



COMPLY WITH YOUR MEDICATION THERAPY

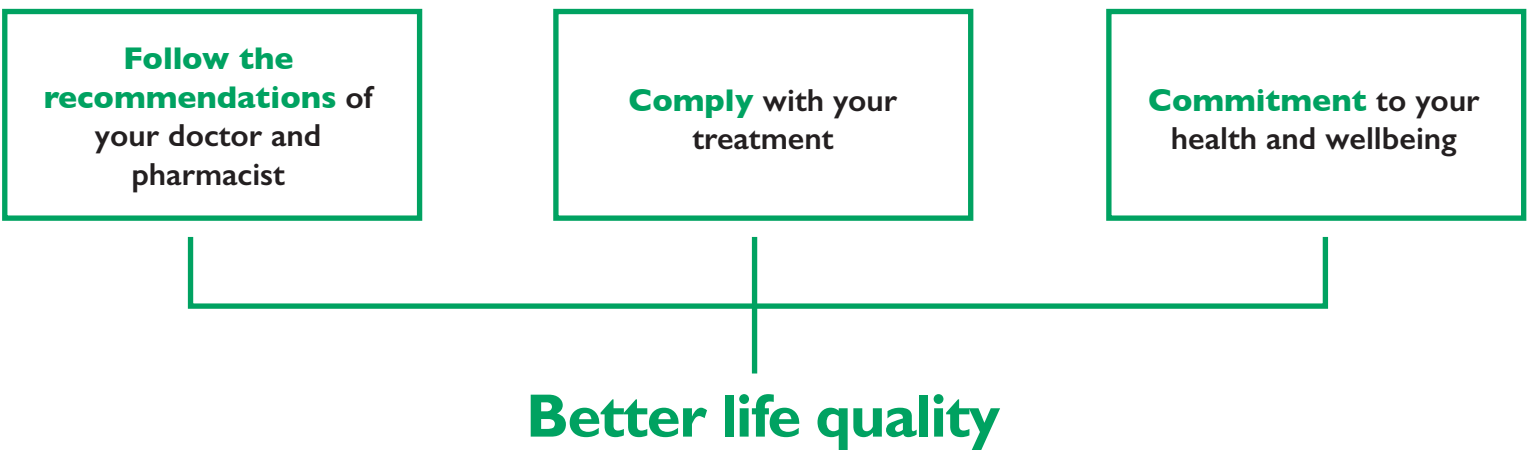
Taking your medications according to the instructions given to you by your physician or pharmacist is known as adherence. Doing so at the times, doses, and frequency established in your care plan is the most important part of your treatment. If any of these are not followed, we would be in non-compliance with treatment, which could cause your condition to become uncontrolled and lead to serious health complications for your health.

More than half of the medications prescribed for different purposes and/or treatments are not used in the correct way. Non-adherence can be divided into two categories:

✓ **Intentional:** the patient decides not to follow treatment recommendations.

✓ **Unintentional:** the patient wants to be adherent to the recommended treatment, but you have trouble remember to take it or it is having undesired effects.

But, how can I improve adherence to medications?



Factors that can make it difficult to comply with treatment

Forgetfulness

Difficulty in getting to the pharmacy

Lack of knowledge

Cultural or religious beliefs

Expensive medications

Thinking that it will not work

Lack of a physician's order

Believing that you are cured or that the medication is not working

Possible side effects

Believing that the medications are not necessary or that they are harmful to you

Treatment with multiple medications or long term treatment

Common mistakes that affect adherence

Not taking your medication

Not taking the prescribed dose

Not taking the prescribed amount (taking more or taking less)

Not taking them at the prescribed time

Self-medication

How can I improve my adherence and comply with my medications?

- ✔ Create a routine for taking your medications and follow the instructions of your doctor or pharmacist.
- ✔ Help yourself with reminders such as a calendar, alarms, and notes to show when each medication should be taken. There are also mobile apps for your cell phone to help you stay compliant with your treatment.
- ✔ Make a list of questions for your doctor about your medications and clarify any questions.
- ✔ Use a pillbox and group medications that should be taken in the morning, afternoon, and evening.
- ✔ Ask a family member, friend, or co-worker for support.
- ✔ Keep your medications in a visible place and safe.
- ✔ Create a list of your medications, what you take them for and their doses.
- ✔ Select a pharmacy that is easily accessible and use the home delivery service. Remember to order your medications at least 4 to 5 days before they run out. Also, you have the option of asking your doctor for a prescription for up to a 90-day (three-month) supply, so you don't have to make as many trips to the pharmacy to pick up your maintenance medications.

Compliance with treatment is essential for your wellbeing!

References:

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How to Get the Most From Your Medicine - familydoctor.org

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