Take Control of Your Health: Managing Your Medication

What is it called?
Why do I take it?
How do I remember?
How do I refill it?

Learn about the ways you can remember your medications.

Find out if you must pick up your meds or you can receive them by mail

Use an alarm on your watch, phone or pill box. Use an App. Take charge of your health in a way that works for you!

Remember to ask lots of questions and check out the label of your medications carefully!
See the back of this card for tips.

Can refills be ordered by phone or online?

Your doctor or pharmacist is always there to answer your questions

For more information on transition and resources for young adults, contact us.

The Texting4Control tool, which operates on traditional cell phones and the MediSafe App will help you organize and set medication reminders. Try them out and use what works best for you.

New Hampshire FAMILY VOICES
(603) 271-4525 NHFV.org

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Check that your name is on the bottle.

Be sure it is the medication your doctor said you should be taking.

Look for how many refills are left. Call your doctor to request more before you run out!

Take meds as directed on the label. If you have questions, ask your doctor or pharmacist.

Pharmacy Name: Pharmacy X
Pharmacy Number: 7514
Pharmacy Information: 123 MAIN ST
MY TOWN NH 03301
Phone: (603) 123-4567

Prescription Number: Rx #: 764567
Fill Date: 1/01/2015
Prescriber: John Smith, MD
1 MEDICAL CENTER RD
LEBANON NH 03756

Patient Info: SALLY JONES
1 SCHOOL ST HER TOWN NH 03123

Instructions on how to take meds: TAKE 2 CAPSULES BY MOUTH 2 TIMES DAILY

Med Name, Strength, Description, Manufacturer: CARBATROL 200 MG CAPSULE SA SHIRE

Number of refills: 2
No refills after this date: 3/01/2015
# of pills in bottle: 120

ORIG: 6/01/2014
Discard after: 1/01/2016

10.2015