



Taking medicine is nothing to be ashamed of.

Many people would rather keep their condition to themselves, but please don't let it prevent you from getting the most out of your medicine.

Here are some tips for maintaining privacy while staying on your medication routine:



- If you need to take your medicine during work, find a secluded area that you can reach quickly on a break. Make sure this is a place you are comfortable, like in an office with a door that closes.
- If your medication needs to be stored in a refrigerator, keep it in a lunch box. This will also remind you to take it when you go to eat.
- Talk with your healthcare provider (HCP) or pharmacist about the dosage times of your medications. There may be options that allow you to take your medicine at a time that works better for you.