

ActiveYou

ActiveHealth® Management: Tips for well-being
October 2019



Manage your medicine

It can be hard to keep track of when and how to take medicines. And the more you take, the harder it can be. Here are some ideas you can use to stay organized.

The first step in keeping track of your medicines is to know what you're taking.

- Make a list of the medicines you take. Bring it to every doctor visit. Be sure family members have a copy. Update it whenever your medicine changes.
- Know what each medicine is for and what side effects to watch for. Ask your doctor or health care provider when and who to call if you think your medicine is causing a problem.
- Know when you'll run out of each medicine. Write refill reminders on a calendar or on your phone. Or use automatic refill reminders from your pharmacy.
- Know what to do if you miss a dose. Talk to your doctor about each medicine you take. What you do about a missed dose could be different for each medicine.
- Make sure your medicines haven't expired. Ask your pharmacist how to get rid of expired medicines safely.

Have a medicine routine

- Keep a daily routine. Make a schedule for taking your medicine. Follow it every day.
- Find activities that you do at the same time you need to take your medicine. Use these activities to remind yourself.
- Set an alarm on your phone or your watch to remind you when to take your medicine.
- Use sticky notes. Put them in places that you'll easily see like on a mirror or the refrigerator door.



Upcoming events

Wellness Webinar Series

High 5! Healthy Habits
October 15, 2019

9:00 am, 11:30 am and 3:30 pm CT

<http://go.activehealth.com/wellness-webinars2.html>

If you take medicines, use a pillbox



A pillbox is an easy way to keep track of your medicine. Here are some pointers to keep you on track.

- Use a plastic pillbox with dividers for each day's medicines. There are small pillboxes and larger boxes and even ones with timers. Choose which type works best for you.
- Put your pillbox in a spot where it'll remind you to take your medicine. For example, if you take medicine after meals, keep the pillbox on the table where you eat.
- Keep one pill in its bottle. If you forget what a pill is for, just look at the bottle.
- A few types of medicine might need to be stored in their original containers so they don't spoil. If any of your medicine has this instruction, don't use a pillbox for it.

Coach's corner

Meet Brian, an onsite health coach with ActiveHealth. Brian is a Registered Dietitian with a passion for health and wellness. He enjoys helping others create healthy lifestyle changes that they own and take pride in.



Be proactive with your health:

When taking prescriptions, it's important to schedule follow-ups with your doctor or health care provider. Here are some tips on how to make the most of your visits:

- Write down questions to bring with you. If you don't understand what's being said, ask for an explanation.
- Your health care provider is an expert on medical care. But, you're the expert on you. The best patient-provider relationships are partnerships.
- Bring a friend or a family member with you. They can take notes, ask questions to clarify information, and help you remember what your provider has to say.



Check out MyActiveHealth

MyActiveHealth.com is a digital gateway to help you manage your health and well-being. Best of all, it's designed around you. You choose your goals, and you set the pace. And, it's easy and fun to use.

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