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Following your treatment plan can help you stay healthy and symptom-free. Taking your medications is particularly important. Studies have shown that patients who do not take their medication have a 30-40% greater chance of experiencing a flare of their disease. Here are a few helpful tips that can help you remember to take your medication:

Create A Routine	Keep It Visible
 <p>Take medication with an activity you do at the same time every day.</p> <ul style="list-style-type: none"> • <i>Mealtimes</i> • <i>Brushing teeth</i> 	 <p>To avoid “out of sight, out of mind”, leave medication in a safe place that is easy to spot.</p> <ul style="list-style-type: none"> • <i>Kitchen/bathroom counter</i> • <i>Bedroom nightstand</i>
Set An Alarm	Post A Note
 <p>An alarm on your <i>cell phone</i> or <i>watch</i> can be helpful, especially you’re busier at certain times of the day or the timing is important.</p>	 <p>Put a reminder note some place it will be seen every day.</p> <ul style="list-style-type: none"> • <i>Refrigerator</i> • <i>Bathroom mirror</i>
Use A Pillbox	Flip Pill Bottle Over
 <p>A weekly pillbox with compartments for each day and dosing time can be a visual reminder to take medication and help prevent double doses.</p>	 <p>Each time you take your medicine, flip the pill bottle over so you know it has been taken.</p>
Carry Extra Doses	Record Each Dose
 <p>Leave some extra doses in a bag/purse you use often so you can take your medicine if you’re away from home.</p>	 <p>Use a calendar or medication journal and check off when you take each dose. This can help you avoid missing doses or taking too many.</p>
Keep Medicine With Each Caregiver	
 <p>If you ever stay with different caregivers, keep some medicine at each house.</p>	

Mobile Medication Reminder Apps **Available on Apple and Android devices

	CVS	Walgreens	MyMedSchedule	MediSafe	MyTherapy	MyMeds
						
Free						\$9.99/year
Medication Reminders						
Tracks Doses Taken/Missed						
Refill Reminders						
Ready for Pick Up Alert						
Offers Online Data Entry						
Share List of Medications		Print, Email	Print	Print, Email		Print, Email, Text
Extra Features	<ul style="list-style-type: none"> • Setup family profiles • Scan to refill prescription • Transfer prescriptions • Pharmacy locator 	<ul style="list-style-type: none"> • Scan to refill prescription • Transfer prescriptions • Pharmacy locator 	<ul style="list-style-type: none"> • Create and print wallet-size list of medications and schedule • <i>My Health Tracker</i> for lab results and vital signs 	<ul style="list-style-type: none"> • Program family members to receive alerts if medication is not taken • Setup family profiles • Snooze reminder 	<ul style="list-style-type: none"> • Track symptoms and mood • Schedule appointments and healthy lifestyle goals 	<ul style="list-style-type: none"> • Setup family profiles • Record drug allergies, doctors, and pharmacies Track immunization records
Available Languages	English	English	English, Spanish	English, Spanish, Arabic, Chinese, French, Russian	English	English
HIPAA Compliant						
Website	cvs.com	walgreens.com	medactionplan.com	medisafe.com	mytherapyapp.com	my-meds.com