

Remembering to Take My Medication

	<p style="text-align: center;">Create A Routine</p> <p>Take medication with an activity you do at the same time every day (Meals; Brushing teeth).</p>
	<p style="text-align: center;">Keep It Visible</p> <p>Leave your medication in a safe place that is easy to spot (bathroom counter, kitchen counter). Maybe using a pillbox would help.</p>
	<p style="text-align: center;">Set An Alarm</p> <p>An alarm on your cell phone can be helpful. You can set a repeating alarm to remind you on the schedule you need.</p>
	<p style="text-align: center;">Post A Note</p> <p>Put a reminder note some place it will be seen every day (refrigerator; bathroom mirror).</p>
	<p style="text-align: center;">Carry Extra Doses</p> <p>Leave some extra doses in a bag/pocket you use often so you can take your medicine if you're away from home.</p>