

# Trust your pharmacist's experience to get the full benefits from your medications

## Knowing your pharmacist is good medicine

Make an effort to get to know your local pharmacist. Building this relationship will help you know a lot more about the medicines you or your family members take. Your pharmacist can tell you about:

- When and how to take the medicine and what to do if you miss a dose
- Possible drug interactions, allergies and side effects
- Safety information during pregnancy or breastfeeding
- A suggested generic, lower-cost alternative for the medicine
- What foods, drinks or activities to avoid while on the medication
- How to store the medicine

If you're looking for a pharmacist, select one the same way you select a doctor. Choose a pharmacist who will take time to talk to you and answer your questions at each visit.



Looking to improve your health care know-how? Acquaint yourself with the *Healthwise Knowledgebase*, your online resource for researching medications and other health topics. Find this and other wellness tools on the Personal Health Manager through Blue Access<sup>®</sup> for Members.



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Source: American Pharmacists Association Foundation

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