



MEDICAL MUTUAL®

2060 East Ninth Street Cleveland, OH 44115-1355

MedMutual.com/Medicare

Understanding **Medication** Adherence





These recommendations are for your information only. They do not take the place of your doctor's advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan.

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What is **Medication Adherence**?

Taking medications as directed by your doctor or healthcare provider is often referred to as medication adherence. This includes filling or refilling your prescription(s), taking the correct amount of medicine at the correct time, and following any other instructions from your provider. Paying attention to medication adherence is vitally important in making sure the medicines you take do what they are intended to do.



Talk to your doctor or pharmacist

Make sure you talk to your doctor or pharmacist if you have questions, especially if you don't understand how to take your medication or if you:

- Experience any side effects
- Feel the medicine is not effective
- Have trouble taking the medicine
- Cannot afford the medicine

It's possible to adjust your medicine or the dose to help you receive the right treatment at a cost you can afford. Your healthcare providers can assist with this decision. Be sure to make them aware of how you are feeling before you make any changes on your own.

Make a medication PLAAN to help keep yourself on track

It's helpful to have a PLAAN so you can stay on track with your medication.

- Pillbox—Use to seperate your pills for each day you need to take them.
- List—Keep an updated list of all your medications, including over-the-counter drugs and herbal supplements. Take it with you to all doctor appointments.
- Alarm—Set an alarm to remind you to take your medications at the same time every day.
- App—Download a free app to help you keep track of when you take your medications and when you need refills. Search Medicine Reminder in your device's app store.
- New Information—Talk with your doctor about any new side effects or changes in how you are feeling.

For more information about taking your medications the right way, visit the National Council on Patient Information and Education website at BeMedWise.org.

Keep track of your medications

Use the space provided below to list your medications. Take it with you to all doctor appointments.

MEDICATION

If you have questions, please call Medical Mutual at 1-800-982-3117 (TTY 711 for hearing impaired). Customer Care Specialists are available to answer your call directly.

October 1—March 31	Ар
Monday — Sunday, 8 a.m. to 8 p.m.	Mo
(Except Thanksgiving Day and Christmas Day)	Sa

DOSAGE	DATE STARTED

pril 1—September 30

londay—Friday. 8 a.m. to 8 p.m.

aturday, 9 a.m. to 1 p.m. (Except holidays)