



## Required Rx: Prescription Medication Tips

Medicine can help you manage high blood pressure, high cholesterol and diabetes. Here are some tips that may help you take your medicine according to your health care provider's directions:

- **Stay in touch with your health care provider.** If side effects are bothering you, tell your health care provider. He or she may be able to switch medicines or try another treatment.
- **Ask questions.** Take time to know what you need to do. Do you need to take the medicine until it is gone? Do you need to refill the medicine once it is gone?
- **Make taking medicine part of your daily routine.** Take your medicine when you do something else during your day, such as eating breakfast.
- **Keep your medicines where you will notice them.** Keeping them in sight can help you remember to take them.
- **Use a pill box.** You can take time once a week to organize your medications.
- **Use a medication tracker.** It is good to have a tracker in case of emergency or to take to your health care provider's office.

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# Tips to save money on your medications:

- **Ask about prescription discount cards.**

There are several free discount cards you can show at the pharmacy that will give you a discount on your prescription. The discounts with these cards vary depending on the pharmacy and the prescription.

- **Talk to your pharmacist before paying for medicines.** Several pharmacies across Utah (such as Smiths, Wal-Mart and Target) provide certain generic prescriptions for \$4 for a 30-day supply or \$10 for a 90-day supply.

- **Ask your health care provider about less expensive medicines.**

Your health care provider may be able to prescribe a less expensive medicine or may know how to save you money on your medicine,

- **Ask your BeWise coach for more suggestions.**

BeWise coaches can help you in other ways to save on medicines.

