



Worried you'll forget a dose of your medicine? Not sure if you already took it? There are services and tools designed to help you!

Electronic reminders

- If you use email or text messaging, you can sign up for services that will send you reminders when it's time to take your medicine. Many are free, and allow you to create medicine-specific reminders that can be sent to your computer or cell phone.

Try doing an online search for "free Rx reminders" or "prescription reminders," or ask your pharmacist to recommend a service for you.

- Try setting a recurring reminder on your cell phone or watch. You can even find specially-made medication reminder watches.
- Consider using a pill box with a built-in reminder system.

Bubble packs

Your pharmacy may be able to help you manage your medicines by packaging your pills in a way that makes it easier to know which medicines to take and when to take them.

Ask your pharmacist if a bubble pack option might be right for you.