

Tips for Remembering to Take Your Medications to Control Your Blood Pressure



Use a pillbox

Use a pillbox to organize your medication, ensuring you take the correct dose without any difficulty.



Keep the pillbox visible

To avoid forgetfulness, place the pillbox in a safe, visible and accessible area. This will help ensure it doesn't become an 'out of sight, out of mind' situation.

- Dining table
- Reading table
- Bedside table
- Bed

I will keep my pillbox at _____



Record each medication taken

Use a calendar to track when you take your medicine. This can help you avoid missing doses or taking too many.



Create a routine

Take your medicine along with a regular activity that you do at the same time every day.

- Prayer time
- Mealtime (Breakfast / Dinner)
- Bed time

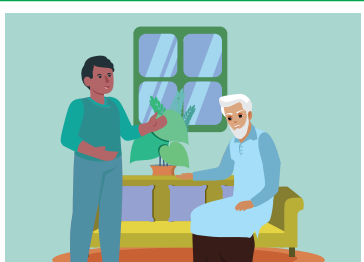
I will take my medication when _____



Set a reminder alarm

Set an alarm on your clock or phone to go off when it is time to take your medicines. This will help you to remember to take your medicine and allow you to take it at the same time every day.

I will take my medication at _____



Ask a family member to remind

- Ask a family member to help remind you to take your medication at the same time every day.
- Ask a family member to check if you are taking your medicine regularly.

I will ask _____ to help me with my medicine.

Remember, failure to take medications as directed can lead to poor health outcomes, increased treatment costs, and even death