

Quick Tips For Some Problems That You May Have:

Problem

"I don't think I need to take this medicine" or "It's not helping me feel better anyway"

Solution

- 1) Find out as much as you can about each medication. What it is for? Why you are taking it? How often to take it? What side effects to expect?
- 2) Certain conditions can continue to get worse or have complications, although you may not be having symptoms now, if you do not follow the treatment plan your physician has prescribed for you.

Problem

"It costs too much" or "I'm having trouble with my insurance company"

Solution

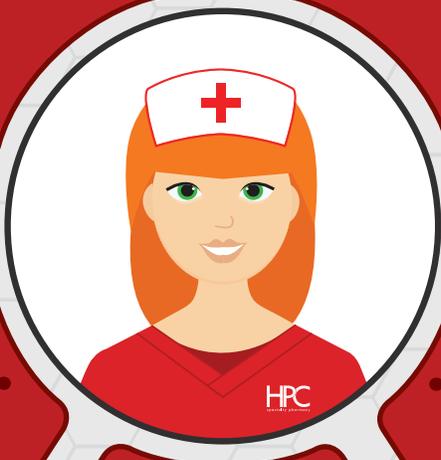
- 1) Speak with one of our billing specialists about possible financial assistance or co-pay assistance programs that may be available for you.
- 2) If you are having problems with your insurance or other financial difficulties, ask to talk to our Social Worker to discuss possible solutions.

Problem

"It's too much to keep up with" or "I'm just too busy"

Solution

- 1) Create a calendar or schedule for taking your medication.
- 2) Keep a medication log, if this is a medication that you are not prescribed to take every day. This can help you remember when you took it last.
- 3) Talk to your nurse or pharmacist about helping to find a way to fit your dosing schedule into your life.
- 4) Set reminders on your phone or a note on your refrigerator.
- 5) Use a daily or weekly pill box to help organize your medication.
- 6) Plan ahead for refill needs and any travel.



Problem

"I don't understand the instructions for how to take my medicine"

Solution

- 1) Speak to the pharmacist or your nurse to review the instructions for your prescribed therapy.
- 2) Ask them if they can write down all of the instructions in detail for you to have in your home, along with any other information you would like to have.
- 3) Let the pharmacist know if you are having trouble reading the labels. We can provide a larger print or find other ways to make it easier for you as needed.

Problem

"I feel bad when I take my medicine"

Solution

- 1) Keep track of any side effects that you are having. Discuss them with your healthcare provider.
- 2) There may be ways to help make the side effects better, or your doctor may need to switch you to a different medication.
- 3) Always tell your doctor and pharmacist about any other medications that you are taking, including any herbal supplements or over the counter medications.
- 4) Do not stop taking any medication before talking to your doctor.