



adherence starts  
with knowledge

**Do you forget to take your medicines some of the time?**

**Yes**     **No**

**Have you taken a medicine more or less often than prescribed in the last week or in the last month?**

**Yes**     **No**

If you answered yes to either of these questions, you are not alone.

**Not taking your medicines as directed by your doctor means:**

- **Your medicines might not work the way they should.**
- **Your health problem might get worse.**
- **You might not feel well.**
- **You might not function as well at home, in school, or on the job.**

To learn more about what may be getting in the way of taking your medicines, go to [www.takingmeds.com](http://www.takingmeds.com).



Medicines are prescribed to help you. And taking your medicine as directed is one of the most important things you can do for your health.

**For additional information, go to**

**[www.takingmeds.com](http://www.takingmeds.com)**

**At this Web site you can:**

- Take a quick survey to identify what may be getting in the way of taking your medicines.
- Print out a report for your doctor, nurse, or pharmacist.
- Understand what may be getting in the way of taking your medicines.
- Learn more about managing your health problems and medicines.
- Access a variety of helpful condition-specific education tools.
- Access tools to create your own medicine schedule electronically.

