

SUPPORT TOOLS

to improve adherence to your medications



Know the medicines you use, how much to take and when to take them



Identify a moment of your daily routine when you can remember to take them (ex. with breakfast, after washing your mouth, at bedtime, with meals)



Put a symbol on the containers with your medications to identify the time to take them



Use a pill box to divide the medications you should take each day



Write in your calendar when you should take them



Schedule an alarm that reminds you to take them



Write down on a calendar when to pick up your next prescription

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ADHERENCE TO MEDICATIONS



**Complying
with your
Treatment!**

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ADHERENCE TO MEDICATION

When we talk about complying with a drug therapy, we refer to following the doctor's instructions about the time of day, dosage and how often you should use them.

Complying with the drug therapy helps them to be effective in treating your health conditions. If you do not follow the therapy as directed by your doctor, the health risks could increase and your conditions could worsen.

Adherence is important for the management and treatment of chronic diseases such as diabetes, hypertension (high blood pressure) and dyslipidemia (high cholesterol and triglycerides), among others.

WHY TAKE YOUR MEDICATIONS?

Medications are one of the main resources to take care of your health. However, its benefits may be altered by non-compliance with therapy. When you do not comply with your drug therapy, you could be exposed to:

- Uncontrolled disease
- Increased likelihood of relapses
- Decreases in drug effectiveness
- Increases the appearance of side effects
- Increased visits to emergency rooms and hospitalizations
- Decrease in the quality of life

It is important that you comply with your treatment and are aware of how to take them as prescribed by your doctor. Involve your family and friends in the adherence of your treatment and clarify any doubts you may have at each visit with your doctor.

If you have questions or concerns about any medication or if you experience an unwanted effect, consult your doctor or pharmacist of preference.

Remember that these tips will help you improve your health and quality of life!

REFILLS



Do not wait for your medicine to run out to go get it



You can get your refills 5 days before the refill date



Participate in automatic refill programs



Request 90 days of supply



Ask for refill authorization when traveling

COORDINATE ALL YOUR REFILLS TOGETHER

Get all of your drug refills in one visit at your preferred pharmacy

Consult with your pharmacist!

