



Start a healthy discussion with your doctor about your medicine



Taking your medicine as directed is important for maintaining your health. Here are helpful tips on how to manage your medicine and stay organized.



Daily habits and routine

Stay on track by making your medicine part of your regular routine.



Pill dispensers

Use a pill dispenser to easily locate and remember when to take your medicine.



Go digital

Use digital tools from the web or mobile apps to keep track of all of your medicine.



Set reminders

- Set your phone to alert you when it's time to take your medicine.
- Post notes around your home in areas you use most.
- Create visual reminders by placing a pill bottle on a table near a chair you use regularly.



Refills

Ask your pharmacist about refill reminders. You can also order some medicine in 90-day supplies from a mail-delivery pharmacy.

If you have any concerns about your medicine, talk to your doctor today

Source

"Medication Management and Safety Tips," Johns Hopkins Medicine, last accessed February 22, 2023, www.hopkinsmedicine.org/health/wellness-and-prevention/help-for-managing-multiple-medications

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