



Member Services Hotline 888.545.2600 TTY: 888.436.7482



Name

Emergency Contact

Mental Health Delegate Hotline 215.685.6440

**Member Information** '

## Member Medication Guide

Emergency Contact Phone Number

Date of Birth

Doctor	Doctor Phone Number			
Doctor Address				
Pharmacy	Pharmacu Pha	ry Phone Number		
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Pharmacy Address				
Member Medications ———				
Name of Medication		How Often Is It Taken?		
Member Medications ——— I				
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Reasons to Take Your Medication							

## Ways to remember to take your medication



**Set alarms** for the times you need to take your medication.



Keep a list of your medications, including notes on how and when to take them.



If you take your medication when you wake up or before you sleep, keep it next to your bed.



Set a reminder for your medication refill.



Use a **pill box** to organize your medication.



**Use an app** on your phone, like Mango Health or Medisafe, to send notification reminders for taking your medication.



Sign up for a **refill reminder** with your local pharmacy.



Take a picture of your meds to share with your doctor or pharmacist.