Guide for Members
Remember to Take Your Medication

GlobalHealth
Medicare Advantage Plans

Taking medication is important in following your treatment plan to stay healthy and symptom-free.

Unfortunately, not taking medications correctly can cause emergency room visits due to flares of your health condition(s).

Here are some examples as to why someone doesn't take their medication correctly:

- ✓ Simply forget
- ✓ Confused if you took it or not
- ✓ Misunderstand instructions
- ✓ Not understanding the importance of taking the medication for such conditions that don't have symptoms
- ✓ Denying a problem exists
- ✓ Side effects
- ✓ Medication cost

How to remember to take your medicine:

- ✓ **Create a routine** - Take medication with an activity you do at the same time every day.
- ✓ **Keep visible** - Leave medication in a safe place that is easy to see.
- ✓ **Set an alarm** - Setting an alarm on your clock, watch or cell phone can be helpful.
- ✓ **Post a note** - Put a reminder note some place that it can be seen every day.
- ✓ **Use pill box** - A pillbox with compartments for each day and dosing time can be a visual reminder to take medication and help prevent double doses.
- ✓ **Flip pill bottle over** - Each time you take your medicine, flip the bottle over so you know you took it. Then at the end of the day, turn them right side up.
- ✓ **Carry extra doses** – Leave some extra doses in a container so you can take your medicine if you're away from home.
- ✓ **Record each dose** – Use a calendar or medication journal to check off when you take each dose.
- ✓ **Use a free mobile medication reminder app** on your cell phone device.

Talk with your primary care provider to understand what medication(s) you are taking and why it is important to take the medication as directed and to also identify barriers, including cost, as to why you are unable to take your medication.

Remember to contact GlobalHealth if you have questions regarding your pharmacy benefits.