

NEWS&NOTES

The Newsletter for EmblemHealth, GHI and HIP Providers

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Medication Adherence for Chronic Conditions

How You Can Help

Educating patients about chronic conditions and the effects of taking their medication as prescribed begins in your office. To help your patients comply with your prescribed medication regimens, please continue to discuss the risk factors associated with stopping, skipping or reducing medications without consulting you.

Your patients may not always know the right questions to ask about their conditions. Before leaving your office your patients should know:

- Why you are prescribing this medication
- How it will help their condition
- Any side effects from this medicine
- Dosage, frequency, timing and duration
- The importance of completing a course of medication
- What to do if a dose is missed
- Number of refills
- Tests needed to monitor the course of the treatment
- Prescription drug plan coverage of prescribed medication
- Generic options available
- How to obtain a 90-day supply



Helpful Hints for Medication Adherence at Home

Give your patients these helpful hints they can use at home to help them remember to take their medications:

- Use a pillbox to store their medicine and leave it where they brush their teeth as a reminder to take their pills.
- Set the alarm on their watches, clocks or cell phones to remind them when it is time for a dose.
- Ask a friend or family member to call them every day to remind them to take their medicine — it's a great way to stay in touch, too!

The extra time spent with your patients, including reconciling medications at each visit, can have a lasting effect on medication adherence and on their health outcomes.