



# Medication Management

## It is important to take medications as prescribed

Taking your medications correctly may prevent hospitalizations, and maintain or improve your health. It's important to take your medication in the correct amount, at the right time, for as long as directed by your doctor or healthcare provider. It's a good idea to fill your prescriptions on time so you don't run out.

If you don't take your medications as directed, they may not be as effective and could lead to health problems.

## Lifestyle tips to help you stay on track with your medications routine.



### Talk with your health care professional

If medication side effects are bothering you, talk with your doctor, healthcare provider or pharmacist about what you can do. You might be able to switch to a different medication or your doctor may be able to adjust the timing of your dose.<sup>3</sup>



### Set daily routines to take medication

It can be helpful to connect taking the medication with normal, daily activities such as eating meals or going to bed. You can also use an alarm or a smartphone app to set reminders.<sup>3</sup>



### Keep a schedule

This can cover the medications you take, how often you take them and any special directions.<sup>3</sup>

## Did you know?

10%

of hospitalizations in the U.S. are due to patients not taking their medications as prescribed.<sup>1</sup>

30–50%

of hospital readmissions are due to patients not taking their medications as prescribed.<sup>2</sup>



Talk to your doctor today to create a plan to help you best manage your medications.



More on back





### **Use daily dosing containers**

It can be helpful to connect taking the medication with normal, daily activities such as eating meals or going to bed.<sup>3</sup>



### **Tell your doctor if paying for prescription drugs is a problem**

Your doctor may be able to prescribe a generic medication or offer other suggestions to offset the cost of a drug.<sup>3</sup>

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<sup>1</sup>Annals of Internal Medicine, 2012.

<sup>2</sup>Centers for Disease Control, 2013.

<sup>3</sup>U.S. Food and Drug Administration, 2009.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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