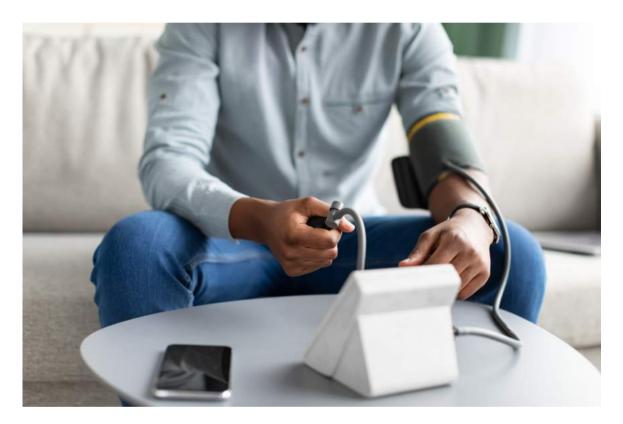
JUST WHATTHE DOCTOR ORDERED: TAKE YOUR HYPERTENSION MEDICATION

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)

