

Medication Adherence

Taking control of your prescriptions and your health!



For many of us, prescription medications are a key part of maintaining our good health. Medication adherence is important in order to avoid complications that could risk your health.

What does it mean?

Medication adherence means **taking your medications correctly**. This involves factors such as getting prescriptions filled, remembering to take medication on time and understanding the directions.

Why does it matter?



Nonadherence results in approximately 125,000 preventable deaths a year



Patients with heart disease are more likely to have a cardiovascular-related emergency



The risk of hospitalization is more than 5 times higher

What can I do?

Ask your doctor and pharmacist questions about the prescriptions you are taking and being prescribed. It is important to understand the uses of medications, their side effects, possible interactions, dosages, costs and alternate options available.

Helpful Resources



Download apps, such as *GoodRx*, that help you look up medication information - including costs, side effects and usage.

Always talk to your doctor if you have questions about your health!

HEALTHY@HARRIS
Caring for ourselves so we can care for others