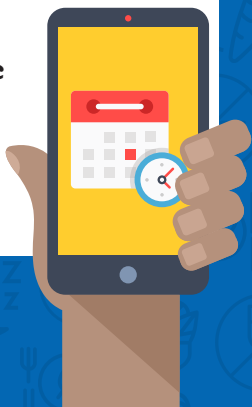


## Tips for remembering your medicines

Circle one or two that sound helpful.

- ✓ Keep all of your medicines together
- ✓ Put your medicines in a pill box at the start of every week
- ✓ Link taking your medicines with a specific behavior every day, such as after you brush your teeth
- ✓ Track your medicine on a calendar or a free mobile app (Mango; MedCoach)
- ✓ Ask a family member/friend to remind you
- ✓ Set a reminder alarm on your phone
- ✓ Set up automatic refills with your pharmacy



### MY GOAL FOR THIS WEEK


### Your primary care provider wants to know if you're having problems with any of your medicines.

The good news is that there are often other options you could try if the first medicine doesn't work. Don't suffer in silence or just give up. We want to partner with you to help the medicines work well for you!

### Feeling confused, frustrated, or overwhelmed by medicines? Or just have questions?

Schedule an appointment with a pharmacist. You can bring in all of your medicines and the pharmacist can review them with you to simplify your treatment!

# Getting the Most from My Medicines



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**CHANGE** that  
**MATTERS**

Promoting Healthy Behaviors

# My plan to get the most from my medicines

It's common to miss taking your medicines from time to time. Everybody does, so you are not alone. However, your medicines work best if they are taken in certain ways. The labels on the bottles help you know how to take them.



## Look at your list of medicines.

Please write the name of one medicine that is tough for you to take as prescribed:

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## Thinking about this medicine:

Why is this medicine important for your health? *Example: Keeping my blood pressure low helps me feel better and may prevent heart disease or a stroke.*

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What makes it hard for you to take this medicine? *Examples: I forget! I cannot afford the medicine. I'm not sure when to take it.*

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## Your healthcare team wants you to be successful with your medicines.

If your current medicine plan isn't working for ANY reason, tell a member of your healthcare team at your next appointment or call the clinic to talk to a nurse! For example, you might say:

This medicine for my blood pressure makes me feel dizzy. Is there something else I could try?

It's hard to remember to take this medicine 3 times per day. I'm pretty sure I could remember to take a medicine twice per day. Would that be ok?

Where do you keep your medicines?  
How do you organize them?

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What are things you do every day? Might you take the medicine at the same time you do something else?

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## Changing any habit can be hard!

Why is it important to take your medicines as prescribed?

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What might get in the way of trying these new habits?

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What can you do to overcome these barriers?

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Who can help you with your medicines?

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