

JUST WHAT THE DOCTOR ORDERED: TAKE YOUR HYPERTENSION MEDICATION

Have you been prescribed medicine for hypertension, but you can't seem to make it a habit to take your meds as directed?



HERE ARE A FEW TIPS TO HELP YOU SUCCEED!

1. *Create a Routine & Use Support Tools*

Create a habit and take your meds at the same time every day. Use an app to help you remember, like Medisafe (Medisafe Apple App), (Medisafe Android App), CVS/Caremark, or use day-of-the-week pillboxes. Text message reminders, medication lists, and videos on administering medications are examples of ways to provide extra support. Download a printable medicine tracker (PDF) from the American Heart Association / American Stroke Association.

2. *Monitor Your Blood Pressure*

Check your blood pressure at a pharmacy or home between your doctor visits. Use this handy sheet to help you stay on track with (managing blood pressure).

3. *Build a Support Team*

Collaborative care between your pharmacist and primary care provider or cardiologist provides the most effective treatment for medication adherence. They can help you understand the need to take your medication and provide additional resources to help you keep track of your medications.

4. *Understand Your Treatment Regimen*

The pharmacist or your doctor should clearly explain the directions for taking your prescriptions properly. Make sure to ask questions about the side effects of the prescribed medication. Understanding your treatment regimen makes it easier to know the consequences of not taking your hypertension medicine.

(Sources: heart.org, fda.gov, mayoclinic.org, nih.gov, cdc.gov, nationalconferenceofstatelegislators.org, BCBS.com, millionhearts.gov)