



31 creative ways to remember to take your medication

Visual reminders

The medicine itself

1. Set the containers where you'll see it at the time of the day when you take them.
2. Turn the bottles upside down when you take them. Then at the end of the day, turn them right-side up.

A written note

3. Write a note and put it where you'll see it at the time of day when you take the medication.
4. Place a brightly-colored sticky note on the bathroom mirror for morning medications.
5. Put a note on the kitchen table or the refrigerator for mid-day medications.
6. Fold an index card to create a standing sign and put it on the stand beside the bed for evening medications.

Monthly calendar

7. Put a checkmark in the box for the day once you've taken your medication.
 - a. If you take medications at different times of the day, you can use the top right corner for the morning, the middle right for mid-day, and the bottom right corner for evening medications.
8. Ahead of time, write "pills" in each box on the calendar. Then when you take your medication, cross it off.
9. If you're trying to remember a medication that you take less-often than daily, write the name of that medication on the calendar for each of those days in advance. Then cross it off when you take it.

A checklist

10. Add your medications to your daily “to-do” list. Refer to you to-do list during the day and cross off each task as you complete it.
11. Write your to-do list on a dry-erase board. Erase each task as you complete them.

A chart

12. Create a 7-day chart with every dose listed in the chart for each day.
 - a. Print out or make multiple copies.
 - b. Each week, put a new copy by your pill box.
 - c. Each time you take a medication, cross it off the list.
13. Use a dry-erase board to set up a weekly chart.
 - a. Write the days of week down the left-hand side.
 - b. Write the times of day you take medications along the top.
 - c. Draw lines to create boxes.
 - d. When you take your medication, put a checkmark in the corresponding box.
14. Use a magnetic board to create the chart described in the previous tip.
 - a. Put a small round magnet in each box at the start of the week.
 - b. Each time you take a medication, remove the magnet from the corresponding box.
15. If you only take medications once a day, use a magnetic board to create a simple chart.
 - a. Write the days of the week down the left side.
 - b. Across the top write “Not taken” and “Taken.”
 - c. Place a small round magnet in each “Not taken” box at the start of the week.
 - d. Each time you take your medication, move the magnet to “Taken”.

Mid-tech alarms

16. Wear a watch with an alarm feature.
17. Set alarms on your mobile device using the clock and calendar apps.
18. Wear a medical watch which provides a text message in addition to the alarm.
19. Carry a portable alarm device like keychain, pager, or pocket alarm.
20. Your pharmacy may offer medicine bottle lids with built-in alarms.
21. Use Reminder Rosie (you can record 25 reminder messages in your own voice).
22. Set alarms on a digital calendar (not every model has this feature).

Mobile apps

23. Use an app designed to help you remember to take your medication, such as:
 - Drugs.com Pill Reminder app (iPhone)
 - Mango Health (Android, iOS)
 - MedHelper (Android, iOS)
 - MediSafe (Android, iOS)
 - MedCoach (\$4 monthly, Jitterbug Flip Phone with GreatCall account only)

Pill boxes

24. Container divided into different compartments, labeled with days of the week and time of day.
25. Simple pill box paired with an alarm. The alarm may be attached to the pill box or wearable. Some wearable alarms vibrate.
26. Locked pill box that dispenses medication at the appropriate time. Some devices will automatically notify a caregiver by phone, text, or email if a dose is not taken.

Pre-packaged doses from the pharmacy

27. Some pharmacies may pre-sort medications into a pill box or blister packs.
28. PillPack.com is a mail-order pharmacy that sorts medications into pouches as a free service. Each pouch contains all the pills to be taken at a specific time.

Make taking medications a habit.

29. Create a routine by taking your medications directly before or after something you're already doing.
30. Use a game designed to create new habits.
 - Habitica.com
 - SuperBetter.com
31. Be mindful when you're actually swallowing the medicine to improve your confidence later that you actually took it.
 - We don't remember things well if we don't pay attention in the first place!

Learn more by reading "31 creative ways you can remember to take your medication" at <https://eatspeakthink.com/31-creative-ways-to-take-your-medication>.