

Healthy Living: Tips for Remembering Your Medication¹

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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.



Figure 1. Sticky notes are a visual reminder to take your medicine.

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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!”



Figure 2. Have a family member or friend call to remind you about taking your medications.

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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.
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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.