

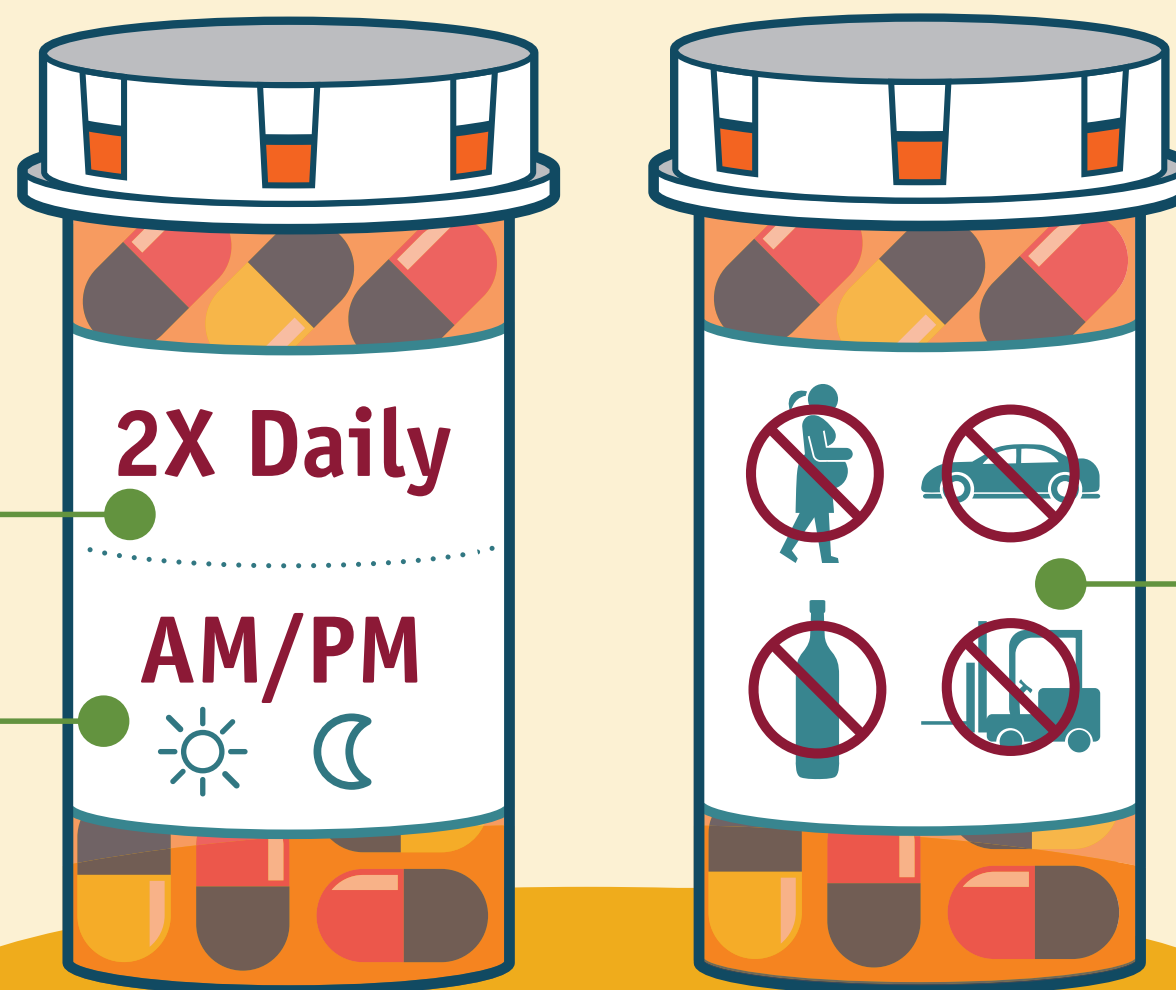
Let's talk about taking medications as prescribed



If you **skip, change, or ignore your medicine**, it can be **bad for your health.**

Take your medicine ...

... in the **right doses**



... the **right way**

... at the **right time**

Tips



Use a **weekly pillbox**.



Create **reminders** with notes or alarms.



Ask for **help** if you're having trouble taking your medications.



Review **all your medications** with your care team at every health visit.

For your safety, don't stop taking any medication without talking to your care team.

Visit [CardioSmart.org/Meds](https://www.cardiosmart.org/Meds) to learn more.

 @ACCinTouch #CardioSmart

