



**ALAN BENOY**  
INSURANCE SERVICES  
(559) 734-4288 - CA Lic. 0B20964

live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at Alan Benoy Insurance Services

# Prescription Basics

## *Tips to ensure safety and effectiveness*

Prescription medication may play an important role in your health and treatment of medical conditions.

Understanding your prescription and following these tips will help you get the most benefit from your medication.

### **Track your medicines**

Keep a list of all medicines you take, including prescriptions, over-the-counter drugs, and vitamins and herbal supplements. Bring this list with you whenever you visit a doctor or pick up a prescription. This can reduce medical mistakes and improve the quality, safety and effectiveness of your health care.

### **Take your medications safely**

Medicine is prescribed to help you. But it can hurt you if you take too much or mix medicines that shouldn't go together. For every medication you are prescribed:

- Know what the medicine is for and how to properly take it.

- Ask if there is a generic substitution.
- Ask about side effects and what to do if they occur. Also ask what to avoid (for instance, some medication shouldn't be mixed with alcohol or may make it unsafe to drive).
- Read the label and warnings that come with your prescription. Ask the pharmacist about anything you don't understand.
- Ask what you should do if you skip a dose or accidentally take more than the recommended dose.
- When you pick up your prescription, make sure it is the same thing your doctor prescribed.
- If you have any questions while taking the medication, call your doctor or pharmacist.

### **Follow your treatment plan**

To stay healthy and safe, follow your treatment plan and take your medication as prescribed. Also:

- Ask your doctor if you will need a refill, and how many.
- Tell your doctor if you are having side effects.
- Don't share your medication with anyone.
- Ask if you need tests to find out if the medication is working.



## **Did You Know...?**

Medication errors occur every day and can be very dangerous. It is important that you always ask questions, verify that the medication you are given is the correct one and double check the label before taking your medication.