

# Help the person you care for take and refill their medicine

If the person you care for has been prescribed a medicine, it's important that they take it every day and that they don't run out.

Here are some ways to help the person you care for remember to take their medicine every day:

- Suggest taking it at the same time every day
- Use pillboxes labeled with the days of the week
- Sign up for a reminder service
- Set a daily cell phone alarm to go off at the time(s) they should take their medicine

Below are suggestions that can help you or the person you care for remember to refill or renew their prescription:

- **Keep a medicine diary.** This diary can also be used to track treatment progress
- **Enter reminders in a calendar.** Use a paper, e-mail, or cell phone calendar
- **Sign up for a service to receive text message reminders**
- **Call your pharmacy or prescription provider.** Some offer free e-mail refill alerts