



# Manage your medicines

### Why it's important you take them as prescribed

Good things happen when you take your medicines properly. You help yourself stay in control of your health. You help prevent future problems. And you take steps to ensure you live the fullest life possible. That's why it's so vital that you learn how to manage your medicines.

But it's not just about taking your medicines as directed by your doctor. You can also understand which medicines you're taking. Learn the side effects. Keep track of your doses. And so much more.

### When taking your medicines as prescribed, make sure you know:

- What times you should take them
- How many doses you need to take
- How to take them
- How long you need to take them for

### Getting your refills on time

Do you take medicines every day for diabetes, asthma or another chronic condition? You can get up to a 90-day supply delivered directly to your home with many pharmacy plans. It's a great way for you to save time and money and help prevent running out of your medicines.



# Keep track of your medicines

Taking your medicines as prescribed isn't always easy. The more you take, the harder it can be. Practice these tips to help yourself stay on track:

**Know what you are taking.** Make a list of all your medicines and take it with you to every doctor visit. Remember to update the list whenever your medicines change.

---

**Learn about them.** Know how they work and if there are any possible side effects. If you're having any problems with taking your medicines, tell your doctor.

---

**Talk with your doctor before trying any new medicines.** This includes vitamins, supplements and sleep aids. Combining these with your medicines can cause side effects or even make your health worse.

**Remind yourself.** You can set alarms for when you need to take your medicines. Or use sticky notes as reminders. Just put them in places you can easily see them.

---

**Stay organized with a pillbox.** Use it for each day you take your medicines. Pillboxes are available in different sizes. So you can choose one that will meet your needs.

---

**Have a routine.** Make a schedule for taking your medicines. And be sure to follow it every day.

**Are you taking your medicines as prescribed?**  
If you have any questions, you can talk to your doctor or pharmacist.



Copyrighted material adapted with permission from Healthwise, Incorporated. This information is general in nature. It is not meant to replace the advice or care you get from your doctor or other healthcare professionals. If you have specific healthcare needs or would like more complete health information, please see your doctor or other healthcare provider.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc.

© 2019 ActiveHealth Management, Inc. All Rights Reserved. 10/2019

tA24668