

Medication Adherence: Taking Your Medication Matters!

Why is medication important?



Medication adherence, or sticking to your medication plan, means **taking the medications prescribed for you in the right way, at the right time, and in the right dose**. Not taking your medications as prescribed by your doctor is likely to lead to your disease getting worse, hospitalization or even death:

- ✓ **30-50% of chronic disease treatment failures** are linked to not taking your prescribed medications (non-adherence) as the doctor ordered.
- ✓ Not taking medications as prescribed is **estimated to lead to an average of 350,000 hospitalizations** each year.
- ✓ Not taking medications as prescribed is **estimated to cause 125,000 deaths** each year.

The first step to good medication adherence is **understanding why you are taking the medications your doctor prescribed for you**. So, if you do not understand why, you should always ask your doctor to explain what each medication does to help you.

What is the right way to take my medication?



A simple way to stick to your medication regime is by following the **“5 Rights”**

- 1 Right Person** – Only take medication that is prescribed for you.
- 2 Right Medication** – Make sure you take the right medication, double check the label.
- 3 Right Time** – Make sure you take the Medication at the prescribed time and take it at this same time every day.
- 4 Right Dose** – Know how much medication to take, double check the label or directions.
- 5 Right Route** – You should take the medication by the route, such as by mouth, patch, injection or drops as prescribed by the doctor.

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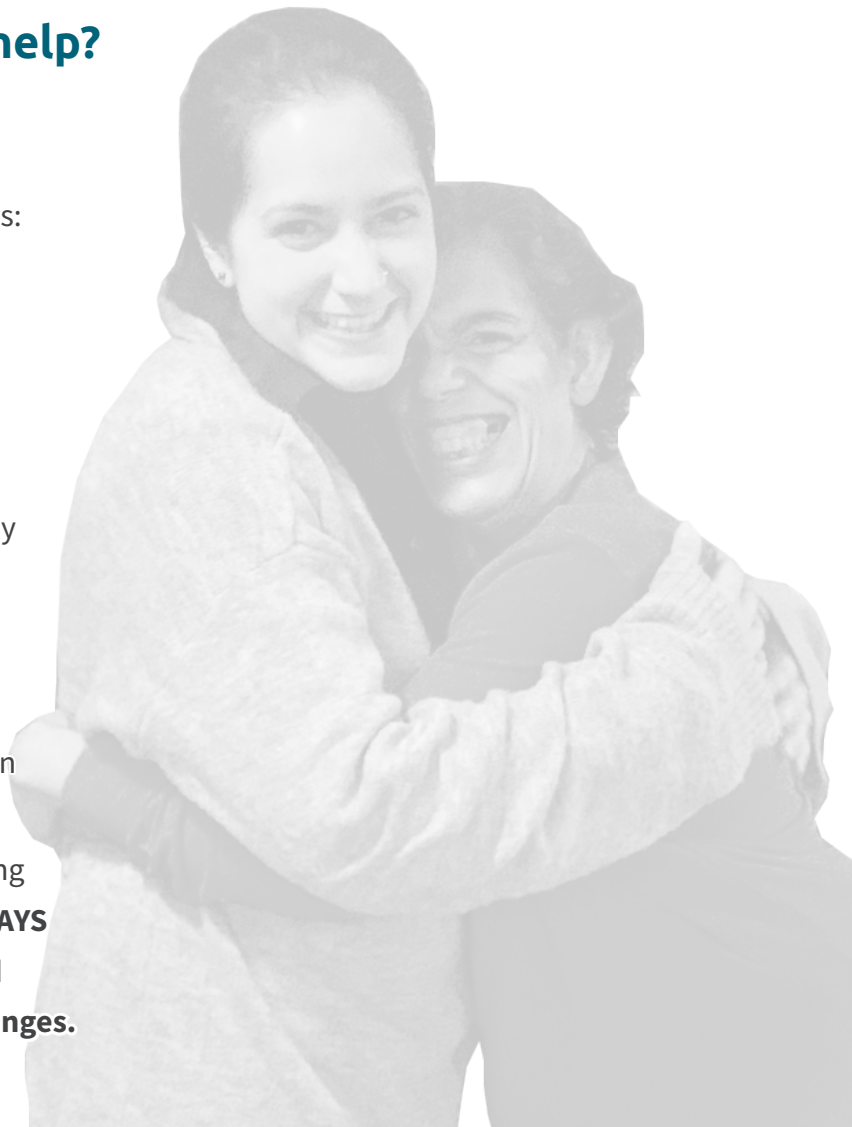
Who can I ask for answers & help?



There are many **questions** you may have about the medications you take, such as:

- ?** I feel fine, **do I need to take this** anymore?
- ?** I do not like **how my medication makes me feel**, can I stop it?
- ?** **It's difficult to remember** to take my medication, what can I do?
- ?** **I forget to refill my prescriptions**, what can I do?
- ?** **I can't get my medications**, who can help me?

No matter what the question is regarding taking or stopping your medication, you should **ALWAYS** continue your medication as prescribed and speak to your doctor before making any changes.



Remember Partners Health Plan and your Care Team are here to help!

PHP has a **Clinical Pharmacist** who reviews all of your medications after any Hospitalization, and your **Care Team is always there** to help you think of good ways to remember your medications, talk to you about options such as monthly deliveries, and to even help with scheduling appointments with your doctor if you have questions.

More medicine safety information is available at [fda.gov](https://www.fda.gov) and [cdc.gov](https://www.cdc.gov).

PHP Care Complete FIDA-IDD (Medicare - Medicaid Plan)

The State of New York has created a Participant Ombudsman Program called the Independent Consumer Advocacy Network (ICAN) to provide participants free, confidential assistance on any services offered by Partners Health Plan. ICAN may be reached toll-free at 1-844-614-8800 (TTY users call 711, then follow the prompts to dial 844-614-8800) or online at icannys.org.

Partners Health Plan is a managed care plan that contracts with Medicare and the New York State Department of Health (Medicaid) to provide benefits to Participants through the Fully Integrated Duals Advantage for Individuals with Intellectual and Developmental Disabilities (FIDA-IDD) Demonstration.