



Staying Strong

Your doctor prescribes it. Your pharmacist fills it. But only YOU can take it!

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Sometimes people feel like their medication is not working, so they stop taking it. Or maybe they feel like their medication has already made them better, so they stop taking it.

But medication can't help if you don't take it. Your medication treats an illness, not just the symptoms of that illness.

You can use these tips to help you stay strong in your medication routine:

- Learn what condition each of your medicines treats
- Learn the correct way to take your medicine
- Make sure you know the name of every medicine you take
- Use a reminder tool (alarms, pill boxes, etc.) to keep you from forgetting to take your medicine
- Talk to your healthcare provider (HCP) before you stop taking your medicine, even if you think it isn't working
- Remember that even if you start feeling better, you need to keep taking your medicines for chronic conditions like diabetes, high blood pressure, etc.



Taking medicine may not be fun—but staying on top of your medication routine may help you improve your health and avoid the need for more medicines in the future.