In addition to recommending lifestyle changes such as diet and exercise, your health care professional may prescribe medicine to help reduce the risk of or manage heart disease. Take your medicine as directed by your health care professional. Talk to your health care professional about a medication plan that is right for you.

**Tips for Remembering to Take Medicines**

**Timing**
Take your medicines at the same time(s) each day.
Link it with something else you do around the same time(s) each day, such as brushing your teeth.
Remember to refill your prescription. Place a reminder note on your calendar a week before the medicine is due to run out.

**Get Some Support**
If you’ve been missing a lot of doses, ask your health care professional for suggestions.
Ask friends or family to help remind you.
You can remind each other!

**Helpful Tools**
Use a pillbox to keep your pills and dosage time(s) organized. You can find these at drugstores or pharmacies.
Keep a calendar or chart to write down when you take your medicines.
Put a reminder note on your refrigerator, phone, medicine cabinet, or bathroom mirror.
Set up a recurring alarm on your computer's calendar or voicemail system.

Making changes in your lifestyle and staying with your medication plan can help reduce your risk of heart disease.
Helpful Questions
Sometimes people don't stick with their medicines because they have questions about them. So, learn as much as you can about the medicines you take. Here are some questions you may want to ask your health care professional to help you learn more.

• What is the name of the medicine?
• What is it supposed to do?
• How and when should I take the medicine?
• For how long will I take the medicine?
• Should I stay away from any foods, drinks, or other medicines while I take this one?
• When should I expect the medicine to begin to work and how will I know if it is working?
• Will I need any tests or will I need to be monitored while I take the medicine?
• If I feel better or don't feel the medicine is working, what should I do?

List of Medicines
Track all medicines you take in the chart below and add new medicines when you get them. Share this list with your health care professional at every visit.

<table>
<thead>
<tr>
<th>Prescription Medicines</th>
<th>Over-the-Counter Medicines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of Medicine</td>
<td>Reason taken</td>
</tr>
<tr>
<td>______________________</td>
<td>__________</td>
</tr>
<tr>
<td>Allergy-relief medicine</td>
<td></td>
</tr>
<tr>
<td>Antacids</td>
<td></td>
</tr>
<tr>
<td>Aspirin/Pain/Fever medicine</td>
<td></td>
</tr>
<tr>
<td>Cold medicine</td>
<td></td>
</tr>
<tr>
<td>Cough medicine</td>
<td></td>
</tr>
</tbody>
</table>

(Let your health care professional know about any that you use)

□ Allergy-relief medicine □ Dietary/Herbal supplements
□ Antacids □ Laxatives
□ Aspirin/Pain/Fever medicine □ Sleeping pills
□ Cold medicine □ Vitamins
□ Cough medicine □ Other