



Let's talk about **MEDICATION ADHERENCE**

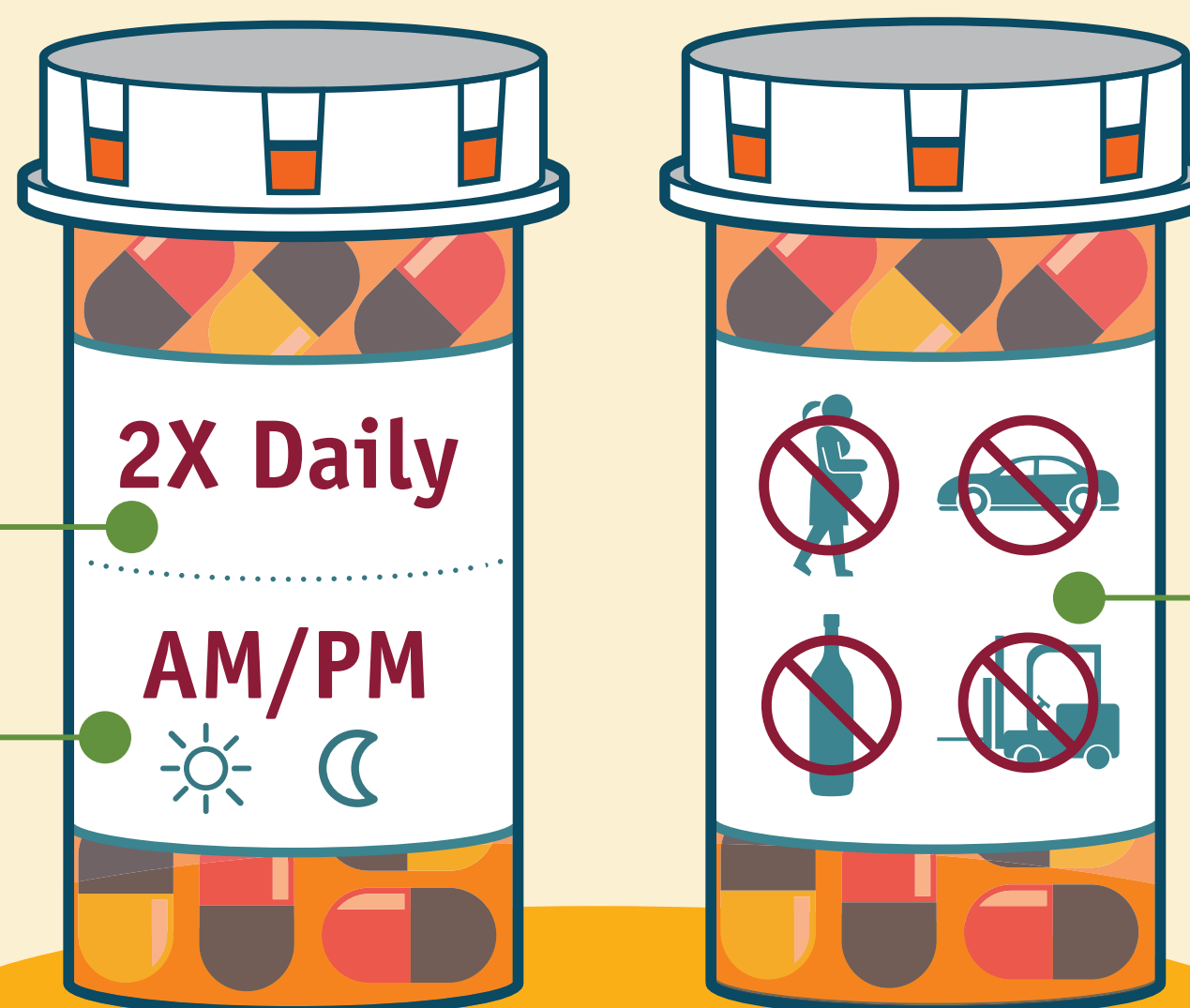
If you **SKIP, CHANGE,
OR IGNORE YOUR
MEDICINE**, it can be
BAD FOR YOUR HEALTH.

TAKE YOUR MEDICINE...

...in **RIGHT
DOSES**

...the
RIGHT WAY

...at the
RIGHT TIME



HELPFUL TIPS



Use a **WEEKLY
PILLBOX**



CREATE REMINDERS
with notes or alarms



ASK YOUR CARE TEAM
whether to take your
medicine with or
without food



**BRING A LIST
OF ALL YOUR
MEDICINES** to
every health visit

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to **CardioSmart.org/Meds** for more tips about how to keep track of your medicine.