

Health Update

Tips For Remembering Your Medication

(NAPSA)—The entrepreneurial team at Janssen Healthcare Innovation (JHI), part of Janssen Research & Development, LLC, one of the Janssen Pharmaceutical Companies of Johnson & Johnson, recognizes that life can be stressful, which can make it easy to forget routine tasks such as taking medications as prescribed.

However, medication adherence is a significant public health concern. According to the World Health Organization, 50 percent of chronically ill patients do not take their medications as prescribed. A review published in *Annals of Internal Medicine* indicates that medication adherence failures account for 10 percent of hospitalizations each year. In addition, medication-related hospitalizations cost the economy about \$100 billion a year.

Do you know the most common reason that people fail to take their medications? They simply forget.

Here are five simple steps to stay on schedule:

1) Work with your schedule. Think about your daily routine. Do you thrive in the mornings or are you more of a night owl? Consult your schedule and take your medications around the same time every day. Unless your doctor advises you to take your medications at specific times, work with your schedule to stay organized.

2) Condense your storage space. If you store medications in multiple locations, keeping track of your regimen can be difficult. As the adage goes, out of sight, out of mind. Store your medications in an accessible area you regularly frequent, such as your bedroom or bathroom.

3) Download Janssen Healthcare Innovation's Care4 Today™ Mobile Health Manager. It's a free app that helps patients stay on track of their medication regimens. The app sends scheduled reminders to users when it's time to take a pill, making it easy to stay on schedule. A review of research on electronic medication reminders indicates that text message reminders can significantly help patients maintain their medication regimens. The app can especially aid those with chronic illnesses requiring complex medication regimens. Learn more at www.care4today.com/mhm/.

4) Use pillboxes. If you have a complicated medication regimen, taking your pills as prescribed can be intimidating or confusing. Consider buying pillboxes to organize

Care4Today™ Mobile Health Manager

Staying on schedule with your medications can get complicated. Care4Today™ Mobile Health Manager is more than just a self-directed reminder tool. It can help support and encourage you to manage your health.



Answering the call for helping people remember when to take their medicine is a free mobile phone app.

your medications. Pillboxes are a low-cost yet effective way to keep your pills separate from one another while simultaneously keeping them in one container, so you don't have to scramble between multiple bottles. In addition, you can use Care4Today™ Mobile Health Manager to enhance the pillbox by sending an automatic reminder when it's time to take a pill. There are several inexpensive available options, such as these offerings from Ezy Dose and Friendshipstore.

5) Ask a loved one or caregiver to remind you. According to research from the Pew Research Center, four in 10 adults in the U.S. are serving as caregivers for an adult or child with significant health issues, which indicates families are increasingly involved in their loved ones' health. Care4 Family®—a feature of the Care4 Today™ Mobile Health Manager—is a valuable tool for caregivers to monitor their loved ones' schedules. The feature provides a notification when a family member misses a dose, so caregivers can easily stay in the loop. Caregivers can then offer encouragement to their family members to stay on track with their medication schedules.

Although sticking to your medication regimen can prove difficult, implementing these simple changes can positively impact your medication adherence routine.