

# 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.**

Your doctor or pharmacist is always there to answer your questions

Can refills be ordered by phone or online?

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.

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



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 FAMILY VOICES<sup>®</sup>  
(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 Number	Pharmacy Information
Pharmacy X	7514	123 MAIN ST MY TOWN NH 03301 Phone: (603) 123-4567
Date Filled	Fill Date: 1/01/2015	Prescriber: John Smith, MD
Prescription Number— use this when refill	Rx #: 764567	1 MEDICAL CENTER RD LEBANON NH 03756
Patient Info	SALLY JONES 1 SCHOOL ST HER TOWN NH 03123	
Instructions on how to take meds	<b>TAKE 2 CAPSULES BY MOUTH 2 TIMES DAILY</b> <b>CARBATROL 200 MG CAPSULE SA SHIRE</b>	
Med Name, Strength, Description, Manufacturer	ORIG: 6/01/2014   Refills: 2   By: 3/01/2015 Discard after: 1/01/2016	Qty: 120
	Number of refills	No refills after this date
		# of pills in bottle