

Reasons to Take Your Medication

Ways to remember to take your medication



Set alarms for the times you need to take your medication.



Keep a list of your medications, including notes on how and when to take them.



If you take your medication when you wake up or before you sleep, keep it **next to your bed**.



Set a reminder for your medication refill.



Use a **pill box** to organize your medication.



Use an app on your phone, like Mango Health or Medisafe, to send notification reminders for taking your medication.



Sign up for a **refill reminder** with your local pharmacy.



Take a picture of your meds to share with your doctor or pharmacist.