

# 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.

This Know Your Benefits article is provided by Veritas Risk Services and is to be used for informational purposes only and is not intended to replace the advice of an insurance professional. Visit us at [www.veritasrs.com](http://www.veritasrs.com). © 2007-2009, 2013 Zywave, Inc. All rights reserved.