

Medication Management

Carry Extra Doses



Create a Routine



Keep Visible



Seek Support



Organization



Use a Calendar





Taking good care of yourself and sticking to your treatment plan is key to staying healthy and feeling better. One really important part of that is taking your medications as prescribed. Research has found that if you don't take your meds, there's a higher chance (about 30-40% more) that your symptoms might come back. Here are a few tips to help you remember to take your medication:

Establish a Routine

Try to take your medication while doing an activity that you regularly do at the same time every day, such as brushing your teeth during mealtimes and be sure to use alarms as reminders.

Keep Medications Visible

Place your medications in a safe and visible spot, like the kitchen counter.

Utilize a Pill Organizer

A pillbox can assist you in setting aside your daily dosages and keeping track of your intake.

Carry Extra Doses

Consider carrying additional doses of your medication in your bag, so you can take them when you're away from home.

Utilize a Calendar

Record your medication intake or add reminders to your calendar.

Seek Support

Ask your caregiver or a family member to help you track your medication intake.

VITRA Health helps families to stay in their communities and home with the help of their family members. We make sure that their family members get paid when caring for their loved ones and keeping families together with the help of our nurses and case managers.

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