

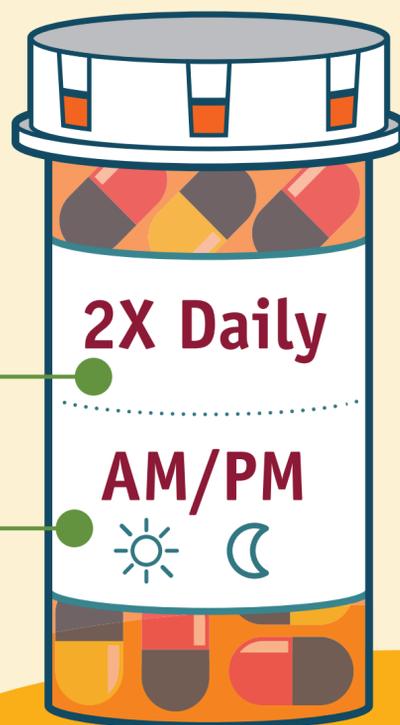


Let's talk about **MEDICATION ADHERENCE**

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](https://www.cardiosmart.org/Meds) for more tips about how to keep track of your medicine.