

Tips for Taking Your Medications



Taking your medications as prescribed is one of the best ways to stay healthy. Here are a few tips to get the most from your medications.

At home:



Take your medications exactly as prescribed at the same time every day. Set an alarm or download a reminder app on your smartphone.



Use a pill box to organize your daily medications. Put it in a place that you access as part of your daily routine, like next to your toothbrush, next to the coffee maker, or on your nightstand.



Write down when you're scheduled to take your medications on a calendar or wallet card. Place a reminder note where you can't miss it, like on the refrigerator or your bathroom mirror.



Order refills one week before you run out to ensure timely refill approvals from your provider.



If you're eligible, use a mail-order service to have your medications delivered directly to your home or post office box.



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At the pharmacy:



Sign up for automatic refills.



Ask your pharmacist if your prescription refills can be synchronized to avoid multiple trips to the pharmacy.



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



Request a three-month supply to maximize your plan benefits.

You should let your doctor know if:



You experience any side effects that cause you to avoid taking your medication.



Your regimen is too difficult and you often forget to take some doses.



The cost of your medication prevents you from refilling your prescriptions on time. Ask about more affordable alternatives.

Check with your doctor if you have any questions.

