

Take the pledge. Take your Meds.

SCRIPT
YOUR
FUTURE^x

Did you know?

75%



3 out of 4 people do not follow medication instructions.

1/3



1 out of 3 people never fill or pick up their prescriptions.

125k



125,000 people die every year from not taking their medications.

Questions to ask your doctor/pharmacist:

1. What's my medication called and what does it do?
2. How, when, and for how long should I take my medications?
3. What if I forget and miss a dose?
4. What are the side effects?
5. Is it safe to take it with other medications or vitamins?
6. Can I stop taking my medications once I feel better?
7. Who can I contact for more help?

Reasons people don't take their medication



Confusion:
on how
medications work



Forgetting:
to take medications



**Too
Expensive**



**Side
Effects**

What can YOU do?



Use tools such as pill boxes or phone apps!



Place meds in an easy-to-see spot, such as bathroom sink counter



Look up more information on ScriptYourFuture.org!



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Script Your Future is a campaign of the National Consumers League.

Visit WesternU's Script Your Future website at tinyurl.com/amcphealthhelper for more information