



# Why Adherence Matters



## Importance of taking your medications

Nearly 50% of Americans have used at least one prescription with in the last 30 days.<sup>1</sup> Taking your medications as prescribed by your physician can help improve quality and length of life.

<sup>1</sup>Centers for Disease Control and Prevention (CDC)


## What's the big deal?

When considering an adjustment to your medication therapy, it is very important to follow up and discuss with your healthcare provider. If discontinued suddenly, some medications can cause more harm than good.

Make sure to keep an open communication with your doctors and specialists. These providers are there to work with you and find a medication that can help improve your health condition.

### CONTACT

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## Tips for success



Alarm or calendar



Weekly pillbox



Create a routine



90-day supply