



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.

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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

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