

# 8 TIPS **for** REMEMBERING **to** TAKE YOUR MEDICINE

Not taking medication as prescribed is a widespread problem with life-threatening consequences.

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1. Take medication at the same time every day.
2. Tie taking medications with a daily routine.
3. Keep a “medicine calendar” with pills and note each time you take a dose.
4. Use a pill container. Some types have sections for multiple doses at different times.
5. Refill your pill container at the same time each week.
6. Purchase timer caps for pill bottles and set them to go off when your next dose is due.

## TRAVEL TIPS:

7. Bring enough medication plus a few days extra in case of delays.
8. Keep medication in your carry-on bag in case of lost luggage.

**50%**  
of the time  
medication is  
not taken as  
prescribed.

**125K**  
**DEATHS**  
per year in the  
U.S. are caused  
by not taking  
medicine as  
prescribed.

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