

# Get a dose of the right medicine with these helpful tips



## Do you pass the medicine chest test?

Perhaps you have some prescriptions in your medicine cabinet. Are you taking them the right way? Are you following safety measures? Do you try to make sure your medicines are benefiting you to the fullest? Put these safety tips into practice:

- Know what your medicines are used for and how to take them.
- Don't take medicines that are out of date.
- Keep a list of all medicines you take. Be sure to share it with your doctor at each visit.
- Read the drug labels and warnings, including side effects.
- If your medicine looks different than you expected, ask your pharmacist why.
- Don't share your medicine with anyone, and don't use drugs prescribed for someone else.
- Ask your doctor if you need refills.
- When advised by your doctor, schedule tests to see if the medicine is working.



Study up on drug safety—and other health and lifestyle topics—by visiting the *Articles & Recipes* section on the Personal Health Manager (PHM). Log in to Blue Access® for Members and click the PHM icon.



**BlueCross BlueShield  
of Texas**

*Experience. Wellness. Everywhere.®*

Source: U.S. Department of Health and Human Services

52011.0709