Medications can help control a number of diseases and conditions. But they only work when we remember to take them! Select tips from the ones listed below to help you remember to take your medication.

**Refrigerator note:** Put a picture of yourself or a loved one on your refrigerator with a note reminding you to take your medication.

**Use sticky notes:** Put reminder notes to take your medication in places where you will see them.

**Voice mail service:** If you have a service, record a reminder for yourself, and have the service call you every day.

**Have a grandchild call:** Ask a grandchild, or another relative, to call every day and remind you to take your medication.

**Buddy system:** Arrange with a friend to call each other every day with a reminder to “take your medication!”

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Computer start-up reminder: Have a ‘take your medicine’ reminder appear every time you turn on your computer.

Use a weekly pill box: These are available at pharmacies, and many supermarkets.

Figure 3. Using a pill box organizer will keep your medicines organized. Choose the type that best meets your needs. Credits: Tom Le Goff/Digital Vision/Thinkstock.com

Keep them on your night table: If you need to take your medication in the morning, this could be a good reminder.

Keep them next to your toothbrush: Take your medication before or after brushing your teeth.