



Partnering to improve healthcare delivery to North Carolina Communities.

**NCAHC
Wants to Help!**
Visit our
**On-Line Healthcare
Resource Centers**
at
www.ncahc.org

*Have you Taken Your
Medicine Less Often than
Prescribed in the Last
Week, Month or Year?*

If you answered “yes,” you are not alone. Not taking your medicines the way your healthcare provider recommends can mean that your medicines may not work the way they should. Your health problems may become more severe. You may not feel well, might not function as well at home, in school or on the job. Or, worse....

“Drugs don’t work in patients that don’t take them.”

C. Everett Koop, MD
Former US Surgeon General



Take Charge of Your Health

There are many things that get in the way of taking good care of your health. Don't let NOT taking your medications as prescribed be one of them...

Question: Are you communicating effectively with your doctor or pharmacist about your health problems?

ASK ME 3 will provide helpful tips on how to communicate: “What is my main problem? What do I need to do? Why is it important I do this?”

www.npsf.org.askme3

Question: Do you understand why your medicine was prescribed?

Consult these helpful **DRUG AND DISEASE EDUCATION** sites:

www.rxlist.com

www.webmd.com

www.takingmeds.com

www.bemedwise.org

Additional tips for seniors can be found at **www.adultmeducation.com**

Question: Do you forget, or get too busy, to take your medicines?

MY MED SCHEDULE is a web-based medication scheduler and reminder tool. You can create a detailed medication list. Or, sign up for free e-mail or text message reminders.

www.mymedschedule.com

Question: Do you need help understanding your insurer’s coverage for your medicines?

To review your insurance drug benefits, visit **DRUG COVERAGE** at:

www.ncahc.org

www.fingertipformulary.com

Question: Do you want to better understand drug costs or do you need help paying for your medicines?

To better understand **DRUG PRICING** consult **www.destinationrx.com**

Or, if you need **FINANCIAL ASSISTANCE** for your drugs consult **www.pparx.org** or **www.needymeds.org**

Question: Are you 65 years or older and need help understanding Medicare Part D?

To review available **MEDICARE PART D** insurance, drug coverage options or other questions go to:

www.ncahc.org

www.medicare.gov

Question: Are you concerned about the safety or side effects of your medicines?

Always discuss your concerns with your healthcare provider. A **FAMILY TOOL KIT** may also assist you:

www.learnaboutrxsafety.org/resources.aspx

SENIORS should consult

www.mustforseniors.org for tips.