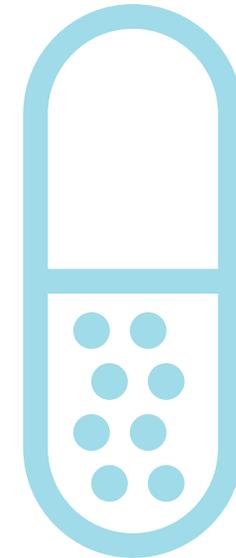


Six Tips for Taking Your Meds to Stay Healthy



It's hard to keep track of your medications but these tips will help



Incredibly, many Americans wind up at hospital emergency rooms every year for a simple reason: They don't take their medicines as prescribed. Some forget. Others are put off by the cost or the bother or don't understand how much to take or when. In fact, medication non-adherence (as it is called) costs tens of thousands of lives and nearly \$300 billion each year. Here are six tips to keep yourself and your loved ones on track.



1 Park the Meds by the Coffee Pot

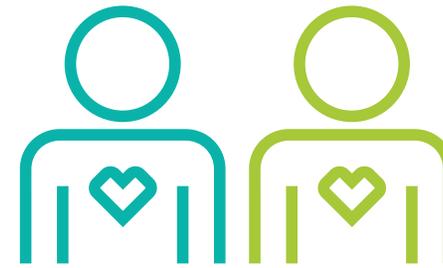
Everyone at the emergency room knows 73-year-old Diane. She suffers from high blood pressure. She finds her medicines confusing. She does take her pills, when she remembers, but insists they don't make her feel much better.

Tip: Incorporate your medications into your daily routine. Keep them in a place you go to every day, maybe next to the coffee pot or where you keep your keys.

2 Side Effects? Don't Stop Your Meds But Call Your Pharmacist

Ralph's cholesterol is through the roof. The doctor gave him a prescription for statins. But he says they make it hard to sleep. Ever since he stopped taking them, he's been sleeping like a baby – while his cholesterol climbs into the danger zone.

Tip: People often have different reactions to similar types of medications, so the smart move is to talk to your doctor or pharmacist. At CVS/pharmacy, pharmacists can offer advice, in-store or by phone.



3 Two Heads are Better Than One

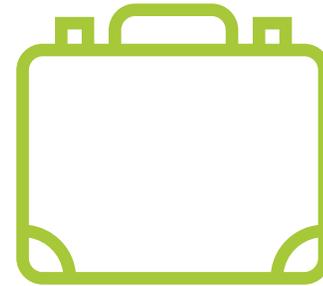
Doris's daughter helped organize her five different medications. (Or are there six?) She keeps the prescription bottles in a kitchen cabinet. But she sometimes forgets to take them. What's more, a couple of the prescriptions seem to have run out. And there was another one... a blue pill with red letters. Where *is* it?

Tip: Consider enlisting an "accountability partner." It could be a friend or loved one or several people within your social network to help you keep track of your medications and remember to take them. CVS/pharmacy also offers automatic refills, so you have one less thing to remember.

4 Create a Med Alarm

Joe plays all the latest games on his phone and watches TV on it, too. Maybe if he put down his phone, his wife says, he might remember to take his heart medication.

Tip: The phone itself can help here. It's easy to set an alarm with a special ring tone to remind you to take your medication at the same time every day. Those who find digital technology a bit daunting might ask their "accountability partners" for a hand.



5 On the Road? Bring Extra in Your Carry-On

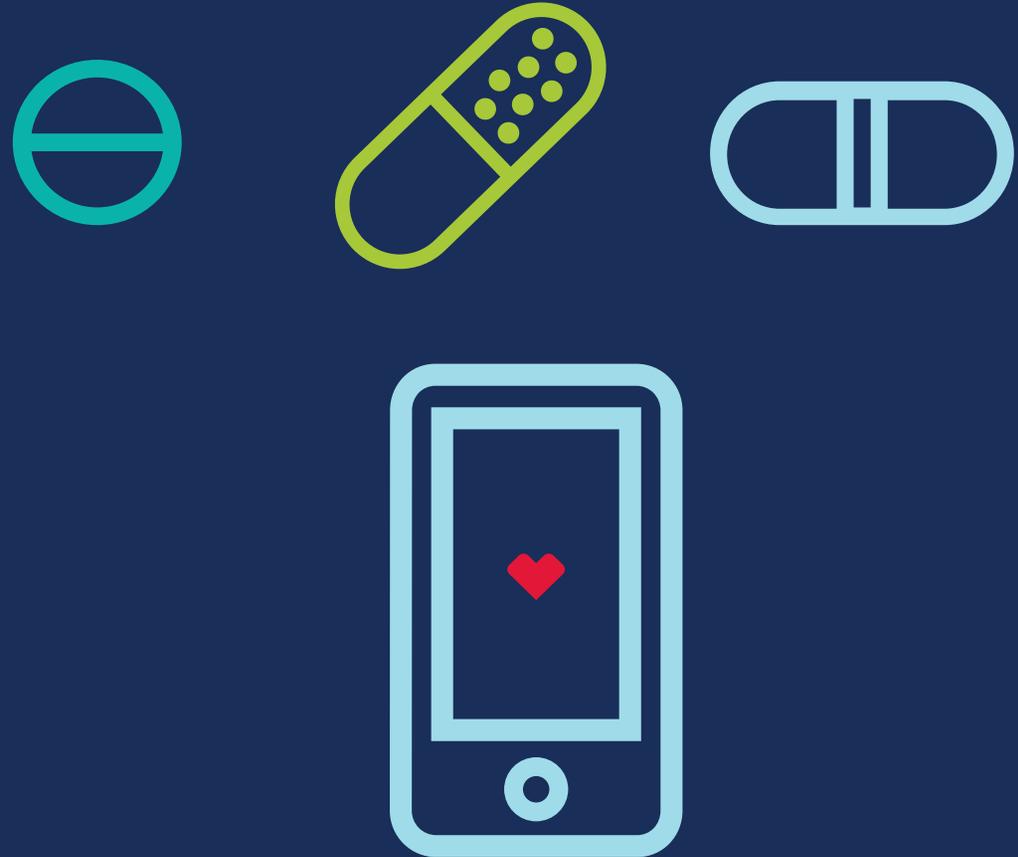
When an asthma crisis landed George at an emergency room in New York, he had an explanation: He'd packed enough medicine for the one-week stint at headquarters, but then his boss asked him to stay for a few more days, and he ran out.

Tip: When traveling, allow for a few extra days of medications. Also, carry an insurance card and the phone number of your provider, in case you need more. And since checked luggage doesn't always arrive with the flight, be sure to pack your medication in a carry-on bag.

6 There's a CVS App for That

Carmen worries a lot about her medicine. She takes six different medications, and dedicates a lot of time and effort to managing them. But questions nag. Is it time to refill? Are my refills ready? How much will the co-pay be?

Tip: Try out the CVS/pharmacy mobile app. You can scan medications and order refills with a tap. It's also handy for managing all of your family's medications on the go. You can even sign up to receive text alerts when a prescription is ready to be picked up.



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