



## TAKING PRESCRIPTIONS - ARE YOU FOLLOWING DOCTOR'S ORDERS?

When your health care provider prescribes you medicine, the hope is that you are taking your medications as directed. This is called medication adherence. Taking your medicine as directed means you are regularly taking the right amount of medicine at the right time.

The medicine prescribed to you is an important part of getting you healthy and staying healthy, so you need to take it as directed.



### Why is it important?

Did you know that not taking your medicine as directed could make your condition worse? You could end up in the hospital or even worse. According to the CDC, not taking your medicine as directed accounts for 125,000 deaths per year and at least 30% of treatment failures.

We know that sometimes it is difficult to follow the doctor's orders. Here are some tips to help make it easier:

- Take your medication at the same time every day.
- Create a routine for when you take your medications. For example, take your medicine after you brush your teeth or when you're getting ready for bed.
- Using a "medicine calendar" with your pill bottles and note each time you take a dose.
- Use a pill container. This will help you reminder what time and day to take your pill.
- When using a pill container, refill it at the same time each week. For example, every Sunday morning after breakfast.

# DECEMBER HEALTH TIPS

- Buy timer caps for your pill bottles and set them to go off when your next dose is due. Some pill boxes also have timer functions.
- When travelling, make sure to bring enough of your medication, plus a few days extra, in case your return is delayed.
- If you're traveling, keep your medication in your carry-on bag just in case your luggage get lost.

Having trouble getting your blood pressure, diabetes, or cholesterol medications? Steward Health Choice Generations (HMO D-SNP) has a team that can help! Call Member Services at 1-800-656-8991 (TTY 711) to speak with our pharmacy team. Member Services is available 7 days a week from 8 a.m. to 8 p.m.

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## EXERCISE MAKES YOU HAPPY!

Exercising is a big part of staying healthy, both physically and mentally. Exercise is anything that gets your body moving!

Examples of exercise include:

- Walking
- Running
- Swimming
- Dancing
- Yoga



Exercise releases chemicals in your brain that can help make you feel good. This helps with things like boosting self-esteem and concentrating better.

Some additional benefits of exercise are:

- Less stress
- More energy
- Better sleep
- Ability to manage stress better

To help you get the exercise you need, Steward Health Choice Generations is offering a fitness club membership through Silver&Fit. Starting January 1, 2020, you will be able to go to any participating fitness center in your area and sign-up for a membership.

If you are not feeling happy, take time to get support. Steward Health Choice Generations has support services that can help you get the help you may need. If you or someone you love isn't feeling happy, it's time to talk to someone about it.

Don't forget that your Health Care Buddy can help you with all of these things! Your Health Care Buddy wants to help you get the extra benefits and help you need. Your buddy can answer your questions and help you find doctors and pharmacies to ensure you're staying happy and healthy.

Have questions about your health plan or its benefits? Member Services is here to help! Call us at 1-800-656-8991 (TTY 711). We're available 7 days a week from 8 am to 8 pm.

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This information is available in other formats, such as Braille, large print, and audio.

Steward Health Choice Generations (HMO D-SNP) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-656-8991 (TTY: 711).

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