

Take charge of your medications

Did you know?

About 10% of hospitalizations in the U.S. are due to patients not taking their medications as prescribed.¹

Hospital admission rates increase by up to 69% for patients with chronic illness who do not take their medications as prescribed.²

Why is it important to take medications as prescribed?

Taking your medications correctly may help maintain or improve your health and may even help prevent hospitalizations. This means taking medication in the correct amount, at the right time, for as long as directed by your doctor or provider. It also means filling your prescriptions on time, so you don't run out.

If you don't take your medications as directed, they may not be as effective and could lead to other serious health problems.

Tips to help you take your medications as prescribed

- **Get organized** – Keep your medications together in a safe place and use a pillbox to organize your prescription drugs for the week.
- **Keep track** – List all the medications you take, how much you take and when you take them.
- **Set reminders** – Arrange for a friend or family member to call you at the same time every day or set an alarm on your phone, clock or smart speaker.
- **Make refills easier** – Ask your pharmacy if you can get a 3-month supply of your medications so you don't have to get refills as often.
- **Mail service** – If your plan offers it, use a home-delivery pharmacy that will send 3-month supplies of your medication right to your home.
- **Arrange transportation** – If you're having trouble finding transportation to your pharmacy, check your plan or community resources to see if there is a transportation support service to help you pick up your medications on time.
- **Lower your costs** – If you're having trouble paying for your medications, talk to your doctor or provider about less expensive or generic alternatives that may be equally effective in treating your condition.
- **Be honest with your provider** – Talk with your doctor, provider or pharmacist if you have questions or concerns about your medications. If you can't afford your medications, or if are experiencing unpleasant side effects, see if there are other options.

¹ Annuals of Internal Medicine, 2012.

² Centers for Disease Control and Prevention, 2017.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.