

Healthy Living: Tips for Remembering Your Medication¹

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Medications can help control a number of diseases and conditions. But they only work when we remember to take them! Select tips from the ones listed below to help you remember to take your medication.

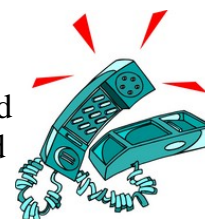
€ **Refrigerator note:**

Put a picture of yourself or a loved one on your refrigerator with a note reminding you to take your medication.



€ **Voice mail service:**

If you have a service, record a reminder for yourself, and have the service call you every day.



€ **Keep them on your night table:**

If you need to take your medication in the morning, this could be a good reminder.

€ **Use a weekly pill box:**

These are available at pharmacies, and many supermarkets.

€ **Keep them next to your toothbrush:**

Take your medication before or after brushing your teeth.



€ **Have a grandchild call:**

Ask a grandchild, or another relative, to call every day and remind you to take your medication.

€ **Use “sticky” notes:**

Put reminder notes to take your medication in places where you will see them.

€ **Computer start-up reminder:**

Have a ‘take your medicine’ reminder appear every time you turn on your computer.

€ **Buddy System:** Arrange with a friend to call each other every day with a reminder to “take your medication!”



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