

# Taking medication correctly and safely

It's important to take your medication the way your doctor prescribes, so you can get and stay healthy.

Here are some tips to remember when it comes to your medications:

## Learn about your medications

- Read and understand your medication labels.
- Talk to your doctor and pharmacist about your medications and ask:
  - What is the name of my medication?
  - Why should I take it?
  - When do I need to take it?



## Keep track of your medications

- Keep a list of all your medications, including herbal supplements, over-the-counter medications, and vitamins.
  - Review the list with your pharmacy and doctor at each appointment.
- Use one pharmacy to fill your prescriptions to avoid interactions that can occur between certain medications.

## Take your medications correctly

- Take your medication exactly as prescribed, even if you feel fine.
- Get into a routine and organize your medications with a pill box to help you take them on time.
- Try setting an alarm on a watch or phone or post notes to help you remember to take your medications.
- Make sure you complete lab tests your doctor orders to check on how your body is handling your medication.

If you are having any problems with your medications, make sure you call your doctor.

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