

# Tips that Count

Wellness information for your journey to a healthier you!

## Keeping Track of your Meds

Everyone forgets to take his or her medications from time to time. Here are some tips to help you remember to take yours.

**Use the activities that you do every day** to remind you that it's time for your meds—when you get up, eat your meals, or go to bed.

**Leave pill bottles where you're likely to be** at the time you need to take them—by your exercise machine in the morning, near the TV before you go to bed, or on the table with meals.

**Use an alarm clock** or the alarm on your smart phone. This is especially helpful for afternoon or evening doses of medications.

**Make a chart or use a calendar** as a checklist. Keep this in a highly visible place and mark off when you take a medication.

**Use a pillbox** with multiple compartments. Fill it every week on the same day of the week. That way, if you see that Tuesday's cubbyhole is empty, you'll know you've already taken your meds for that day.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.