



## What's Your Reason? I'm Confused!

Taking your prescription medication as directed can be complicated, especially if you are on several drugs. Talk to your doctor about simpler options.

You may have good reasons for not always taking your medication. There are better reasons why you should.

Make taking your medicine a little easier.

- Ask your doctor to explain each medication and why you need it.
- Ask your doctor about an easier dosing schedule or combination products to reduce the number of pills you take.
- List instructions for all your medications in one place.
- Use pill boxes to organize daily doses.

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