



What's Your Reason?

I Forgot!

Taking your prescription medication as directed is as important as other every-day habits, like wearing a seat belt or brushing your teeth.

You may have good reasons for not always taking your medication. There are better reasons why you should.

Make your medicine part of your daily routine.

- Take your medicine at the same time every day. Use a cell-phone or watch alarm to remind you.
- Put a note wherever you keep your medicine — like the bathroom mirror or refrigerator door.
- Ask a family member to remind you.
- Mark your calendar or datebook to refill your prescription before it runs out.



TAKE CONTROL™