

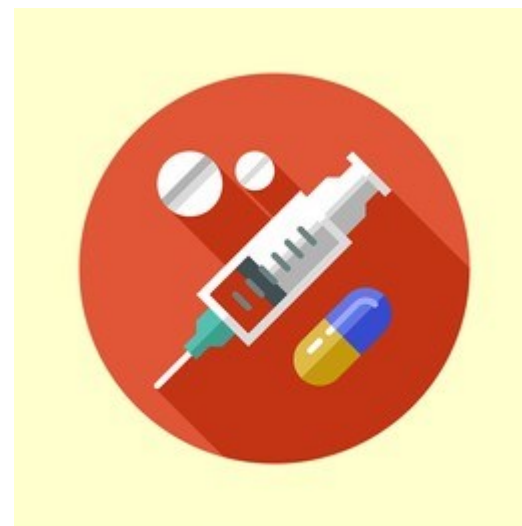
How to Improve Medication Taking

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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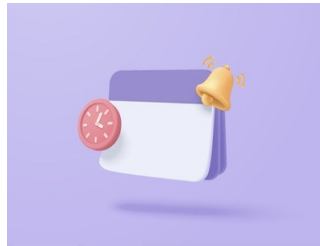


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Tips for Remembering Medications

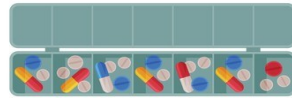
Set a routine. Take medications at the same time every day, along with a routine you have in place already such as brushing your teeth or eating breakfast.

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



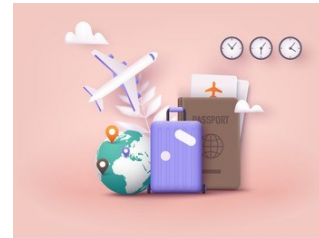
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Use a pill box to organize your medications by the day. Fill in the daily compartments of the pill box every week to stay on track.



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Carry extra doses with you when you travel.



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



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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.



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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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