



TIPS FOR HELPING YOU STICK WITH YOUR MEDICATION PLAN

In addition to recommending lifestyle changes such as diet and exercise, your health care professional may prescribe medicine to help you reach your goals. Use this form to write down all of the medicines you are currently taking. Be sure to also list any over-the-counter medicines, vitamins, and herbal supplements.

Tips for Remembering to Take Medicines

Timing

- Take your medicines at the same time(s) each day.
- Link it with something else you do around the same time(s) each day, such as brushing your teeth.
- Remember to refill your prescription. Place a reminder note on your calendar a week before the medicine is due to run out.

Get Some Support

- If you've been missing a lot of doses, ask your health care professional for ideas that may help you remember.
- Ask friends or family to help remind you. You can remind each other!

Helpful Tools

- Keep a calendar or chart to write down when you take your medicines.
- Put a reminder note on your refrigerator, phone, medicine cabinet, or bathroom mirror.
- Set up a reminder alarm on your computer's calendar or your voicemail system.

Bring all your medicines, in their original containers, to every doctor visit.

Tips for Helping You Stick With Your Medication Plan

Name

Allergies to medications

Pharmacy name and phone

List all over-the-counter medicines, vitamins, and herbal supplements below.



Prescription Medication	Reason for Taking	How Much (Dose)	How Many Times a Day	What Time of Day

Take your medicine as directed by your health care professional

