



... Regular car maintenance

Even if it seems to be in working the way it's supposed to, you service your car regularly to keep it running smoothly—taking your medicines as prescribed can do the same thing for your health.



... Investing in a retirement fund

You may not enjoy the paying into it now, but you will see the rewards years down the road. Taking your medicine as prescribed can help you live a longer, healthier life.

... Watering a garden

If you wait until your plants wilt to water them, it could be too late. You work hard to keep your plants lush and lively—do the same thing for yourself!



... An insurance policy

Small, regular payments over time help protect you in the event of an emergency. When you take your medicine every day, you are helping to protect yourself from future health problems.

... An exercise program

Athletes practice, exercise and stretch to prevent serious injury and help them play the best they can. Taking your medicine can keep you feeling healthy and prevent your condition from getting worse.



Source: The Altoona List of Medical Analogies