

Tips for Taking Your Medications

Managing prescriptions can be confusing. But taking your medications as prescribed is one of the best ways to stay healthy. Here are a few tips to get the most out of your medications. Be sure to check with your physician if you have any questions.



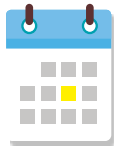
Take your medications exactly as prescribed at the same time every day.



Use a pill organizer so it's easy to see if you forgot anything.



Put a reminder note someplace you can't miss it — like on the refrigerator or your bathroom mirror.



Write down when to take your medications on a calendar.



Sign up for automatic refills at your pharmacy.



Ask your pharmacist if your medication can be sorted into dosing packs.



Set an alarm or download a reminder app on your smartphone.



Exchange daily reminder messages with friends or family members who also take medications.