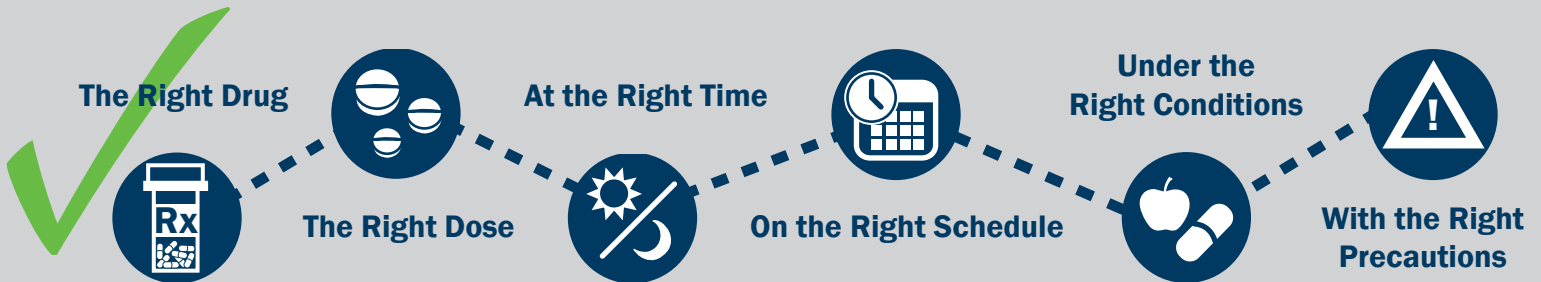


MEDICATION ADHERENCE

Your health is in your hands!



Medication adherence refers to how often you take your medications exactly as prescribed by your doctor. There are 6 key points you must follow to stay adherent:



Not taking medication as prescribed is called non-adherence. Non-adherence can include not picking up a prescription, skipping doses or stopping a medicine before you should, or taking the medicine at the wrong time.

Why is Adherence Important?



Only 1 in 4 Americans report that they always take their medications as directed.

Non-adherence contributes to nearly 125,000 deaths annually in the US and \$300 billion in healthcare costs. Not taking your medications as prescribed can have serious consequences for your personal health, including:

- More Frequent Doctor Visits
- Worsening of Disease or Symptoms
- Increased Side Effects
- More Frequent and Longer Hospitalizations
- Medical Complications
- Unnecessary Changes in Treatment

Tips for Fixing Common Adherence Issues



Tips for Common Causes of Non-Adherence

Anxiety and Denial



Some patients worry that their medications aren't helping. Others don't like being reminded of their illness when they take their medications.

Openly communicate any concerns you have about your treatment with your healthcare team to ensure you are making good decisions. Keep a log and share this information with your doctor.



High Cost



Even patients with insurance can struggle with the high cost of their treatment.

There are several organizations, companies and institutions that offer financial help to patients for treatment costs. In 2016, Amber Pharmacy helped our patients save nearly \$10 million through co-pay and assistance programs.

Forgetfulness



Many patients struggle with remembering to take their pills every day.

Make taking your medication a part of your daily routine. Set up reminders for yourself in visible places, for example your refrigerator door. Try using calendar alarms and electronic reminders.



Side Effects



Many patients skip doses or stop taking their medication to avoid side effects.

Always discuss any side effects with your health care team right away so they can be addressed without affecting your treatment.

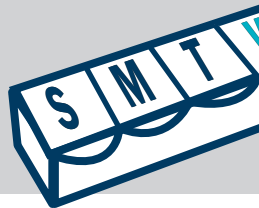


Complex Treatment



Taking different pills every day can be confusing.

To help make your routine easier, get organized by counting your pills and using a pill box. This will make it easier to figure out if you've missed a dose or already taken one. IMPORTANT NOTE: Not all medications can be removed from the original packaging.



COMMUNICATION:



If you find yourself struggling with adherence, always remember to **SPEAK UP** and **ASK QUESTIONS**. Never stop taking a medication on your own without first talking to your doctor or pharmacist. Open communication is the key to successful treatment!

SAFETY:



Taking proper precautions with your medications will keep you and those around you safe. Be sure to keep all of your medications out of the reach of pets and small children.



Questions?

Give us a call, we are here to help! **888.370.1724**

