



Community Behavioral Health

A DIVISION OF DBHIDS | CBHPHILLY.ORG



Member Services Hotline

888.545.2600

TTY: 888.436.7482



**Mental Health
Delegate Hotline**

215.685.6440

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 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.