

Why Does Taking Your Medications Matter?



Taking your medications as prescribed by your doctor keeps you healthy while managing your chronic conditions. It's important to keep track of how and when to take your medications even when you can't feel that they are working.

It can be easy to forget your medications or run out of your prescriptions but you're not alone — many people face these same issues. That's why it's important to find a medication routine that works for you. This can help you to remember to take your medications and keep you healthy.

Here are a few tips to help you stick to your medication routine:

- **Set an alarm** as a helpful reminder, especially if you need to take your medicine at a specific time.
 - **Use a pillbox** which has labels for time of day and day of the week to help you stay organized and remember to take your medication. It also prevents taking an extra dose.
 - **Combine with a daily task** such as setting out your medication next to an item that you use every day, like your toothbrush or coffee machine, to remind yourself to take your medications.
 - **Asking a loved one to help** can be a great support system. They can help remind you to take your medication and encourage you to stay on track.
 - **Technology** can be very helpful for reminding you to take your medications. There are many digital apps that can help you keep track of your medications.
 - **Keep it visible** by leaving your medications in a spot that is easy to notice. When you see your medications, you will be reminded to take them.
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- Talk to your doctor about writing your prescription for a 90-day supply for more medication on hand!
 - Don't forget about your Over the Counter (OTC) benefit.

Talk to your doctor or pharmacist if you have questions or concerns about your medicine or side effects.

How Can Medications Help Chronic Diseases?



Chronic diseases such as diabetes, high cholesterol, and high blood pressure change over time, which is why taking your medications as prescribed and following a healthy exercise and diet routine is so important.

Medications are a great tool, when you use them the right way, it helps get the job done. Your medications can help keep your condition under control so you can live a healthy life. Many conditions don't have clear symptoms. Even if you don't feel sick, it's important to keep taking your medication as prescribed. This helps lower your risk for other health issues.

Commonly Asked Questions Around Medications

Where do I go to learn about my Pharmacy benefits?

- Your ID card includes important information about your Pharmacy benefit. Be sure to bring your ID card when you pick up your medication at the Pharmacy.

How much will my medication cost?

- Typically, there is a copay which is a flat amount you must pay for your medication.
- In addition to copay, there may be a deductible, which is an out-of-pocket maximum you must pay before your plan starts to cover the cost of your medication.

How do I know if a drug is covered in my plan?

- Review your plan's medication list or contact Pharmacy Member Service Center to find out if a medication is covered.

What is the difference between a generic and a brand name medication?

- Generic medications are the same as brand name medication but are usually made by another company.

What can I do to be adherent to my medications?

- Pick up your medication on time.
- Take your medications at the right times and take the correct amount.
- Take all your medication as directed.

Benefits and copays are subject to change.

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