

Rx

PATIENT'S NAME _____

ADDRESS _____

Prescription:

Take as prescribed.

Date _____

Signature _____



This brochure is not intended to take the place of your health care provider's advice.

Spanish: Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al BlueCare 1-800-468-9698. Llame al TennCareSelect 1-800-263-5479 (TTY: 711: 888-418-0008).

Kurdish: ئاگاداری: ئەگەر بە زمانی کوردی قەسە دەکەیت، خزمەتگوزاریه‌کانی کوردی BlueCare ئا یارمەتی زمان، به‌خۆڕایی، بۆ تو بەردەستە. پەیوەندی به بکه BlueCare 1-800-468-9698. TennCareSelect 1-800-263-5479 (TTY: 711: 888-418-0008)



Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: BlueCare 1-800-468-9698 or TennCareSelect 1-800-263-5479 (TTY: 711 and ask for 888-418-0008)

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How to Manage Your Medicines



Are you taking your medicine as prescribed?

People with health challenges are living longer, healthier lives. That's thanks, in part, to medicines that treat these diseases and help prevent future problems. Medicines work best when taken "as prescribed."

What does that mean?

- Tell your health care provider all the medicine you're taking – even over-the-counter drugs like vitamins or aspirin.
- Talk to your provider before changing how much medicine you take or when you take it.
- Take every dose on schedule; don't skip doses.
- Refill medicines on time.
- Tell provider if you drink alcohol – it could impact how your medicines work.



There may be some medicines that can cause you to fall.

With many medicines, there's a risk of dizziness and losing your balance. But there's a lot you can do to protect yourself.

- Ask about this potential side effect before you begin any medicine.
- Stand slowly and make sure you're steady on your feet before moving.
- Keep your home well-lit and free of clutter that may cause you to trip.
- Ask your provider to recommend exercises to improve your strength and balance.
- Get your eyes and ears checked – good vision and healthy ears makes falls less likely.

MAY CAUSE DIZZINESS

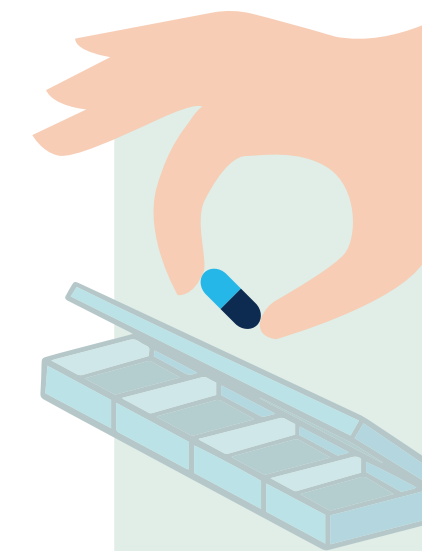


Get regular medicine checkups.

Sometimes drugs stop working as well over time, and new drugs may bring better results. So talk about your medicines often with your provider.

Using the same pharmacy for all of your needs is also a good idea. They'll have a list of the drugs you take and can spot problems with taking certain medicines at the same time. They may also have advice about foods that may not mix well with your medicine.

If you've been in the hospital, go over all medicines with the nurse before you leave. Then see your provider within two weeks to check in.



Do you need help keeping up with medicines?

- Use a pill box to organize your medicines.
- Set your watch, phone or computer to remind you when to take your medicine.
- Ask for automatic refills at your pharmacy.
- Ask for all refills to be on the same date.
- Put refill reminders on your calendar.