



“Spend less time worrying about your medications and more time enjoying yourself and those you care about. Make the commitment today to take your medications as directed.”

“I take my medications so I can take care of my beautiful children and watch them grow.”

“I take my medications so I can travel the world when I retire.”

“I take my medications because I want to live longer and enjoy my grandchildren.”

Your Pharmacist Can *Help!*

If you have any questions or wish to speak to a pharmacist, please call
1-800-890-5548.

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CHS Cares Medication Adherence Helpful Tips

Stay Healthy: Get the most benefit from your medications.

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Medication Adherence

Managing your medication can be difficult, especially if you take more than one. Here are some common reasons for non-adherence and some solutions to help you take charge of your health today.



“Medication adherence is taking your medications as prescribed and as directed by your doctor or pharmacist. It is also about making the commitment to take care of yourself.”

Are you forgetting to take your medication?

- ✓ Use a weekly or a monthly pill box to organize your medications.
- ✓ Ask your pharmacist to set you up for refill reminders .
- ✓ Download your pharmacy’s mobile app, such as the Costco mobile app, to set up and customize your refill reminders as well to reorder your refills on the go.
- ✓ Work with your pharmacist to synchronize your refills so you may pick up all your prescriptions at the same time each month.
- ✓ Ask your doctor or pharmacist to change your maintenance prescriptions to a 90 day supply.
- ✓ Incorporate your medication schedule into your daily routine (i.e., take your medication every morning after brushing your teeth).



Is it challenging or inconvenient to visit the pharmacy in person?

Take advantage of the mail order services your prescription plan offers. **Call Costco Mail Order Pharmacy at 1-800-607-6861** to start enjoying the convenience of home delivery.

Do you understand why you are taking your medications?

Contact your pharmacist if you have any questions about your medications. Understanding how your medications work and what to expect from your therapy can help keep you motivated to stay on top of your regimen.

Are you experiencing side effects that keep you from taking your medications?

Call your pharmacist or your doctor to discuss your medications and the possible interactions and side effects. They will review your list of medications and address any medication-related issues.

If you have any questions or wish to speak to a pharmacist, please call **1-800-890-5548**.

Your Pharmacist Can Help!



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