miss a dose.

**Keep a medication journal or record in a calendar each time you take a dose.** This can prevent you from missing doses or taking too many.



Each time you take your medication, **flip the pill bottle over**, as a reminder that you have already taken it for the day.



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