

## 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><b>Take medication with an activity you do at the same time every day.</b> - Mealtimes - Brushing teeth</p>	 <p><b>To avoid “out of sight, out of mind”, leave medication in a safe place that is easy to spot.</b> - Kitchen/bathroom counter - Bedroom nightstand</p>
 <p><b>Set An Alarm</b> 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><b>Post A Note</b> Put a reminder note some place it will be seen every day. - Refrigerator - Bathroom mirror</p>
 <p><b>Use A Pillbox</b> 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><b>Flip Pill Bottle Over</b> Each time you take your medicine, flip the pill bottle over so you know it has been taken.</p>
 <p><b>Carry Extra Doses</b> 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><b>Record Each Dose</b> 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>
 <p><b>Keep Medicine With Each Caregiver</b> 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 (90-day free trial)	\$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"> <li>Setup family profiles</li> <li>Scan to refill prescription</li> <li>Transfer prescriptions</li> <li>Pharmacy locator</li> </ul>	<ul style="list-style-type: none"> <li>Scan to refill prescription</li> <li>Transfer prescriptions</li> <li>Pharmacy locator</li> </ul>	<ul style="list-style-type: none"> <li>Create and print wallet-size list of medications and schedule</li> <li><i>My Health Tracker</i> for lab results and vital signs</li> </ul>	<ul style="list-style-type: none"> <li>Program family members to receive alerts if medication is not taken</li> <li>Setup family profiles</li> <li>Snooze reminder</li> </ul>	<ul style="list-style-type: none"> <li>Earn points for taking medicine with the chance to win rewards (e.g., gift cards, charity donation)</li> <li>Drug interaction warnings</li> </ul>	<ul style="list-style-type: none"> <li>Setup family profiles</li> <li>Record drug allergies, doctors, and pharmacies</li> <li>Track immunization records</li> </ul>	<ul style="list-style-type: none"> <li>Record drug allergies, doctors, and pharmacies</li> <li>Cost savings – drug discount card, pharmacy programs (e.g., \$4 lists, coupons)</li> </ul>
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