



Taking antipsychotic medication as prescribed by your doctor may reduce symptoms and prevent you from going to the hospital. It is important to take your medication regularly and avoid missing doses.

Frequently Asked Questions:

I feel fine. Why do I have to continue taking this medication?

You may feel well because you are taking your medications. Talk to your doctor before you stop taking any medications.

Can I stop taking the medications if I don't like how they make me feel?

Talk to your doctor before you stop taking any medications. Your doctor may be able to change your dose or prescribe another medication.

Consider Asking Your Doctor the Following Questions:

➔ **Why** am I being prescribed this medication?

➔ **What** side effects might I experience?

➔ **How long** will it take this medication to help me?

➔ **What** is the best way to take this medication?

➔ **What** should I do if I miss a dose?

➔ Does this medication come in **any other form?**

➔ **How** will I know if the medication is working?

➔ **How** should I store this medication?

Taking Medications for Your Behavioral Health Conditions





Things You Can Do To Help With Your Medication:

- ➔ **Follow up** with your doctor regularly to discuss your medication plan.
- ➔ **Inform your doctor** about any reason for not taking your medication.
- ➔ **Call your pharmacy** to see if your medications are ready for pick up and ask how many refills you have left. Schedule an appointment with your doctor before your refills are out.
- ➔ Ask your pharmacy about **mail services**. Pharmacies may deliver directly to your home.
- ➔ **Contact your doctor or pharmacist** if you have questions about your medications.
- ➔ Keep a **pill box** for daily medications.
- ➔ Keep a **wallet card** to track all of your medications.
- ➔ **Download apps** on your phone, like Mango Health or Medisafe, which send notification reminders to take your medication.

Resources

CBH Medication Wallet Card

cbhphilly.org/wp-content/uploads/2021/01/CBH_Pharma_WalletCard_2020-08.pdf

Medisafe Mobile App

medisafeapp.com

Mango Health Mobile App

Apple: apps.apple.com/us/app/mango-health/id560657279

Android: play.google.com/store/apps/details?id=com.mangohealth.mango&hl=en_US&gl=US

Healthcare Provider Information and Resources

Aetna Better Health

1-866-638-1232
Disease Management:
aetnabetterhealth.com/pennsylvania/health-wellness/disease-management/

Health Partners Plans

1-800-553-0784
Self-Management Tools:
healthpartnersplans.com/health-and-wellness/self-management-tools/

Keystone First

1-800-573-4100
Diabetes Program:
keystonefirstpa.com/member/eng/programs/carecoord/diabetes/index.aspx

AmeriHealth Caritas

Diabetes Program:
1-877-693-8271, Option 2
amerihealthcaritaspa.com/member/eng/programs/carecoord/diabetes/index.aspx

UPMC For You

1-866-778-6073
upmchealthplan.com/medicaid/

PA Health & Wellness

1-844-626-6813
pahealthwellness.com

Disclaimer: The information contained in this tip sheet is for educational and informational purposes only and is not a substitute for professional advice from a physician or other health care provider. The clinical services described in this tip sheet may not be covered for all CBH enrollees. To find out about what services are available to you under your CBH benefit package and how to receive them, please contact CBH Member Services at 1-888-545-2600.

This document was developed in partnership with collaborating providers and the Southeastern Pennsylvania Medicaid MCOs that participate in the HealthChoices and Community HealthChoices programs.

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