

Road Map for Change

Remembering to take my medications when “there is so much going on each day”



1

Let’s explore why it can be difficult to remember to take your medication regularly

Meet Martha



Martha is a grandmother of 3 active grandchildren. She watches the kids 5 days a week so her daughter and son-in-law can work and have affordable childcare.

Martha’s doctor told her a year ago that she had high blood pressure and prescribed her a medication that she needs to take once a day. “I have never had to take medicine daily before and I forgot many times a week. Watching my grandkids takes up a lot of my brain power throughout the day, I think that’s why I don’t remember to take my medication.” Martha has a checkup with her doctor in a month and wants to start taking it daily so she has a good checkup.

Here’s a map of Martha’s story:

What is happening?

- Watching 3 grandkids
- Brain power is focused on her grandkids

How does she feel?

- Guilty
- Forgetful
- Stressed

What is she doing (or not doing)?

- Not taking her blood pressure medication

2

**What parts of your story sound like Martha’s?
How is your story different?**

3

What step can you take in the next week towards taking your medication regularly?

Here are some ideas based on how ready you are to take your medicine this week

Not quite ready...

- Talk with someone who is in a similar situation

Still thinking about it...

- Talk with someone who has successfully learned how to take medication regularly

Getting ready...

- Ask doctor for a reminder pill counter
- Ask for reminders from family or friends

I'm ready now!

- Set a daily reminder on your phone to take your meds
- Schedule the same time each day to take your meds

Maintaining change

- Plan for healthy rewards for meeting goals
- Create a plan to get back on track after a relapse

4

I'm here to help!

As your Health Navigator, I'm here to support you in finding ways to achieve your health goals.

I'll follow-up with you on:

Feel free to call me before your appointment with any questions:

Facts About Medication Adherence



Medication adherence can reduce overall medical costs

Taking your meds regularly will improve your condition



Medication can prevent a heart attack or stroke

Meds, taken as directed, can help you be there for your loved ones.



“ It’s that one-on-one personal support that I think is very good for me. It has helped me stay on the right track, encouraged. To change old habits, it’s not that easy, so it impressed me to have someone who is there to encourage you and be very concerned about you.” ~Kathie P.