

Remembering to Take Your Medication

Following your treatment plan can help you stay healthy and symptom-free. Taking your medications is particularly important. Studies have shown that patients who do not take their medication have a 30-40% greater chance of experiencing a flare of their disease. Here are a few helpful tips that can help you remember to take your medication:

Create A Routine	Keep It Visible
 <p>Take medication with an activity you do at the same time every day.</p> <ul style="list-style-type: none"> - Mealtimes - Brushing teeth 	 <p>To avoid “out of sight, out of mind”, leave medication in a safe place that is easy to spot.</p> <ul style="list-style-type: none"> - Kitchen/bathroom counter - Bedroom nightstand
Set An Alarm	Post A Note
 <p>An alarm on your <i>cell phone</i> or <i>watch</i> can be helpful, especially you’re busier at certain times of the day or the timing is important.</p>	 <p>Put a reminder note some place it will be seen every day.</p> <ul style="list-style-type: none"> - Refrigerator - Bathroom mirror
Use A Pillbox	Flip Pill Bottle Over
 <p>A weekly pillbox with compartments for each day and dosing time can be a visual reminder to take medication and help prevent double doses.</p>	 <p>Each time you take your medicine, flip the pill bottle over so you know it has been taken.</p>
Carry Extra Doses	Record Each Dose
 <p>Leave some extra doses in a bag/purse you use often so you can take your medicine if you’re away from home.</p>	 <p>Use a calendar or medication journal and check off when you take each dose. This can help you avoid missing doses or taking too many.</p>
Keep Medicine With Each Caregiver	
 <p>If you ever stay with different caregivers, keep some medicine at each house.</p>	

Mobile Medication Reminder Apps ****Available on Apple and Android devices**

	CVS 	Walgreens 	MyMedSchedule 	MediSafe 	Mango Health 	MyMeds 	MedSimple 
Free						\$9.99/year	\$9.99/year (90-day free trial)
Medication Reminders							
Tracks Doses Taken/Missed							
Refill Reminders							
Ready for Pick Up Alert							
Offers Online Data Entry							
Share List of Medications		Print, Email	Print	Print, Email		Print, Email, Text	Print, Email
Extra Features	<ul style="list-style-type: none"> • Setup family profiles • Scan to refill prescription • Transfer prescriptions • Pharmacy locator 	<ul style="list-style-type: none"> • Scan to refill prescription • Transfer prescriptions • Pharmacy locator 	<ul style="list-style-type: none"> • Create and print wallet-size list of medications and schedule • <i>My Health Tracker</i> for lab results and vital signs 	<ul style="list-style-type: none"> • Program family members to receive alerts if medication is not taken • Setup family profiles • Snooze reminder 	<ul style="list-style-type: none"> • Earn points for taking medicine with the chance to win rewards (e.g., gift cards, charity donation) • Drug interaction warnings 	<ul style="list-style-type: none"> • Setup family profiles • Record drug allergies, doctors, and pharmacies • Track immunization records 	<ul style="list-style-type: none"> • Record drug allergies, doctors, and pharmacies • Cost savings – drug discount card, pharmacy programs (e.g., \$4 lists, coupons)
Available Languages	English	English	English, Spanish	English, Spanish, Arabic, Chinese, French, Russian	English	English	English
HIPAA Compliant							
Website	cvs.com	walgreens.com	mymedschedule.com	medisafe.com	mangohealth.com	my-meds.com	medsimpleapp.com