Taking Your Medicines as Prescribed

When medicines are not taken as prescribed, there is a higher risk for poor health outcomes and a lower quality of life. Follow your medicine routine as instructed by your doctor to help you stay well. One way to help is to ask your doctor about getting 90-day supplies of your prescribed medicines.

Benefits of Getting a 90-Day Supply:

- Fewer trips to the pharmacy
- Lower chances of missing doses of your medicines

More Tips on How to Manage Your Medicines:

- Ask your pharmacist for help to get all your medicines filled at the same time
- Fill your medicines a few days before you run out
- Sign up for automatic refills at your pharmacy
- Sign up for refill reminder text alerts with your pharmacy if you can
- Use 1 pharmacy to fill your medicines so it has a complete record
- Keep your medicines in a safe spot that is easy to see and will help you remember to take them
- Set an alarm, use a calendar, or put a reminder note in a place that you will see daily
- Take your medicines with activities you do every day
- Organize your medicines in a pill box

Your doctor or pharmacist should review your medicines with you at least once a year. In some cases, your medicines may need to be reviewed more often. Let your doctor or pharmacist know if you have any side effects or concerns about your medicines. If you have questions, call OneCare Customer Service toll-free at 1-877-412-2734 (TTY 711), 24 hours a day, 7 days a week. We have staff who speak your language. Visit us at www.caloptima.org/OneCare.

OneCare
CalOptima Health
CalOptima Health, A Public Agency

Taking Your Medicines as Prescribed_E
H5433_24PD015_C
RSC Approved 01-24
MMA 3242 1-24-24 RX