





## Member Medication Guide

## **Member Information**

Emergency Contact Phone Number
Doctor Phone Number
Pharmacy Phone Number

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.

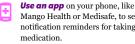
Set a reminder for your medication refill.



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



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



Mango Health or Medisafe, to send notification reminders for taking your medication.



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

## Side Effect Tracker

Medication	Side Effect	Frequency	Duration	Severity
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