



# Take charge

## Manage your medicines

### **It's important to take them as prescribed**

Good things happen when you take your medicines properly. You help yourself stay in control of your health. You help prevent future problems. And you take steps to ensure you live the fullest life possible. That's why it's so vital that you learn how to manage your medicines.

But it's not just about taking your medicines as directed by your doctor. You can also understand which medicines you're taking. Learn the side effects. Keep track of your doses. And so much more.

### **Order maintenance medicines with ease**

You can even make getting your medicines easier for yourself. Do you take medicines every day for diabetes, asthma or another chronic condition? These are called maintenance medicines. You can get up to a 90-day supply delivered directly to your home with most pharmacy plans. It's a great way for you to save time and money and help prevent running out of your medicines.

# Get the most out of your medicines



## Practice these tips while taking your medicines as prescribed:

- ✓ **Learn about them**  
Know how they work and any possible side effects. If you're having any problems with taking your medicines, tell your doctor.
- ✓ **Remind yourself**  
You can set alarms for when you need to take your medicines. Use a pillbox that has a built-in timer.
- ✓ **Store them in a secure place**  
Keep them out of reach of children. If a child accesses your medicines, call your poison control center right away at **1-800-222-1222**.
- ✓ **Talk with your doctor before trying any new medicines**  
This includes vitamins, supplements and sleep aids. Combining these with your medicines can cause side effects or even make your health worse.
- ✓ **Understand antibiotics**  
Use antibiotics properly. They are only effective for treating bacterial infections. The common cold is normally caused by a virus, which means antibiotics won't help. Try over-the-counter products to get relief for viral infections.
- ✓ **Know how to get rid of them safely**  
Safely dispose of medicines if they're expired or unneeded. If you're unsure, ask your pharmacist. Find "take-back" locations at **[cvs.com/content/safer-communities-locate](https://www.cvs.com/content/safer-communities-locate)**.
- ✓ **Consider other options for pain management**  
Ask your doctor about over-the-counter pain relievers, acupuncture, massage, or using heat or ice. These may be safer than taking opioids.

## More ways to manage pain

For certain surgeries, such as wisdom teeth removal, ask your doctor about EXPAREL®. We cover this opioid alternative as part of our commitment to preventing opioid abuse.<sup>1</sup> Talk with your doctor to learn more.

<sup>1</sup>Aetna. EXPAREL making it easier for Aetna members to avoid opioids. Aetna News. August 20, 2018. Available at: [news.aetna.com/2018/08/exparel-making-it-easier-for-aetna-members-to-avoid-opioids](https://news.aetna.com/2018/08/exparel-making-it-easier-for-aetna-members-to-avoid-opioids). Accessed June 11, 2019.

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