

KNOW YOUR BENEFITS.

From



Wise Use of Medications

Whether or not to take a medication is a health decision in which you need to take part. Approach your decision to take a medicine as you would any other health care decision—with good questions, thought and consideration.

Your Doctor's Part

- Explain treatments and medications in terms you understand
- Discuss all options before making recommendations
- Check your comprehension
- Encourage questions and answers
- Provide information on who to call in times of emergency

Taking Medications Properly

- Follow directions on label
- Do not make changes on your own
- Do not split pills unless directed
- Chew, swallow or dissolve as the directions indicate

- Finish the whole prescription, even if your symptoms go away or you feel better

Your Part

- Bring a list of questions and be prepared to write down answers
- List your symptoms
- Bring your medications or a list of them with you (both prescription and over-the-counter)
- Know your insurance coverage; bring your card/paperwork with you

How Much Do You Know about Your Prescription?

- Are there any potential drug interactions?
- Are there any potential side effects?
- Are generic alternatives available?
- Do you know the proper dosage amount?
- Are there any over-the-counter options?

Approach your decision to take a medicine as you would any other health care decision—with good questions, thought and consideration.

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