

# Medication Coaching

## Tips and Tricks to Remember Your Medication!

Taking medication correctly may seem like a simple or personal matter, but not taking medication as directed is a complicated and common problem. These tips will help you remember your meds.

**Choose those that will work best for you.**



*Take your medication at the same time every day.*



*Use a pill organizer!*



*Keep a medication calendar and check it off!*



*Reminder on your medicine cabinet or refrigerator.*



*Add it to a daily event, like brushing your teeth.*



*Ask people close to you to help remind you!*

**Taking your medication as directed is a decision YOU make most of the time!**