

ADHERENCE SURVEY – TIPS AND GUIDANCE

1. Keep a current list of all medications you are taking, both prescription and over-the-counter and share this with your doctor at each visit.
2. Share information with your health practitioners about all the other medications, vitamins and herbal supplements you are taking to avoid negative drug/drug interactions and reduce the potential for side effects.
3. Ask your doctor or pharmacist about instructions for use and side effects whenever a new medication is prescribed.
4. Use only one pharmacy or one pharmacy chain for all of your prescription medicines. This helps your pharmacist monitor which medications you take and let you know about drug interactions.
5. Read carefully the information that comes with your medication and save it for future reference.
6. Take all of your medicines exactly as directed.
7. Continue taking all of your medicines until the doctor says to stop.
8. Call your doctor, pharmacist or pharmacy benefits manager if you are experiencing side effects from your medication before you stop taking the prescription medicine.
9. Consider cost-saving and convenient options like mail order and use generic alternatives where appropriate.
10. Never take old or expired prescriptions and do not share your prescriptions with others.

For additional patient education, tools and resources visit NCPiE's web site at www.talkaboutrx.org.

Resources to Help People Pay for Medications:

- ✓ Benefits Check Up – www.benefitscheckup.org
- ✓ Partnership for Prescription Assistance – <http://www.pparx.org/>