



Talk with your doctor about your medications

Taking your medications as prescribed can help you feel your best and stay healthy. Here are some simple ways to stay on top of your medication routine:



Make it part of your day

Combine taking your medicine with something you already do — like brushing your teeth or eating breakfast.



Use a pill organizer

A weekly pill box can help you know what to take and when, reducing the chance of missing a dose.



Try tech tools

Medication tracking apps or online tools can help you stay organized, especially if you take more than one medication.



Set reminders

Use phone alarms or sticky notes in common areas like the kitchen or bathroom to help you remember.



Place it where you'll see it

Keep your medication in a visible spot — like on the kitchen counter or next to your favorite chair — to jog your memory.



Stay ahead on refills

Check with your pharmacist [about refill reminder](#) options. Some medications may also be available in 90-day supplies through a [mail-delivery pharmacy](#).

If you ever have questions or concerns about your medications, don't wait — reach out to your doctor or pharmacist.

CHRISTUS Health complies with applicable Federal civil rights laws and does not discriminate on the basis of age, color, creed, culture, disability (physical or mental), ethnicity, familial status, gender identity or expression, genetic information, language, national origin, military service, race, religion, sex (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.

Source
"Medication Management and Safety Tips," Johns Hopkins Medicine, last accessed February 22, 2023,
www.hopkinsmedicine.org/health/wellness-and-prevention/help-for-managing-multiple-medications

MC6622

25-1072050

