Correctly taking your medicine

Congratulations, you did it! Keep up the good work.

Reviewing my commitment (Maintenance)

Do you remember when you started taking the medicine? You did it for a reason. What was it? Check any that apply and/or add your own.

☐ I wanted to improve blood sugar.
☐ I wanted to improve blood pressure and/or protect the kidneys.
☐ I wanted to improve cholesterol.
☐ I wanted to prevent blood clots.
☐ I wanted to help with depression.

Is there anything else that motivates you now? ______________

How will I celebrate success? (Action)

Success is meeting your goal. How will you celebrate? ______________

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Preventive Medicine
1515 Fruitvale Avenue
Oakland, CA 94601
www.laclinica.org

Lumetra
One Sansome Street
San Francisco, CA 94104
www.lumetra.com

This pamphlet is for you if you have been taking medication for at least one month (action), or taking medication for six months or more (maintenance).
What medicines do I take? (Action/Maintenance)

List them here or ask someone on your healthcare team to list them for you.

For blood sugar:
☐ ______________________
☐ ______________________
☐ ______________________

For blood pressure and kidneys:
☐ ______________________
☐ ______________________
☐ ______________________

For depression:
☐ ______________________

For reducing blood clots:
☐ ______________________

How am I doing with my goal? (Action)

What is the name of the latest medicine you began taking?

What made it difficult for me to take my medicine?

How can I do differently next time?

Who can help me keep on track?

Looking at relapses (Action/Maintenance)

Think about the last time you did not take your medicine. It is helpful to look at this as a learning experience. Here are some questions to ask yourself.

Where was I? ______________________

What made it difficult for me to take my medicine? ______________________

What can I do differently next time?

Who can help me keep on track?

How can that person help me?

Put an "x" on the days you remembered to take your medicines.

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<th>Mon</th>
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