

Improving Medication Adherence

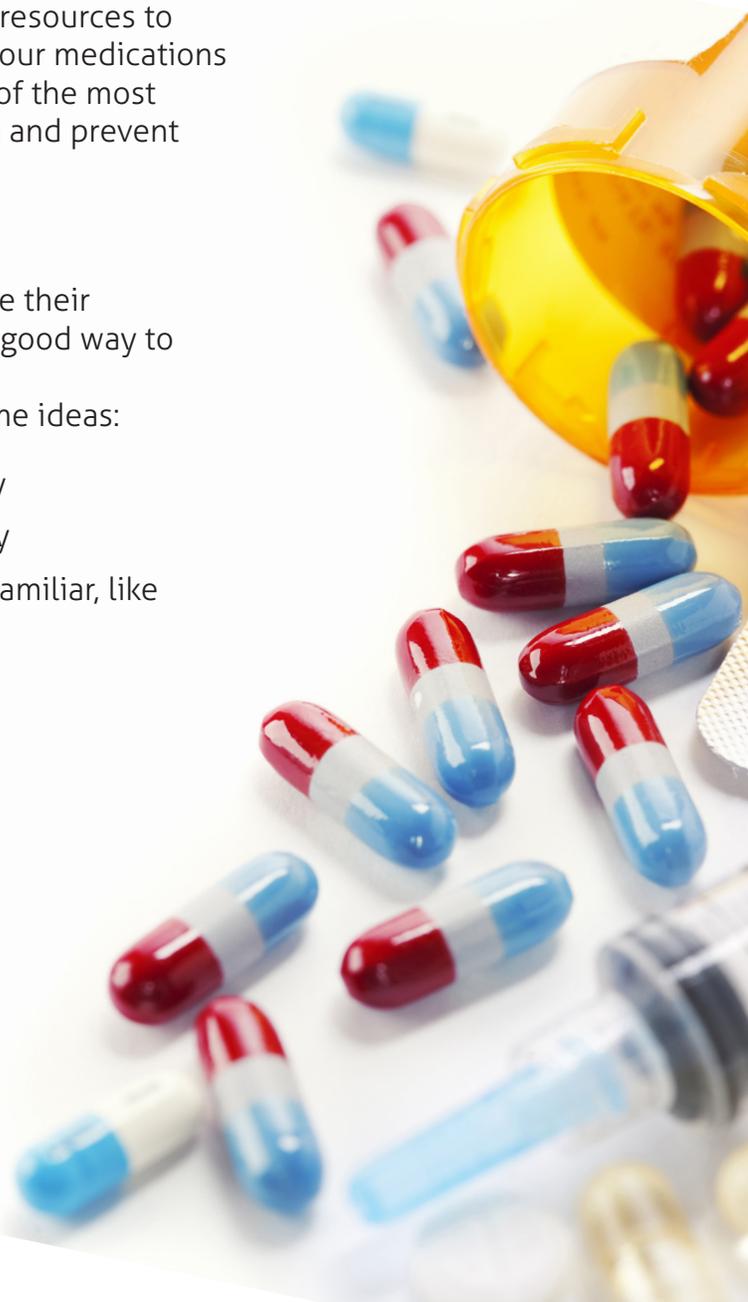
Promoting healthier outcomes and reducing medical complications

As your prescription benefits manager, Magellan Rx Management is dedicated to giving you the best information and resources to help you make better healthcare decisions. Taking your medications exactly as prescribed (improving adherence) is one of the most important things you can do to enhance your health and prevent medical complications.

Set up reminders

There are so many reasons why people forget to take their medicines, but forgetfulness is the leading cause. A good way to remember to take medicines at the right time is to set up reminders. Here are some ideas:

- Take your medication at the same time every day
- Place your bottles where you see them every day
- Combine your medication time with something familiar, like brushing your teeth or going to bed
- Use a pocket pill box that vibrates
- Set a watch or phone alarm
- Take advantage of Smartphone or tablet apps that set up reminders



Keep track of your medications

There's nothing easy about learning the many different drug names, and then keeping track of when and how to take them, all combined in the heavy realities of daily life. The best advice is not to try to remember everything!

Educate before you medicate

Learning about your medication is one of the most effective ways to improve adherence. Once you know how to take your drug correctly and safely, ask follow-up questions about anything you don't understand to either your physician or pharmacist.

Plan ahead for refills

Get into the habit to check the bottle for the number of remaining refills. Most pharmacies will call your doctor for you when refills run out, but it's always a good idea for you to know when your prescription is coming to an end.

If you are traveling, make sure you have enough medicine to cover your trip. Be sure to contact your pharmacy at least one week prior to your departure. Try to keep your medication in the original bottles, and put them in your carry-on luggage.

Manage your side effects

When side effects occur, some patients stop the medication. The best way to manage side effects is to speak to your physician or pharmacist.

For many products, there are choices you and your physician can make to keep you on treatment. Don't let side effects deter you from good health.

Here are a few tips to keep everything straight:



Make a list of all medications – both prescription and over-the-counter – to help keep you organized.



Add to this list contact information of the prescribing doctor(s), so in case you have questions, it's right at your fingertips. Keep copies at home, and even share one with a family member for security. If any changes occur, update your list accordingly.



Weekly pill organizers are excellent tools to help keep track of medicines as well, and help you stay on track to take your medicines correctly.



Create a schedule on your calendar for the medicines that you need to take. Mark off the doses that you've taken to keep track of your progress.