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BLOG

Several Medicines? 3 Ways to Stay on Track

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Ask Yourself

- Do I have one list of everything I take?
- Do all my providers see that list?
- Do I know why I take each one?

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Bring to Every Visit

- Your full medicine list
- Over-the-counter and supplement names
- Questions about new prescriptions

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What You Can Do

- Use a pill organizer or reminder app
- Never stop a medicine on your own
- Ask about care between visits

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Read the full article

Managing Several Medicines: Simple Habits and Help Between Visits

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General information, not medical advice. Your provider can tell you what is right for you.