

# Are you sure you're following your doctor's orders?

## Using meds correctly means you:

- ✓ Fill your prescription
- ✓ Take your meds on time
- ✓ Follow directions
- ✓ Finish the prescription

## And avoid:

- ✓ More doctor/hospital visits
- ✓ More treatments
- ✓ Possible treatment failure

## Be Ready

**Get the meds you need. When you need them. As cheaply as possible.**

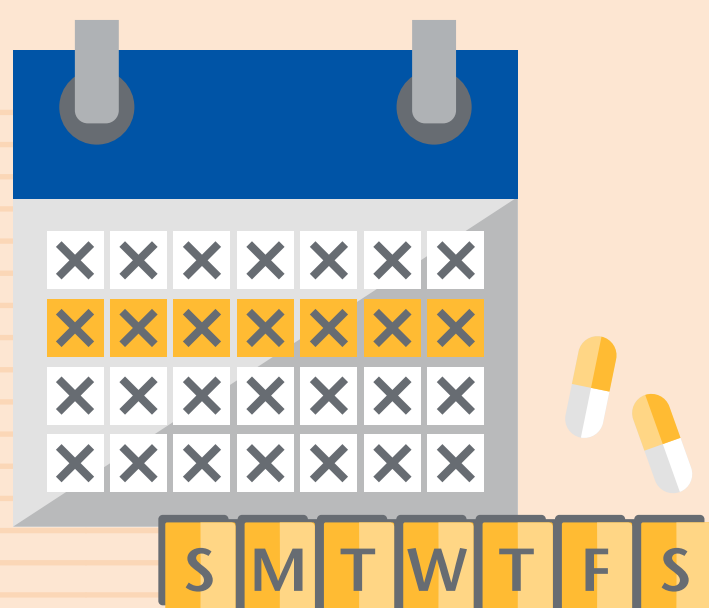
### Make your money go further:

- Go for a 90-day prescription instead of a 30-day
- Ask for a generic
- Confirm your medication is in your insurance carrier's formulary
- Pay with tax-free money, like an HSA or FSA
- Consider a medical plan with prescription drug copays



## Get Organized

**Take your medicine as prescribed.**



### Stay on top of things:

- Finish the entire prescription
- Use a seven-day pillbox
- Set up mail-order service for 90-day prescriptions
- Sign up for multi-dose packages at your pharmacy (if available) to get all your meds organized by date and time
- Set an alarm
- Know what to do if you miss a dose
- Set up automatic refills with your pharmacy

## Keep Watch

**Monitor your progress and any side effects.**

### Ask your doctor or pharmacist about:

- Potential side effects
- Which side effects require immediate attention
- Possible problems with other drugs and supplements you use
- Any unexpected symptoms ASAP
- Switching drugs if you need to—don't just stop!

