



For more information about
mental health and medications,
visit these websites:

**National Institute of
Health Information on
Mental Health Medications**

[www.nimh.nih.gov/health/publications/
mental-health-medications/index.shtml](http://www.nimh.nih.gov/health/publications/mental-health-medications/index.shtml)

**National Alliance for
the Mentally Ill (NAMI)**

www.nami.org

Mental Health America (NMHA)

www.mentalhealthamerica.net



**TAKE PART IN DECISIONS ABOUT
YOUR TREATMENT!**

Your prescriber can help you understand
the pros and cons of different treatment
options.

If you have questions or concerns about
your treatment:

- Write down questions before your medication appointment.
- Bring a friend or family member with you to your visit for additional support.
- Talk to your prescriber about your questions or concerns. You can also talk to your pharmacist or therapist.



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For more information or to
schedule an appointment:
844-853-8937



CompassHealthNetwork.org

Medication Adherence

QUESTIONS & ANSWERS

Questions & Answers

What does medication adherence mean?

Medication adherence means taking medicine the way it is prescribed. This includes how much to take and when to take it.

Why is medication adherence important?

Taking your medicine in the right amount at the right time helps the medication to work properly. Your prescriber needs to know if you are taking more or less of your medicine.

If you have worries about taking medication:

Tell your prescriber about what is important to you when taking medicine. Let your prescriber know if you are concerned about cost, have trouble swallowing pills, or want to avoid certain side effects.



If you sometimes forget to take your medicine:

- Use a pill box that you can fill weekly.
- Take your medicine at the same time you do something else every day. Like at the time you brush your teeth.
- Set an alarm to remind you.
- Ask a friend or family member for a daily reminder.
- Ask your prescriber about long-acting medications.

If you are taking your medicine more than once a day:

- Ask your prescriber about decreasing the number of times you take medication each day.
- Talk to your prescriber or pharmacist about ways to organize your medicines.



If you are concerned about how your medicine is affecting you:

- Talk to your prescriber about ways that your medicine might affect your body like sleepiness or weight gain.
- Develop a plan with your prescriber to track side effects, so you can tell when things are getting worse or better.
- Tell your prescriber about all the medicines you are taking, including vitamins and herbal supplements.
- Don't change the way you take your medicine before talking to your prescriber. Medications work differently for different people. It might take time to find the right medicine at the right dose. It is very important to talk to your prescriber before stopping a medication.

