

# Safe Medication Management to Promote a Healthy Lifestyle

It is important to Capital Rx that members reach their health goals. Understanding and managing your medications is a critical step in this process.

## Tips for Safe Medication Practices

- Always consult your prescribing provider or pharmacist. They can offer support with any current or future questions you may have.
- Read the label to understand the appropriate dose, how often to take the medication, and other relevant instructions for taking your medications. The prescription label may also advise if it should be taken with or without food or when the appropriate time is to stop taking the medication.
- Set an alarm, use a pillbox, or put a reminder note on your fridge or bathroom mirror to help you to remember to take your medications regularly as prescribed.
- Follow instructions on how to store the medication properly. Most medicines must be kept in a cool, dry place, away from extreme temperatures and humidity. Some medications may require refrigeration.
- Read through the potential risks or side effects of taking the medication provided by your pharmacy. Ask your pharmacist if you have any concerns with taking your medication. It is important to remember that many medications have side effects, but the benefits may outweigh the risks.
- Take your medication as directed, and do not guess or estimate the dosage with liquids. Use a syringe or measuring cup with clear volume markings.
- Check the expiration dates regularly so that you are not taking expired medication. Expired medications may be less effective.
- Be aware of how you feel and react to the medication. Report any side effects or adverse reactions to a medical professional immediately.
- Refill any prescriptions you have in a timely manner, so you do not run out or have a gap in taking your medication(s). Check the prescription label for remaining refills. If this is your last refill, notify your pharmacy or your prescribing health care professional timely to request a new prescription.
- Regularly clean and check all equipment or devices used with your medication(s) to ensure they work appropriately according to the manufacturers' guidelines. Examples include spacers used with inhalers or masks.
- Properly dispose of unused or expired medications. Visit the FDA website for more information.

**Drug Disposal  
Drug Take Back  
Locations and Options:**  
[https://www.fda.gov/drugs/  
disposal-unused-medicines-  
what-you-should-know/drug-  
disposal-drug-take-back-  
locations](https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-drug-take-back-locations)

