

CHRONIC MEDICATION

Taking your chronic medicine as prescribed cannot be overemphasised.

Not taking medication as prescribed by a doctor or instructed by a pharmacist, could lead to the disease getting worse, hospitalisation, or even death.



It is imperative for members to stick to their medication routine. Take the right dose, at the right time, in the right way and frequency.

Here are some tips that may help you to remember to take your chronic medication:

- Take your medication at the same time every day.
- Try taking your medication with a daily routine like brushing your teeth or getting ready for bed.
- Use a pill container.
- When travelling, be certain to take enough of your medication plus a few days' extra in case your return is delayed.

Important to note:

- Never share your prescribed medication with someone else or take someone else's prescription medicines.
- Always tell your doctor about all the medication you are taking, including vitamins and supplements.
- Understand why you need to take the medication.

If you have any questions about chronic medication, talk to your Platinum Health doctor or pharmacist for guidance.