

MEDICATION ADHERENCE

TAKE YOUR PRESCRIBED MEDICATIONS AS DIRECTED

OBJECTIVE 1

Medication adherence means taking medication:

IN THE RIGHT AMOUNT

correct dose

AT THE RIGHT TIME

example: at the right time of day, such as in the morning and before bed; being consistent is important

IN THE RIGHT WAY

example: twice daily, with food, without food

FOR THE RIGHT DURATION

as long as your doctor recommends you take it

