



Taking Medicine Correctly is Important

To get well, it's important to take your medicine exactly as your doctor has prescribed it. It's also important to see your doctor for all scheduled follow up visits. If you don't take your medicine the way it is prescribed, you may not get better or may even get worse. Going to visits with your doctor gives you a chance to talk about how you are feeling. It also allows your doctor to make sure your medicine is working the way it should.

Here are some of the most common reasons people give for not taking their medicine or going to doctor visits:

- I should only take medicine when I feel ill and not when I'm feeling better.
- I need to give my body a rest from the medicine once in a while. If not, I'll become too hooked on it.
- When I no longer see my health problems, I can stop taking my medicine.
- Taking the medicine doesn't always make sure that I'll get better, so why take it?
- What's the use of trying? Nothing I do seems to help.
- I feel like I'm getting worse instead of better.
- As long as I'm taking my medicine, I don't need to see my doctor again.
- I've been taking my medicine for several days. It doesn't seem to be working.

Feeling better isn't a reason to stop taking your medicine. And all treatments don't work the same for all people. Your doctor may have to try more than one medicine to find one that will work best for you. There are often no instant results. And that can make you feel down. If you want to stop taking your medicine for any reason, talk to your doctor first.

Here are some simple steps you can take to help you stay on your medicine:

1. Ask your doctor questions. Find out what the medicine should do. Find out exactly how you should take it.
2. Make sure you know the possible side effects. You might learn that the possible side effects only last a short time and aren't too bad. If so, you'll be more likely to keep taking your medicine.
3. Try things that help you remember to take your medicine. For example, always take your medicine when eating breakfast.
4. Go to all your doctor visits. Ask your doctor how often you should be seen. Then show up for all your visits.
5. Inform your doctor. Make sure that all of your doctors know about all the drugs you are taking.
6. Follow through. Be sure to follow through on any tests your doctor orders. You may need to do blood tests once in a while when taking certain drugs.

Help is available

Your program is here to help. Call the number on the back of your ID card or in your member handbook. Help is available 24 hours a day and seven days a week.