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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 |