



Stay on Top of Your Prescriptions

Taking your medicine as prescribed – known as medication adherence – is important. It helps you control chronic health issues, treat short-term health problems, and stay well.

If you're having trouble taking your medicines as directed, you aren't alone. Some of the most common reasons can be:

- Finding time to take them
- Taking too many prescriptions
- Uncertainty that the medicine is working
- Fear of side effects
- Struggling to pay for them

Find a Solution

Taking the **right amount** of your medicine, at the **right time** of day and the **right way** (as your health care provider prescribed) can make a big difference in how well it works. The time of day a drug is taken may improve its ability to control health problems and lessen side effects. When you take your medicines the way they're meant to be used, you can avoid risks and get the biggest health benefits.

What else can you do to help improve your adherence?

- If you have trouble remembering to take your medicine or are confused about the directions, set reminders on your phone or use pillboxes to help sort them.
- Talk to your pharmacist. They may be able to simplify your dosing choices.
- Use pharmacy reminder services or mobile phone apps.
- If you're feeling side effects from your medicine, talk to your health care provider. There may be other options you can try that may lessen or prevent side effects so you can take your medicine as directed without worry.
- If your medicine is too costly, ask your health care provider if there is a generic or less costly alternative that may work for you.



Ask for Help

Your medicines play a vital role in keeping you healthy. If you're having trouble, ask for help. Your health care provider or pharmacist can help you find a plan to stay on top of your prescriptions. You may also ask to speak with a pharmacist on BCBSIL's pharmacy care management team by calling the number on your member ID card.



Go to **bcbsil.com** and log into Blue Access for MembersSM or download the BCBSIL mobile app to manage your care across all of your benefits in one place. You have access to a suite of pharmacy features that lets you:

- Compare drug costs at different pharmacies
- Find available lower-cost drug options
- Access information about your prescription drugs, including medication details, pre-approvals and refills
- Get reminders when it's time to refill a prescription
- Search for and contact in-network pharmacies
- Check on clinical review status and details
- Chat with a pharmacy customer service representative