

## Medication Adherence

100-Day Supply Usage	Pill Box Benefits
<ul style="list-style-type: none"> <li>Reduces pharmacy trips</li> <li>Prevents missed doses</li> <li>Ensures continuous medication supply</li> <li>Helps manage chronic conditions.</li> </ul>	<ul style="list-style-type: none"> <li>Organizes medications by day/time</li> <li>Helps prevent missed doses</li> <li>Useful for multiple medications</li> <li>Some have alarms/reminders</li> </ul>

## Adherence Strategies

Strategy	How It Helps
Set Reminders	Use phone alarms, smartwatch alerts, or calendar notifications.
Use Medication Apps	Apps like Medisafe & MyTherapy send medication reminders.
Incorporate into Routine	Take medication with daily habits (e.g., brushing teeth, meals).
Keep Medications Visible	Store safely in a noticeable place (away from children/pets).

***Your pharmacist can help with adherence tools, refill options, and medication management. Small changes can make a big difference in your health!***

