



Community Behavioral Health

Your Partner in Mental Wellness



Member Services  
888.545.2600  
cbhphilly.org

# Member Medication Guide

## Member Information

Name	Date of Birth
Emergency Contact	Emergency Contact Phone Number
Doctor	Doctor Phone Number
Doctor Address	
Pharmacy	Pharmacy Phone Number
Pharmacy Address	

## Member Medications

Name of Medication	How Often Is It Taken?

## Member Medications


### ***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.

## Side Effect Tracker

[illegible]