



# Health care tips

## Medication adherence

Medication adherence is how well you follow your doctor’s instructions for taking your medications. When you take medications at the exact doses and times as your doctor prescribed, you have high medication adherence. High medication adherence helps you control your conditions and avoid related health problems.

### How is your medication adherence?

Answer the questions below to see how you’re doing. If you check “Yes” to any of these questions, read on for tips on how to keep your medication adherence high.

Do you ever stop taking medications or skip doses because you:

Question	Your answer (check one)	If you checked “Yes”
Have concerns about side effects?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Talk with your pharmacist or doctor about your side effects and ways to ease or stop them.
Don’t think the medication works?	<input type="checkbox"/> Yes <input type="checkbox"/> No	You may not always notice the change your medication has on you. You may need time or tests to see how well the medication works. Talk to your pharmacist or doctor about goals for your medications.
Feel fine when you’re not taking your medication?	<input type="checkbox"/> Yes <input type="checkbox"/> No	When you stop a medication too early or skip doses, you may miss out on long-term benefits. Ask your pharmacist or doctor: <ul style="list-style-type: none"><li>• How long do I need to take my medication?</li><li>• What benefits will I have by taking my medication in the long term?</li></ul>
Can’t afford your medication(s)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Talk to your pharmacist or doctor about lower-cost options. For example, you may: <ul style="list-style-type: none"><li>• Switch to generic medications, if possible. Generic medications work as well as the brand and usually cost less.</li><li>• Switch to another medication in the same or related drug class.</li><li>• Ask if there are coupons or discounts for the medication(s) you take.</li></ul>

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Question	Your answer (check one)	If you checked "Yes"
Feel that you have too many medications or doses to take?	<input type="checkbox"/> Yes <input type="checkbox"/> No	It can be hard to keep track of the number of medications we take every day. There may be longacting or combination medications that can make your regimen easier. Talk to your pharmacist or doctor to see if these options are right for you.
Forget to take your medication(s)?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<p>With our busy lives, it's easy to miss a dose or forget to take our medications. Here are some tips to help you remember to take your medications on time:</p> <p><b>Stay organized and plan ahead:</b></p> <ul style="list-style-type: none"> <li>• Make a list of your medications. Include their names, doses and any instructions.</li> <li>• Use a pillbox to organize your pills.</li> <li>• For changes in schedule such as weekend outings, be prepared and bring your medications with you.</li> </ul> <p><b>Create a routine:</b></p> <ul style="list-style-type: none"> <li>• Take your medications at the same time each day so it becomes a routine.</li> <li>• Keep your medications in plain sight to help you remember to take them.</li> <li>• Fit taking your medications into your routine. For instance, if you take medications at bedtime, place these medications on your nightstand.</li> </ul> <p><b>Set up reminders:</b></p> <ul style="list-style-type: none"> <li>• Post reminders where you will see them, such as a bathroom mirror or refrigerator door.</li> <li>• Set an alarm on your clock or cell phone.</li> <li>• Sign up for a reminder service.</li> <li>• Team with family or friends to remind each other to take medications.</li> </ul> <p><b>Make it easier to refill your medications:</b></p> <ul style="list-style-type: none"> <li>• Talk to your pharmacist about refilling all your medications on the same day, if possible.</li> <li>• Get a 90-day supply of the long-term medications you take.</li> <li>• Sign up for medication home delivery.</li> </ul>



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