



Quick tips to help you remember to take your medication: How can you stay on track?

1. Take your medications at the same time each day, as prescribed by your doctor. If you are unclear as to when to take your medications, ask your pharmacist or doctor.
2. Use a pillbox to help you organize multiple medications.
 - Pill boxes have individual compartments to arrange the medications you're taking for each day of the week.
3. Use a medication list to help you remember which medications you take and why.
 - Helps provide your doctor or caregivers with an up-to-date list of your medications.
 - Make sure you update this list any time your doctor makes changes to your medications.
4. Store all your medications in a safe place.
 - Avoid storing your medicines in a bathroom or any place that gets a lot of sunlight, is humid or hot. This can damage your medications and make them less effective.
 - Avoid easy to reach places where kids and pets may be able to access medications. This can prevent accidental poisonings and diversion of medications.
5. Set an alarm clock or alarm on your phone as a reminder.
6. Post a reminder note on your refrigerator or use a calendar to check off your medications each day.
7. Purchase timer caps for pill bottles at your local pharmacy that remind you when to take your medications.
 - These are usually priced starting at \$13.99
8. If you are traveling, ask your pharmacy for a vacation override.

Why should I take my medications as prescribed by my doctor?

- Taking your medications regularly will help keep you healthy and lowers your risk of heart attack, stroke, kidney disease, eye and nerve damage and other illnesses.
- Your doctor will be able to better manage your treatment if you take your medications as directed. Always let your doctor know if you have any trouble or concerns about taking your medications regularly.

This information does not replace the ongoing care and advice of your doctor. You shouldn't make any changes to your established medication or exercise routine without talking with your doctor first.

9. Use mobile applications or websites with medication reminders.*

a. Top rated applications include the following:

Application Name	Cost	Website	iPhone	Android
MyMedSchedule	Free	mymedschedule.com	✓	✓
Mango Health	Free	www.mangohealth.com	✓	✓
Medisafe	Free	www.medisafe.com	✓	✓
MyMeds	\$9.99/year	about.my-meds.com	✓	✓

b. To see a full listing of all applications available, search “Medication Reminder” in the Apple® App or Google™ Play store.

10. Ask your local pharmacy to:

- Refill your medications automatically then call or text you when they are ready for pickup.
- Time your medications so you pick them up at the same time each month.
- Fill 90-days worth of your medication if your plan allows. Doing this can usually save you one month’s copay.
- If they have an app to help you manage your medications.

11. If your plan allows, consider mail order to have your medications shipped to your house. You may be able to get a 90-day supply of medications through the mail at the same price that you would pay at your local pharmacy (which could save you one month’s co-pay).

- If you are interested in mail order medications, you can call the following numbers:
 - **Express Scripts:** 1-877-801-2332; TTY users call 1-800-716-3231; available 24 hours a day, seven days a week

Other useful tips:

When travelling, organize your medications ahead of time.

- Arrange pill boxes before the trip and then place them in your carry-on to have them handy if luggage is lost.
- Make sure to plan ahead to have enough of each of your medicines before you travel. If you are traveling in the continental U.S., many pharmacies have multiple locations in various states. Check with your pharmacy.

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