HealthCheck360

Why it Matters: Taking Medications as Prescribed

Taking medications as prescribed may seem like a small daily habit, but it can play an important role in managing health conditions and supporting long-term health.

Why Taking Medications as Prescribed Is Important

Supports Long-Term Health
Many health conditions require ongoing treatment, even when symptoms aren't noticeable. Taking medications as prescribed can help keep conditions under control.

Helps Medications Work as Intended
Medications are designed to be taken in a specific way. Following the prescribed schedule helps them work effectively.

Reduce the Risk of Complications
Skipping doses or stopping medications unexpectedly may increase the risk of symptoms returning or health conditions worsening.

Prevent Avoidable Healthcare Visits
Consistent medication use can help reduce the likelihood of complications that lead to additional doctor visits, urgent care visits or hospitalizations.



Tips to Help you Take Medications on Schedule:

- **Set a Daily Reminder:** Use a phone alarm, calendar alert, or medication reminder app.
- **Pair it With a Routine:** Take your medication at the same time as another daily habit, such as brushing your teeth or eating breakfast.
- **Use a Pill Organizer:** A weekly pill organizer can help you keep track of whether you've taken your medication each day.
- **Plan Ahead:** Refill prescriptions before they run out and pack medications when traveling.

Concerned About Medication Costs?

You're not alone. Medication costs can make it difficult to stay on track with your treatment plan. If cost is a concern, talk with your healthcare provider or pharmacist before making changes to your medications. They may be able to discuss lower-cost alternatives, generic options, or other resources that can help.