



## **REMEMBERING TO TAKE YOUR PILLS!**

Your pills are extremely effective, but only if you remember to take them.

Here are some helpful tips:

1. Take your pill at the same time every day. By creating a routine, you are more likely to remember.
2. Take your pill to coincide with another daily activity, like brushing your teeth or taking your vitamins.
3. If you choose to take your pill at home, put up notes in obvious places like your bathroom mirror or refrigerator.
4. If you travel or stay somewhere overnight, plan ahead. On flights, always pack your pills in your carry-on bag.
5. Renew your prescription way before you need it, to avoid emergency trips to the pharmacy.