

## Tips - Remembering Your Medications

1. **Medication Chart:** keep a medication chart next to where you take your medications

- Use our medication chart and medication list in the **tool kit** section to help you keep organized

2. **Pill Box:** use a pill box to keep your medications for each day. Place them in the box once a week so you don't have worry about it later.



3. **Set an alarm:** program your phone or alarm clock to alert you when it is time to take your medications each day to help you remember.



4. **Make it a habit:** just like brushing your teeth, taking your medications needs to become a consistent habit to keep you on track.

5. **Ask family and friends for help:** having a little extra help in getting your medications organized, your list made, and setting up reminders can be a BIG help.

