

Having Trouble Taking Your Medication?



CHOICE
Health Plans

Common Causes	Possible Solutions
Forgetting to take medications	<ul style="list-style-type: none"> ✓ Use a pill box to store your medicine ✓ Get a caregiver/family member involved ✓ Set reminders using email, phone, or TV shows ✓ Download an App (see below)
Forgetting to pick up medication	There may be pharmacies that deliver in your area. Contact a VNSNY CHOICE pharmacist (212-609-6118) to help with delivery options.
Cost	<ul style="list-style-type: none"> ✓ Try generic medicine ✓ Ask your doctor for a 90 day supply ✓ Ask if drug company coupons are available ✓ Contact VNSNY CHOICE member services (866-783-1444) to see if you are eligible for extra assistance
Side effects	<p>Follow your doctor/pharmacists instructions to reduce side effects:</p> <ul style="list-style-type: none"> ✓ Foods to eat or avoid ✓ Liquids to drink or avoid ✓ When to take your medicine ✓ How often you should take your medicine ✓ Talk to your doctor about all side effects

Have a smart phone or tablet? Here are some apps that you can download at no cost!



Name of App	Type of Phone
Dosecast	iOS, Android
Mango Health	iOS, Android
MedCoach Medication Reminder	iOS, Android
Med Helper Pill Reminder	iOS, Android
Pocket Nurse-Pill Reminder	iOS, Android
Dose Direct	iOS, Android
Round Health-Medication Reminder	iOS
Pill Reminder by Drugs.com	iOS
Pill Monitor Free- Medication Reminder Logs	iOS
Medication Reminder-Dose	Android

To Download:

1. Go to the App or Google Play store
2. In the search field, type in the name of the App
3. Click 'Get' or 'Install' to start the download

You can also go to the search field and type in medication reminders to get a list of all the App's available for you to download!